### Big A Elementary School

**Menu for October 2011**

#### Monday, Oct. 3
- **Breakfast** Pizza
- **Lunch** Chicken Nuggets or Steak Gravy or Munchables®
  - Macaroni & Cheese
  - Turnip Greens
  - Black Eyed Peas, Cornbread
  - Berries & Cream

#### Monday, Oct. 10
- **National School Lunch Week**
- **October 10-14, 2011**

#### Monday, Oct. 17
- **Breakfast** Cheese Grits, Toast
- **Lunch** Cheese Nachos w/ Lettuce Tomato, Salsa & Refried Beans or Sweet n Sour Chicken & Fried Rice or Munchable®
  - Apple Sauce
  - Butternut Squash
  - Cookie

#### Monday, Oct. 24
- **Breakfast** Pizza
- **Lunch** Chicken Nuggets or Steak & Gravy or Munchables®
  - Macaroni & Cheese
  - Turnip Greens
  - Black Eyed Peas, Cornbread
  - Berries & Cream

#### Monday, Oct. 31
- **Ham Biscuit**
- **Lunch** Hot Wings or Corn Dog or Munchables®
  - Roll
  - Celery Sticks & Dip Tater Tots
  - Brussel Sprouts
  - Baked Apples

#### Tuesday, Oct. 4
- **Pancakes**
- **Lunch** Turkey Submarine Sandwich or Meatloaf or Chef Salad
  - Mashed Potatoes, English Peas
  - Orange Slices
  - Lettuce, Tomato, Pickle
  - Vanilla Wafers

#### Tuesday, Oct. 11
- **Scrambled Eggs, Toast**
  - **LUNCH GA DAY MENU**
  - Muscle Building Roasted Chicken
  - Sight Saving Baked Sweet Potato
  - Brain Boosting Broccoli Salad
  - Warm Whole Wheat Roll
  - Harvest Apple
  - Bone Boosting Milk

#### Tuesday, Oct. 18
- **Bagel, Cream Cheese**
- **Lunch** Hot Dog w/ Chili or Ham & Cheese Sandwich or Chef Salad
  - Baked Beans
  - Cole Slaw
  - Potato Chips
  - Ice Cream
  - Fresh Fruit

#### Tuesday, Oct. 25
- **Pancakes**
- **Lunch** Turkey Submarine Sandwich or Meatloaf or Chef Salad
  - Mashed Potatoes, English Peas
  - Orange Slices
  - Lettuce, Tomato & Pickle
  - Vanilla Wafers

#### Wednesday, Oct. 5
- **Chicken Biscuit**
- **Lunch** Barbeque on a bun or Chicken Salad w/ Crackers or Munchable® Crackers
  - Oven Sweet Potato Fries
  - Coleslaw
  - Applesauce
  - Cookie

#### Wednesday, Oct. 12
- **Chicken Biscuit**
  - **Lunch**
    - Chicken Strips or Lasagna
    - Or Munchable®
    - Green Beans
    - Mashed Potatoes
    - Spinach Salad
    - Sliced Peaches
    - Roll
    - Cheese Cake

#### Wednesday, Oct. 19
- **Chicken Biscuit**
  - **Lunch**
    - Spicy Chicken Chunks or Sloppy Joes on a bun or Chef Salad
    - Green Beans
    - Cheesy Potatoes, Celery Sticks
    - Pineapple Tidbits
    - Pudding

#### Thursday, Oct. 6
- **Cereal, Muffin**
- **Lunch** Spicy Chicken Chunks or Sloppy Joes on a bun or Chef Salad
  - Green Beans
  - Cheesy Potatoes, Celery Sticks
  - Pineapple Tidbits
  - Pudding

#### Thursday, Oct. 13
- **Cereal, Toast**
  - **Lunch**
    - Beef & Cheese Tacos w/ Salsa or Submarine Sandwich or Chef Salad
    - Carrot Sticks, Pinto Beans
    - Lettuce, Tomato
    - Fresh Fruit
    - Ice Cream

#### Friday, Oct. 7
- **Sausage Biscuit**
- **Lunch**
  - Pizza w/ Marinara Sauce or Ravioli & Breadstick or Munchable®
  - Corn, Spinach Salad
  - Fresh Fruit
  - Frozen Juice Bar
  - Cookie

#### Friday, Oct. 14
- **Sausage Biscuit**
  - **Lunch**
    - Sliders or Fish Sandwich or Uncrustables
    - Waldorf Salad
    - Lettuce, Tomato
    - Oven Fries
    - Berries & Cream

#### Friday, Oct. 21
- **Sausage Biscuit**
  - **Lunch**
    - Pizza or Seafood Basket
    - Or Sandwich Choice
    - Potato Wedges
    - Cole Slaw
    - Carrot Salad
    - Strawberry Shortcake
    - Fresh Fruit

#### Friday, Oct. 28
- **Sausage Biscuit**
  - **Lunch**
    - Pizza w/ Marinara Sauce or Ravioli w/ Bread Stick or Munchable®
    - Corn, Spinach Salad
    - Fresh Fruit
    - Frozen Juice Bar
    - Cookie

---

**Breakfast $1.00**

**Lunch $1.25**

**Please join us each day for breakfast!**

*Juice or Fruit and a variety of milk are offered daily at breakfast. A variety of milk and water is offered at lunch daily.*

**Menus are subject to change.**

- **Organwise Guys**
  - **Foods of the Month**
    - Apples:
      - Granny Smith, Red Delicious
    - Winter Squash:
      - Pumpkins, Acorn, Butternut

- **Steps Co. Schools is an equal opportunity provider and employer.**

---

*Munchables are complete meals with: meat & cheese OR yogurt & cheese and vegetables and/or fruit and crackers. Just add a carton of milk for a complete meal!*