

OCTOBER 2021

RCMS/HS

Monday

Tuesday

Wednesday

Thursday

Friday

Omelet/ Croissant

4

Chicken Sandwich
Buttered Potatoes
Carrot sticks/Dip
Applesauce

Breakfast Bread

5

Breakfast For Lunch
Sausage, Omelet
Croissant
Hashbrowns
Fruit Salad
Raw Veggies & Dip

Breakfast Bagel Bites

6

Crispy Chicken Strips
Macaroni & Cheese
Raw Veggies/Dip
Fresh Fruit

Waffles

7

Spaghetti/meat sauce
Cheese Garlic Bread
applesauce
Salad

Yogurt/Granola

1

Pepperoni Rolls
Pinto Beans
Cottage Cheese
Pineapple
Salad & Fresh Fruit

Pop Tarts/Yogurt

8

Taco Sticks
Mexican Style Chili Beans
Salad/Fresh Fruit

Apple Cinnamon Texas Toast

11

Pizza
Corn
Salad
Fresh Fruit

Eggs/Toast

12

Pulled Pork Sandwich
Baked Beans
Cole Slaw
Salad
Fresh Fruit

Breakfast Sandwich

13

Roasted Chicken Breast
Baked Potato
Broccoli & Cheese
Garlic Bread Stick
Salad & Fresh Fruit

Sausage Gravy/Biscuit

14

Salisbury Steak
Mashed Potatoes/Gravy
Buttered Carrots
Bread
Fresh Fruit

Super Donut

15

Beef Stew
Corn Bread
Salad & Fresh Fruit

Muffin

18

Hot Dog w/Sauce
Cheese stick
Baked Beans
Roasted Brussel Sprouts
Raw Veggies
Fresh Fruit

Pancakes

19

Chicken Fajita
Spanish Rice
Roasted Corn & Black Beans
Salsa
Mandarin Oranges

Bagels & Cream Cheese

20

Cheeseburger
Roasted Potatoes
Salad
Fresh Fruit

Breakfast Sandwich

21

Crispy Chicken Salad
Breadstick
Fresh Fruit

Cereal Bar

22

Chicken Nuggets
Fries
Bread
Raw Veggies/Dip
Fresh Fruit

Oats & Toast

25

Chicken Teriyaki
Fried Rice
Oriental Vegetables
Fortune Cookie
Fresh Fruit

Breakfast Sandwich

26

Taco Salad
Warm Cinnamon Apples
Fresh Fruit

Breakfast Pizza

27

Crispy Chicken Breast
Mashed Potatoes/Gravy
Sweet Peas
Roll
Fresh Fruit

Frudels

28

Chili/Crackers
Cheese Stick
Cornbread
Peaches
Salad

Ultimate Breakfast Round

29

Stomboli
Doritos
3 bean Salad
Raw Veggies/Dip
Fresh Fruit

MENUS SUBJECT TO CHANGE DUE TO OUTAGES

