## OCTOBER 2019 Friendship Elementary Menu

|   |  | <u> </u>   |   |  |  |
|---|--|--|---|--|--|
| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |  |
| 30  | 1 Breakfast Donut Holes  Lunch Pepperoni Bosco Stick Muffin Snack Pack Carrots w/ Dip Tater Tots                                 | 2 Breakfast Chicken & Biscuit  Lunch Mini Corn Dogs Mexican Pizza Baked Beans Corn on the Cob  | 3 Breakfast Cereal Variety  Lunch Spaghetti w/ Roll Turkey & Cheese Sandwich Savory Green Beans Tossed Salad w/ Tomato                    | Breakfast Pancake/Sausage on a Stick  ½ DAY LUNCH WILL NOT BE SERVED   | **Fruit Choices are offered daily at breakfast and lunch.  ***Milk Choices offered daily with breakfast and lunch include: 1% Strawberry, 1% Chocolate or 1% White Milk.  For more information contact: Whitney Thornton, RD Director of School Nutrition 102 N. Cavalier Dr. Alamo, TN 38001 731-696-2116  whitney.thornton@crockett cavs.net  This institution is an equal opportunity provider. |
| NO SCHOOL FALL BREAK  | 8 NO SCHOOL<br>FALL BREAK  | 9 NO SCHOOL<br>FALL BREAK  | NO SCHOOL FALL BREAK  | 11 NO SCHOOL FALL BREAK  |  |
| Mini French Toast  Lunch Hot Dog PB & J Sandwich Waffle Fries Baked Beans   | Breakfast Sausage & Biscuit Lunch Orange Chicken w/ Vegetable Fried Rice Muffin Snack Pack Oriental Vegetables Broccoli & Cheese | Breakfast Gurt w/ Cinnamon Toast Crisps  Lunch Cheese Pizza Turkey & Cheese Sub Sandwich Carrots w/ Dip Waffle Fries                                       | 17 Breakfast Biscuit & Gravy Lunch Popcorn Chicken Mozzarella Cheese Sticks w/ Marinara Emoji Fries Tossed Salad w/ Tomato WG Cookie      | Breakfast Breakfast Pizza Lunch Beef & Cheese Nachos Cheese Quesadilla Corn Nuggets Salsa Pinto Beans                  |  |
| 21 Breakfast Chocolate Chip Muffin  Lunch Chicken Nuggets w/ Roll Muffin Snack Pack Mashed Potatoes Steamed Carrots | Breakfast  22 Sausage & Cheese Toast  Lunch Corndog Pizza Munchable/ WG Chips Tossed Salad w/ Tomato Savory Green Beans          | Breakfast  23 Ham & Cheese Croissant  Lunch Chili w/ Crackers Taco Stick Golden Corn Cucumbers w/ Dip  | Pizza Bagels  Lunch  BBQ Chicken w/ Roll  Ham & Cheese Wrap  Curly Fries  White Beans   | 25 Breakfast Chicken & Biscuit Lunch Garlic Flatbread Pizza w/ Marinara Sauce Hot Dog Broccoli w/ Dip Sidewinder Fries |  |
| Peakfast Funnel Cake Waffle  Lunch Pepperoni Pizza PB & J Sandwich Broccoli w/ Dip Waffle Fries                     | Breakfast Sausage & Biscuit  Lunch Vegetable Beef Soup w/ ½ Grilled Cheese Turkey & Cheese Wrap Fried Okra Com on the Cob        | Breakfast Banana Split Fruit Parfait French Toast Sticks Lunch Crispy Chicken Sandwich w/ Boom Boom Sauce Pizza Rolls Sweet Potato Fries Veggie Cup w/ Dip | Breakfast Bacon, Egg & Cheese Croissant  Lunch Poppyseed Chicken w/ Roll Ham & Cheese Sandwich Savory Green Beans Romaine Salad w/ Tomato | 1  |  |