

**HANCOCK COUNTY SCHOOLS
BREAKFAST – ELEMENTARY, MIDDLE & HIGH SCHOOL
OCTOBER – 2009**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|--|
| <p>***** CEREALS, GRAHAMS & YOGURT AVAILABLE AT ALL SCHOOLS DAILY</p> | | | 1 Egg Wrap with Biscuit Milk / Juice | 2 Creamed Filled Bagel Stick Milk / Juice |
| 5 Cereal Blueberry Muffin Milk / Juice | 6 French Toast Sticks Syrup Milk / Juice | 7 Bacon Scrambled Pizza Milk / Juice | 8 Egg Pattie w. Canadian Bacon On English Muffin Milk / Juice | 9 Cereal Banana Mini Loaf Milk / Juice |
| 12 NO SCHOOL I.S. DAY | 13 Low Fat Donut Cereal Milk / Juice | 14 Waffles Syrup Milk / Juice | 15 Bkft. Pizza Milk / Juice | 16 Cereal Blueberry Oatmeal Muffin Sq. Milk / Juice |
| 19 Cereal Apple Cinnamon Muffin Milk / Juice | 20 Pancakes Syrup Milk / Juice | 21 Sausage Links Biscuit Milk / Juice | 22 French Toast Syrup Milk / Juice | 23 NO SCHOOL C.E. DAY FOR STAFF |
| 26 Cereal WW Mini Loaf Milk / Juice | 27 Cheese Omelet w. Biscuit Milk / Juice | 28 French Toast Syrup Milk / Juice | 29 Cook's Choice Milk / Juice | 30 HAPPY HALLOWEEN FREE PRIZE Bewitched Breakfast Bagel Moon Milk / Vampire Juice |

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**HANCOCK COUNTY SCHOOLS
ELEMENTARY LUNCH - - - OCTOBER - 2009**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
| <p align="center">***** Wheat Items & Fresh Fruit – Available Daily 8 Oz. Water – 20 cents each All menus include ½ pt. asst. milk Menus are subject to change due to availability of food. *****</p> | | | 1. Hamburger Pattie on Wheat Bun w. Lettuce & Tomato Seasoned Corn Orange Juice Milk | 2 Stuffed Crust Cheese Pizza Toss Salad / Dressing Applesauce Milk |
| 5 Grilled Chicken Pattie on Wheat Bun w. Lettuce French Fries Fruit Mix Milk | 6 Pepperoni Pizza Toss Salad / Dressing Diced Pears Milk | 7 FOOD SAFETY Awareness Day Fish Pattie on Wheat Bun Tater Tots Cole Slaw Lunch Bunch Grapes in a Bag Milk | 8 Chicken Fajita in a Pocket with Lettuce & Tomato Seasoned Corn Applesauce Milk | 9 Chili Toss Salad / Dressing Sliced Peaches Wheat Roll Milk |
| 12 NO SCHOOL I.S. DAY | 13 NATIONAL A FREE GIVEAWAY Star Chicken Nuggets Smile Fries Baby Carrots Diced Pears Wheat Roll Milk | 14 SCHOOL LUNCH French Bread Pizza Toss Salad / Dressing Fruit Cocktail Graham Cookie Milk | 15 LUNCH Ham on Wheat Bun Green Beans Cole Slaw Diced Peaches Milk | 16 WEEK Sloppy Joes on Wheat Bun Potato Puffs Seasoned Lima Beans Bagged Sliced Apples Milk |
| 19 Fish Shape Nuggets Potato Wedges Fresh Vegetable w. LF Dressing Fruit Mix Wheat Roll Milk | 20 Deli Turkey on Wheat Bun with Lettuce & Tomato Seasoned Corn Sliced Pears Milk | 21 Stuffed Crust Pepperoni Pizza Toss Salad / Dressing Applesauce Oatmeal Cherry Cookie Milk | 22 Beans and Wieners Tri Taters Cole Slaw Raisins Wheat Roll Milk | 23 NO SCHOOL CE DAY FOR STAFF |
| 26 Hot Dog on Whole Wheat Bun Tater Tots Carrots w. Ranch Dressing Fruit Cocktail Milk | 27 Cheese Pizza Toss Salad / Dressing Diced Pears Milk | 28 SCENT-SATIONAL Pencil Day FREE-“Smelly” Pencil BBQ Ribs on WW Hoagie Bun Seasoned Lima Beans Fresh Banana Milk | 29 Rotini w. Meatsauce Parmesan Cheese Toss Salad / Dressing Fruit Mix Breadstick Milk | 30 HAPPY HALLOWEEN Bewitched Breaded Chicken Pattie on Wheat Bun w. Lettuce & Tomato Vampire Corn Spooky Applesauce Midnight Milk |

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**HANCOCK COUNTY SCHOOLS
MIDDLE SCHOOL LUNCH - - - OCTOBER - 2009**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
| Wheat Items, Fresh Fruit & Water Available daily All menus include ½ pt. asst. milk Menus are subject to change due to availability of food | | | 1 Cheeseburger on Wheat Bun with Lettuce & Tomato Potato Salad Seasoned Corn Pear Halves Milk / Juice | 2 Stuffed Crust Cheese Pizza Toss Salad / Dressing Applesauce Cups Pasta Salad Milk / Juice |
| 5 Grilled Chicken Teriyaki Pattie on Wheat Bun w. Lettuce French Fries Broccoli w. Cheese Fruit Mix Cups Chicken Rice Soup Milk / Juice | 6 Pepperoni Pizza Toss Salad / Dressing Cinnamon Apples Diced Pear Cups WW Sugar Cookie Milk / Juice | 7 Fish Pattie on Wheat Bun or Meatball Hoagie w. Cheese On Hoagie Bun Tater Tots, Cole Slaw Mixed Vegetables Pineapple Chunks Milk / Juice Chefs | 8 Chicken Fajitas in a Wrap w. Lettuce, Tomato & Cheese Sour Cream Seasoned Corn, Spanish Rice Applesauce Cups WW Pretzel Rod Milk / Juice | 9 Chili w. Tortilla Chips Baked Potato Bar Toss Salad / Dressing Sliced Peaches Wheat Roll Milk |
| 12 NO SCHOOL I.S. DAY <u>ALL STAR SCHOOL LUNCH WEEK</u> | 13 NATIONAL Chicken Nuggets Seasoned Fries California Blend w. Cheese Baby Carrots Diced Pear Cups Wheat Roll Milk / Juice Broccoli Soup | 14 SCHOOL French Bread Pizza Toss Salad / Dressing Macaroni Salad Fruit Cocktail Graham Cookie Milk / Juice | 15 LUNCH BBQ Ham on Wheat Bun or Max Wrap w. Sour Cream Rice Pilaf Green Beans Cole Slaw Diced Peach Cups Milk / Juice | 16 WEEK Sloppy Joes on Wheat Bun Potato Puffs Seasoned Lima Beans Bagged Sliced Apples Milk / Juice Chefs |
| 19 Seasoned Fish Sticks / Wheat Roll OR Egg Rolls / Sauce Potato Wedges Fresh Vegetables w. LF Dressing Fruit Mix Cup Chicken Noodle Soup Milk / Juice | 20 Deli Turkey and Cheese on Wheat Bun OR Cheese Quesadillas / Sour Cream Toss Salad / Dressing Seasoned Corn Sliced Pears Milk / Juice | 21 Stuffed Crust Pepperoni Pizza Toss Salad / Dressing Fruit Salad Peachy Applesauce Cups Oatmeal Cherry Cookie Milk / Juice | 22 Beans and Wieners OR Baked Chicken Tri Taters Cole Slaw Pineapple Chunks WW White Bread Milk / Juice | 23 NO SCHOOL CE DAY FOR STAFF |
| 26 Hot Dog on Bun w. Chili Sauce Tater Tots Carrots w. Ranch Dressing Fruit Cocktail Beef Noodle Soup Milk / Juice | 27 Cheese Pizza Toss Salad / Dressing Broccoli Salad Tropical Fruit Diced Pear Cups Milk / Juice | 28 BBQ Rib on WW Hoagie Bun Baked Potato Bar Seasoned Lima Beans Mandarin Orange Cups Milk / Juice Chefs | 29 Rotini w. Meat Sauce Toss Salad / Dressing California Mix w. Cheese Sauce Fruit Mix Cups Bread Stick Milk / Juice | 30 <u>HAPPY HALLOWEEN</u> Breaded Chicken Pattie on Wheat Bun w. Lettuce & Tomato Rice Pilaf Mixed Vegetables Applesauce Cups Milk / Juice |

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**HANCOCK COUNTY SCHOOLS
HIGH SCHOOL LUNCH - - - OCTOBER – 2009**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
| Wheat Items, Fresh Fruit & Water Available daily All menus include ½ pt. asst. milk Menus are subject to change due to availability of food | | | 1 Cheeseburger on Wheat Bun with Lettuce & Tomato OR Raviolis / Wheat Roll Potato Salad Seasoned Corn Pear Halves Milk / Juice Chefs | 2 Stuffed Crust Cheese Pizza OR Turkey Bologna & Cheese on Wheat Bun Toss Salad / Dressing Applesauce Cups Pasta Salad Milk / Juice Soup of Day |
| 5 Grilled Chicken Teriyaki Pattie on Wheat Bun w. Lettuce OR Ham & Cheese on Pretzel Bun French Fries, Broccoli w. Cheese Fruit Mix Cups Chicken Rice Soup Milk / Juice | 6 Pepperoni Pizza OR Turkey & Cheese on Bun Toss Salad / Dressing Cinnamon Apples Diced Pear Cups WW Sugar Cookie Milk / Juice Soup of Day | 7 Fish Pattie on Wheat Bun or Meatball Hoagie w. Cheese on Hoagie Bun Tater Tots, Cole Slaw Mixed Vegetables Pineapple Chunks Milk / Juice | 8 Chicken Fajitas in a Wrap w. Lettuce, Tomato & Cheese Sour Cream OR Burrito Seasoned Corn, Spanish Rice Applesauce Cups WW Pretzel Rod Milk / Juice Chefs | 9 Chili w. Tortilla Chips OR Spicy Chicken Pattie on Wheat Bun Baked Potato Bar Toss Salad / Dressing Sliced Peaches Wheat Roll Milk |
| 12 NO SCHOOL I.S. DAY <u>ALL STAR SCHOOL LUNCH WEEK</u> | 13 NATIONAL Chicken Nuggets or Cook's Choice, Wheat roll Seasoned Fries California Blend w. Cheese Baby Carrots Diced Pear Cups Milk / Juice Broccoli Soup | 14 SCHOOL French Bread Pizza OR Turkey Bologna & Cheese on Wheat Bun Toss Salad / Dressing Macaroni Salad, Fruit Cocktail Graham Cookie Milk / Juice Bean Soup/Corn Bread | 15 LUNCH BBQ Ham on Wheat Bun or Max Wrap w. Sour Cream Rice Pilaf Green Beans Cole Slaw Diced Peach Cups Milk / Juice Chefs | 16 WEEK Sloppy Joes on Wheat Bun OR Chicken Fries / WW Bread Potato Puffs Seasoned Lima Beans Bagged Sliced Apples Milk / Juice |
| 19 Seasoned Fish Sticks / Wheat Roll OR Egg Rolls / Sauce Potato Wedges Fresh Vegetables w. LF Dressing Fruit Mix Cup Chicken Noodle Soup Milk / Juice | 20 Grilled Chicken Wrap w. Peppers, Onions & Cheese OR Cheese Quesadillas / Sour Cream Toss Salad / Dressing Seasoned Corn Sliced Pears Milk / Juice Chefs | 21 Stuffed Crust Pepperoni Pizza OR Ham & Cheese on Wheat Bun Toss Salad / Dressing Fruit Salad Peachy Applesauce Cups Oatmeal Cherry Cookie Milk / Juice Soup of Day | 22 Beans and Wieners OR Baked Chicken Tri Taters Cole Slaw Pineapple Chunks WW White Bread Milk / Juice Chefs | 23 NO SCHOOL CE DAY FOR STAFF |
| 26 Hot Dog on Bun w. Chili Sauce OR Beef Hoagie w. Cheese Tater Tots Carrots w. Ranch Dressing Fruit Cocktail Beef Noodle Soup Milk / Juice | 27 Cheese Pizza OR Turkey & Cheese on Wheat Bun Toss Salad / Dressing Broccoli Salad Tropical Fruit Diced Pear Cups Milk / Juice Soup of Day | 28 BBQ Rib on WW Hoagie Bun OR Creamed Chicken over Biscuit Baked Potato Bar Seasoned Lima Beans Mandarin Orange Cups Milk / Juice | 29 Rotini w. Meat Sauce / Bread Stick OR Deli Turkey & Cheese on Pretzel Bun Toss Salad / Dressing California Mix w. Cheese Sauce Fruit Mix Cups Milk / Juice Chefs | 30 <u>HAPPY HALLOWEEN</u> Breaded Chicken Pattie on Wheat Bun w. Lettuce & Tomato OR Cook's Choice Rice Pilaf Mixed Vegetables Applesauce Cups Milk / Juice |

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