

# OCTOBER | 2023

## LYNCHBURG-CLAY MIDDLE SCHOOL



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<b>2</b> Pancake or Waffle Pepperoni Calzone Hash brown Broccoli and Cheese Assorted Fruit/Slushie Choice of Milk	<b>3</b> Cereal Doritos Walking Taco Fresh Baked Cookie Fiesta Beans Salad Bar Assorted fruit/Fruit Cup Choice of Milk	<b>4</b> Biscuit and Gravy Baked Potato Bar Cheesy Bread Glazed Carrots Assorted Fruit/Applesauce Choice of Milk	<b>5</b> Mini Cinnamon Pull Apart Baked Chicken Leg Mashed Potatoes/Gravy Dinner Roll w/Margarine Brussel Sprouts Assorted Fruit/Juice Choice of Milk	<b>6</b> Sausage Sandwich Big Daddy's Pizza Salad Bar Mini Rice Krispie Treat Assorted Fruit/Strawberries Choice of Milk
<b>9</b> Banana Bread Chicken and Waffles Hash brown Salad Bar Assorted Fruit/Slushie Choice of Milk	<b>10</b> Donut Hole Hot Dog/Chili Dog Chips Baked Beans Assorted Fruit/Fruit Cup Choice of Milk	<b>11</b> Biscuit and Gravy Chicken Patty Sandwich Sun Chips Mixed Vegetables Assorted Fruit/Applesauce Choice of Milk	<b>12</b> Mini Cinnis Cherry Blossom Chicken Fried Rice Egg Roll Stir Fry Vegetables Fortune Cookie Assorted Fruit/Juice Choice of Milk	<b>13</b> NO SCHOOL PROFESSIONAL DEVELOPMENT DAY
<b>16</b> Funnel Cake Corn dog Baked Beans Chips Fresh Veggies Assorted Fruit/Slushie Choice of Milk	<b>17</b> Cereal Cheeseburger Waffle Fries Fresh Baked Cookie Assorted Fruit/Fruit Cup Choice of Milk	<b>18</b> Biscuit and Gravy Popcorn Chicken Macaroni and Cheese Garlic Toast Fresh Veggies Assorted Fruit/Applesauce Choice of Milk	<b>19</b> Fresh Baked Cinnamon Roll Chicken Fajita Wrap Salad Bar Churro Assorted Fruit/Juice Choice of Milk	<b>20</b> Sausage Sandwich Stuffed Crust Pizza Steamed Corn Mini Rice Krispie Treat Assorted Fruit/Strawberries Choice of Milk
<b>23</b> Pancake or Waffle Pepperoni Calzone Hash brown Broccoli and Cheese Assorted Fruit/Slushie Choice of Milk	<b>24</b> Cereal Doritos Walking Taco Fresh Baked Cookie Fiesta Beans Salad Bar Assorted Fruit/Fruit Cup Choice of Milk	<b>25</b> Biscuit and Gravy Boneless Chicken Wings Glazed Carrots Mini Cornbread Baked Mozzarella Sticks Assorted Fruit/Applesauce Choice of Milk	<b>26</b> Mini Cinnamon Pull Apart Baked Chicken Leg Mashed Potatoes/Gravy Dinner Roll w/Margarine Brussel Sprouts Assorted Fruit/Juice Choice of Milk	<b>27</b> NO SCHOOL PROFESSIONAL DEVELOPMENT DAY
<b>30</b> Pancake or Waffle Cheesy Breadstick w/Marinara Chicken Nuggets Green Beans Assorted Fruit/Slushie Choice of Milk	<b>31</b> Chocolate Chip Bar Chili w/Crackers Peanut Butter Sandwich Mixed Veggies Assorted Fruit/Fruit Cup Choice of Milk	<b>1</b> Biscuit and Gravy Country Chicken Bowl Corn Dinner Roll w/Margarine Assorted Fruit/Applesauce Choice of Milk	<b>2</b> Fresh Baked Cinnamon Roll Hot Dog/Chili Dog Chips Baked Beans Assorted Fruit/Fruit Cup Choice of Milk	<b>3</b> Sausage Sandwich Homemade Pizza Mini Rice Krispie Treat French Fries Assorted Fruit/Strawberries Choice of Milk

**We offer fat free 1% flavored milk with a choice of chocolate or white and whole grain bread products.**

#### A la Carte

**We offer a variety of a la carte items in our cafeteria daily**

**We offer an alternate meal Of Pizza Daily**

#### Meal Prices 2023-2024:

**Breakfast \$1.35**

**Lunch \$3.10**

**Free/Reduced \$0.00**

**Parents can put a limit on how much ala carte money their child spends. You must call into the school and talk to the cafeteria to place a limit.**

#### WHAT MAKES A LUNCH?

Select 3-5 components



one must be a

FRUIT or VEGGIE

#### WHAT MAKES A BREAKFAST?

Select three items in total



one must be a

FRUIT or JUICE