

# OCTOBER | 2024

## Lynchburg-Clay Middle School



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>30</b> Breakfast Bread</p> <p>Soft Taco Black Bean Salsa Salad Bar Assorted Fruit/Slushy Choice of Milk</p>	<p><b>1</b> Pancake or Waffle</p> <p>Cherry Blossom Chicken Fried Rice Stir Fry Veggies Egg Roll/Fortune Cookie Assorted Fruit/Juice Choice of Milk</p>	<p><b>2</b> Biscuit &amp; Gravy</p> <p>Cheeseburger French Fries Salad Bar Assorted Fruit/Fruit Cup Choice of Milk</p>	<p><b>3</b> Ham &amp; Cheese Crossant</p> <p>Chick Fil A Sandwich Hash Browns Salad Bar Assorted Fruit/Applesauce Choice of Milk</p>	<p><b>4</b> Breakfast Sandwich</p> <p>French Bread Pizza Glazed Carrots Salad Bar Assorted Fruit/Slushy Choice of Milk</p>
<p><b>7</b> Cinni Minni</p> <p>Quesadilla Corn Salad Bar Assorted Fruit Choice of Milk</p>	<p><b>8</b> Yogurt Parfait</p> <p>Mozzarella Bread Bites Green Beans Applesauce/Fruit Juice Choice of Milk</p>	<p><b>9</b> Biscuit &amp; Gravy</p> <p>Popcorn Chicken Macaroni &amp; Cheese Baked Beans Assorted Fruit Choice of Milk</p>	<p><b>10</b> Fresh Baked Cinnamon Roll</p> <p>Chicken Strips Soft Pretzel w/ Cheese Onion Rings Assorted Fruit Choice of Milk</p>	<p><b>11</b> Breakfast Sandwich</p> <p>Stuffed Crust Pizza Corn Assorted Fruit Choice of Milk</p>
<p><b>14</b> Pancake or Waffle</p> <p>Bosco Stick Tater Tots Carrots Assorted Fruit/Juice Choice of Milk</p>	<p><b>15</b> Bagel Breakfast Pizza</p> <p>Chili Uncrustable Crackers Assorted Fruit Choice of Milk</p>	<p><b>16</b> Biscuit &amp; Gravy</p> <p>Rotini W/ Meat Sauce Garlic Texas Toast Green Beans Assorted Fruit Choice of Milk</p>	<p><b>17</b> Chocolate Chip Bar</p> <p>Baked Chicken Leg Mashed Potatoes &amp; Gravy Dinner Roll Assorted Fruit Choice of Milk</p>	<p><b>18</b> Sausage &amp; Gravy Breakfast Bites</p> <p>Big Daddy's Pizza Salad Bar Mini Rice Krispie Assorted Fruit Choice of Milk</p>
<p><b>21</b> Donut Holes</p> <p>Crispy Chicken Wrap French Fries Salad Bar Assorted Fruit Choice of Milk</p>	<p><b>22</b> Sausage Pancake Wrap</p> <p>Coney Dog Chips Baked Beans Fruit Cup Choice of Milk</p>	<p><b>23</b> Biscuit &amp; Gravy</p> <p>Turkey Ham &amp; Cheese Pocket Broccoli &amp; Cheese Assorted Fruit Cookie Choice of Milk</p>	<p><b>24</b> Bagel with Cream Cheese</p> <p>Baked Potato Bar Cheesy Bread Carrot Sticks Applesauce Choice of Milk</p>	<p><b>25</b> Breakfast Sandwich</p> <p>Breakfast Pizza Hash Browns Assorted Fruit Choice of Milk</p>
<p><b>28</b> Mini Cinnis</p> <p>Walking Taco Fiesta Beans Assorted Fruit Choice of Milk</p>	<p><b>29</b> Mini Donut</p> <p>Chicken &amp; Waffles Hash Browns Green Beans Fruit Slushy Choice of Milk</p>	<p><b>30</b> Biscuit &amp; Gravy</p> <p>Cheeseburger French Fries Salad Bar Assorted Fruit Choice of Milk</p>	<p><b>31</b> Yogurt Parfait</p> <p>Country Chicken Bowl Corn Dinner Roll Assorted Fruit Choice of Milk</p>	<p><b>1</b> Breakfast Sandwich</p> <p>French Bread Pizza Carrots Mini Rice Krispie Fruit Cup Choice of Milk</p>

### News

**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**

### ALTERNATE MEALS

**Monday: Chicken Nuggets**

**Tuesday: Pizza**

**Wednesday: Taco Bites**

**Thursday: Pizza**

**Friday: Yogurt Parfait**

**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 **VEGETABLE**

**WHAT MAKES A BREAKFAST?**  
Select three items in total

one must be a **FRUIT** or **JUICE**