

Menus

School: Virginia Elementary School

Academic Year: 2023-24

Meal: All

Month: October 2023

| October | | | | |
|---|--|---|--|---|
| M | Tu | W | Th | F |
| 2 Breakfast: Nutri Grain Bar Yogurt Pineapple 100% Juice Milk Lunch: Chicken Nuggets Mashed Potatoes/Gravy Peas Pineapple Milk | 3 Breakfast: Breakfast Pizza Bagel 100% Juice Mandarin Oranges Milk Lunch: Tater Tot Casserole Carrots Roll Mandarin Oranges Milk | 4 Breakfast: French Toast/Syrup 100% Juice Mixed Fruit Milk Lunch: Breakfast Pizza Tater Tots Teddy Grahams Mixed Fruit Milk | 5 Breakfast: Lucky Charms/Cinnamon Toast Crunch String Cheese 100% Juice Pears Milk Lunch: No Lunch Out @ 11:20 | 6 |
| 9 | 10 Breakfast: Cocoa Puffs/Fruit Loops 100% Juice Mixed Fruit Milk Lunch: Vegetable Soup Biscuit Yogurt Mixed Fruit Milk | 11 Breakfast: Pancakes/Syrup 100% Juice Applesauce Milk Lunch: Chicken Strip Ponyshoe Carrots Applesauce Milk | 12 Breakfast: Apple Strudel 100% Juice Pears Milk Lunch: Bosco Sticks Marinara Sauce Green Beans Pears Milk | 13 Breakfast: Sausage & Gravy with Biscuit 100% Juice Pineapple Milk Lunch: Chef Salad(Lettuce,Cheese, Meat, Tomatoes & Cucumbers) Carrots/Ranch Yogurt Apple Slices Milk |
| 16 Breakfast: Lucky Charms/Cocoa Puffs Pineapple 100% Juice Milk Lunch: Macaroni & Cheese with Ham Roll Green Beans Pineapple Milk HS- Option #2 Salad Bar | 17 Breakfast: Breakfast Calzone 100% Juice Mandarin Oranges Milk Lunch: Pancakes Sausage Tater Tots Yogurt Mandarin Oranges Milk | 18 Breakfast: Waffle/Syrup 100% Juice Mixed Fruit Milk Lunch: Grilled Chicken/Wg Bun French Fries Broccoli Mixed Fruit Milk | 19 Breakfast: Scrambled Eggs/Toast 100% Juice Pears Milk Lunch: Chicken Nachos(Tortilla Chips, Chicken & Cheese Sauce) Black Beans Corn Pears Milk | 20 Breakfast: Blueberry Bread Yogurt 100% Juice Applesauce Milk Lunch: (K-5) Turkey Sub JH/HS Subway Sandwich Chips Carrots/Ranch Applesauce Milk |
| 23 Breakfast: Bagel/Cream Cheese 100% Juice Mixed Fruit Milk Lunch: Corn Dogs Potato Smiles Baked Beans Mixed Fruit Milk HS- Option #2 Salad Bar | 24 Breakfast: Breakfast Pizza 100% Juice Pineapple Milk Lunch: Chicken Pot Pie Whole Grain Biscuit Pineapple Pudding Milk | 25 Breakfast: Fruit Loops/Cocoa Puffs 100% Juice Mandarin Oranges Milk Lunch: Chicken Wrap Chips Carrots/Ranch Mandarin Oranges Milk | 26 Breakfast: Powdered Mini Donuts Yogurt 100% Juice Pears Milk Lunch: Sloppy Joe/WG Bun Chips Green Beans Pears Milk | 27 Breakfast: French Toast/Syrup 100% Juice Applesauce Milk Lunch: Pizza Burger Peas Applesauce Milk |
| 30 Breakfast: Sausage & Cheese Biscuit 100% Juice Pears Milk Lunch: Hot Ham & Cheese on Pretzel Bun Chips Peas Pears Milk HS-Option #2 Salad Bar | 31 Breakfast: Chocolate Chip Muffin Yogurt 100% Juice Applesauce Milk Lunch: Halloween Mummy Dogs Creepy Carrots Broomsticks(Pretzels) Candy Corn Fruit Cups Milk | 1 Breakfast: Cinnamon Roll 100% Juice Mixed Fruit Milk Lunch: Chili Grilled Cheese Oyster Crackers Mixed Fruit Milk | 2 Breakfast: Breakfast Pizza Bagel 100% Juice Pineapple Milk Lunch: Spaghetti Garlic Bread Green Beans Pineapple Milk | 3 Breakfast: Cocoa Puffs/Fruit Loops 100% Juice Mandarin Oranges Milk Lunch: Taco Salad Whole Grain Roll Corn Mandarin Oranges Milk |