# OCTOBER 2020 MENU
Primary/Elementary School Breakfast and Lunch

## Harvest of the Month: Turnip Greens
**Plus: Whole grain options daily!**

### Key:
- **Breakfast**
- **Lunch Entree Choices**
- Lunch Hot Vegetable & Sides
  - (V) = Vegetarian
  - Drinks, fruits, and vegetables are vegetarian and are not noted separately.

### Menus:
- **Monday**
  - National School Lunch Week
    - Movie-Themed Days:
      - Tues., Oct 13 - Shrek
      - Wed., Oct 14 - Cars
      - Thurs., Oct 15 - Toy Story
      - Fri., Oct 16 - Star Story
  - French Toast Sticks (V), Juice, Fruit, Milk
  - Chicken & Waffles, Sausage Biscuit, PBJ (V)
  - Hash browns, Veggie Dippers, Warm Cinnamon Apples, Fresh & Assorted Fruits, Milk

- **Tuesday**
  - Sausage Biscuit, Cereal, Juice, Fruit, Milk
  - Shrek Beefy Nachos, Princess Fiona Fajita Quesadilla, Yogurt Pack (V)
  - Donkey Salsa/Side Salad, Dragon Black Beans/Corn Salad, Fresh & Assorted Fruits, Swamp Water

- **Wednesday**
  - Chicken Biscuit Cereal, Juice, Fruit, Milk
  - Chicken Enchiladas, Cheese Nachos (V), Yogurt Pack (V)
  - Black Beans, Corn Salad, Fresh & Assorted Fruits, Milk

- **Thursday**
  - Grits & Sausage Bowl, Cereal, Juice, Fruit, Milk
  - Chicken Alfredo, Cheesy Breadsticks with Marinara (V), Yogurt Pack (V)
  - Green Beans, Side Salad, Fresh & Assorted Fruits, Milk

- **Friday**
  - National School Lunch Week
  - Movie-Themed Days:
    - Tues., Oct 13 - Shrek
    - Wed., Oct 14 - Cars
    - Thurs., Oct 15 - Toy Story
    - Fri., Oct 16 - Star Wars
  - French Toast Sticks (V), Juice, Fruit, Milk
  - Chicken & Waffles, Sausage Biscuit, PBJ (V)
  - Hash browns, Veggie Dippers, Warm Cinnamon Apples, Fresh & Assorted Fruits, Milk

- **Monday**
  - Sausage Biscuit, Cereal, Juice, Fruit, Milk
  - Shrek Beefy Nachos, Princess Fiona Fajita Quesadilla, Yogurt Pack (V)
  - Donkey Salsa/Side Salad, Dragon Black Beans/Corn Salad, Fresh & Assorted Fruits, Swamp Water

- **Tuesday**
  - Chicken Biscuit Cereal, Juice, Fruit, Milk
  - Chicken Enchiladas, Cheese Nachos (V), Yogurt Pack (V)
  - Black Beans, Corn Salad, Fresh & Assorted Fruits, Milk

- **Wednesday**
  - Grits & Sausage Bowl, Cereal, Juice, Fruit, Milk
  - Chicken Alfredo, Cheesy Breadsticks with Marinara (V), Yogurt Pack (V)
  - Green Beans, Side Salad, Fresh & Assorted Fruits, Milk

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**Menus can also be found online at:**  
[oconeschools.org/menus](oconeschools.org/menus)