

MENUS FOR OCTOBER 2019

FANNIN COUNTY MIDDLE SCHOOL

This institution is an equal opportunity provider.
Menus are subject to change.



Available Daily

The "Rebel Power Pack" includes yogurt, string/cheddar cheese, saltine crackers, and whole grain Gold Fish or Elf Graham crackers.

Students may add fruit, vegetable, & milk to complete the meal.

A choice of milk is available each day. The choices include non-fat unflavored, vanilla, and chocolate and 1% unflavored.

Si es necesario que esta información sea traducida en su idioma, por favor de comunicarse con la escuela de su hijo.

Featured Specials of the Day

Tuesday, October 1

Poptcorn Chicken w/Roll, Retro Sausage Pizza,
Ham & Cheese Sandwich,
Creamed Potatoes, Gravy, Broccoli,
Side Salad, Fruit Punch Juice, Fresh Apple Slices

Wednesday, October 2

Orange Chicken Rice Bowl, Rotini w/Beef Sauce & Garlic Toast,
Turkey & Cheese Sandwich,
Green Beans, Carrots, Side Salad, Orange Juice, Banana

Thursday, October 3

Chili w/Fritos, Boom-Boom Chicken Sub, Ham & Cheese Sandwich,
Baked Potato, Side Salad, Cheese Cup,
Apple Juice, Grapes

Friday, October 4

WORLD SMILE DAY

Pizza Sticks, Cheeseburger, Turkey & Cheese Sandwich,
Baby Carrots, Potato Smiles, Side Salad,
Fruit Punch Juice, Mandarin Oranges

Monday, October 7

Beef & Cheese Nachos, Grilled Chicken Sandwich,
Turkey & Cheese Sandwich, Corn, Refried Beans,
Lettuce & Diced Tomatoes, Apple Juice, Frozen Peach Cup

Tuesday, October 8

Chicken Nuggets w/Roll, Retro Sausage Pizza,
Ham & Cheese Sandwich,
Creamed Potatoes, Gravy, Broccoli,
Pinto Beans, Fruit Punch Juice, Blueberries w/ Whipped Topping

Wednesday, October 9

Spicy or Regular Chicken Filet Sandwich, Meatball Sub,
Turkey & Cheese Sandwich, Seasoned Potato Wedges,
Sweet Red & Green Bell Pepper Strips,
Lettuce & Tomato, Pickles, Orange Juice, Banana

Thursday, October 10

Beef Steak Pattie & Gravy w/Roll, Mini Corn Dogs
Ham & Cheese Sandwich, Baked Sweet Potato, Green Beans,
Side Salad, Apple Juice, Fresh Orange Wedges

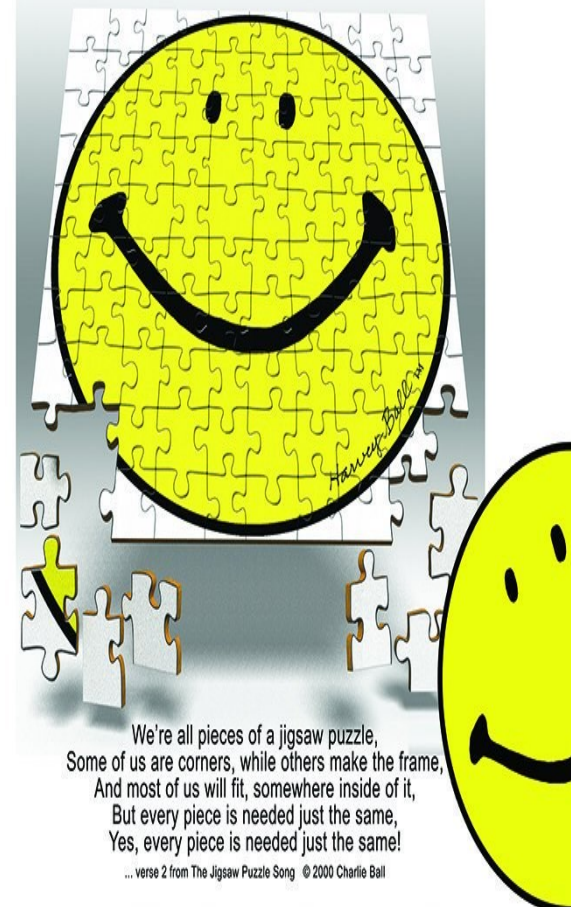
Friday, October 11

Stuffed Crust Pepperoni, Pizza, Fish Sticks w/Macaroni & Cheese,
Turkey & Cheese Sandwich, Side Salad, Corn, Baby Carrots,
Fruit Punch Juice, Watermelon Applesauce

WORLD SMILE DAY®

FRIDAY, OCTOBER 4TH, 2019

Do an act of kindness.
Help one person smile!



We're all pieces of a jigsaw puzzle,
Some of us are corners, while others make the frame,
And most of us will fit, somewhere inside of it,
But every piece is needed just the same,
Yes, every piece is needed just the same!

... verse 2 from The Jigsaw Puzzle Song © 2000 Charlie Ball

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TAKE A HIKE?

Lots of us are probably feeling a candy binge coming on this month. OK. But for every 2 little "fun size" candies you eat, you need to hike 30 minutes to work off the calories. So take it easy – or take a hike!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

**STAY ALERT AND BE
SAFE – IT'S PRETTY
SCARY OUT THERE!**



Monday, October 21
Fall Break
No School

Classes Resume: Tues. Oct. 22
Emergency Make Up Day



Featured Specials of the Day

Tuesday, October 22

Chicken Nuggets w/Roll, Retro Sausage Pizza, Ham & Cheese Sandwich,
 Creamed Potatoes, Gravy, Broccoli,
 Pinto Beans, Fruit Punch Juice, Blueberries w/ Whipped Topping

Wednesday, October 23

Hamburger, Beef Hotdog, Turkey & Cheese Sandwich,
 Tater Tots, Baked Beans, Cole Slaw, Lettuce & Tomato,
 Pickles, Orange Juice, Banana

Thursday, October 24

Spaghetti w/Beef Sauce, Spicy or Regular Chicken Filer Sandwich,
 Ham & Cheese Sandwich, Green Beans, Sliced Cucumbers,
 Side Salad, Apple Juice, Fresh Orange Wedges

Friday, October 25

Pizza Sticks, Chicken 2-Fers, Turkey & Cheese Sandwich,
 Corn, Baby Carrots, Side Salad,
 Fruit Punch Juice, Watermelon Applesauce

Monday, October 28

BBQ Pork Sandwich, Beef Hotdog, Turkey & Cheese Sandwich,
 Tater Tots, Baked Beans, Cole Slaw
 Pickles, Orange Juice, Pineapple

Tuesday, October 29

Popcorn Chicken w/Roll, Retro Sausage Pizza,
 Ham & Cheese Sandwich, Creamed Potatoes, Gravy, Broccoli,
 Side Salad, Fruit Punch Juice, Fresh Apple Slices

Wednesday, October 30

Orange Chicken Rice Bowl, Rotini w/Beef Sauce & Garlic Toast,
 Turkey & Cheese Sandwich,
 Green Beans, Carrots, Side Salad, Orange Juice, Banana

Thursday, October 31

Chili w/Fritos, Boom-Boom Chicken Sub, Ham & Cheese Sandwich,
 Baked Potato, Side Salad, Cheese Cup,
 Apple Juice, Watermelon

Featured Specials of the Day

Monday, October 14

Chicken Fajita Nachos, Corndog, Turkey & Cheese Sandwich,
 Refried Beans, Corn, Lettuce & Diced Tomato,
 Apple Juice, Pineapple

Tuesday, October 15

Popcorn Chicken w/Roll, Retro Cheese Pizza,
 Ham & Cheese Sandwich,
 Creamed Potatoes, Gravy, Broccoli,
 Side Salad, Fruit Punch Juice, Fresh Apple Slices



**National School
Lunch Week**
 October 14–18, 2019
 #NSLW19 #SchoolLunch #LunchPlaylist

Wednesday, October 16

BBQ Pork Sandwich, Beef Hotdog, Turkey & Cheese Sandwich,
 Tater Tots, Baked Beans, Cole Slaw
 Pickles, Orange Juice, Banana

Thursday, October 17

Pepperoni Calzone, Cheeseburger, Turkey & Cheese Sandwich,
 Corn, Side Salad, Baby Carrots,
 Fruit Punch Juice, Mandarin Oranges

Parent/Teacher Conferences

Friday, October 18

No School Today

Professional Day for Our Teachers
EMERGENCY MAKE UP DAY



**Please See Reverse For
Items Available Daily**