

OCTOBER

F.L. Moffett Menus



Questions or Comments?
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Monthly Promotion

World Smile Day- October 5th
 Smiley Face Stickers for the Kids who eat
 in the Cafeteria.



Did you know?

Red and orange vegetables, such as pumpkin, are nutritional superstars! Carving a Jack-O-Lantern this Fall? Save those pumpkin seeds and roast them for a delicious and nutritious snack!



SFE This institution is an equal opportunity provider.

Monday

2 Breakfast
 Breakfast Pizza

Lunch
 Grilled Cheeseburger
 Baked Chicken Tenders
 Yellow Corn

9 Breakfast
 Breakfast on a Stick

Lunch
 Ham & Cheese Sandwich
 Breaded Beef Fingers
 Steamed Carrots

16 **STUDENT HOLIDAY**

23 Breakfast
 Cheese Omelet

Lunch
 Turkey Wrap
 Grilled Cheeseburger
 Buttered Corn

30 Breakfast
 Jumbo Waffles

Lunch
 Hot Dog
 *Cheesy Nachos
 4 Way Mixed Vegetables

Tuesday

3 Breakfast
 French Toast Sticks

Lunch
 Grilled Cheese Sandwich
 Lemon Fish Filet
 Broccoli Florets

10 Breakfast
 Sausage Morning Roll

Lunch
 *Two Cheese Pizza
 Hot Dog
 Broccoli Florets

17 **STUDENT HOLIDAY**

24 Breakfast
 Breakfast Pizza

Lunch
 Grilled Cheese Sandwich
 Beef Fingers/Roll
 4 Way Mixed Veggies

31 Breakfast
 Honey Chicken Biscuit

Lunch
 Grilled Cheeseburger
 *Sun Butter & Jelly
 Sandwich
 Baked Beans

Wednesday

4 Breakfast
 Biscuits & Gravy

Lunch
 Ham & Cheese Sandwich
 Spaghetti/Meaty Sauce
 5 Way Mixed Veggies

11 Breakfast
 Ham & Cheese Muffin

Lunch
 Beefy Macaroni
 Orange Chicken/Rice
 Green Beans

18 Breakfast
 Ham, Egg & Cheese Big Bite

Lunch
 Turkey Sub
 *Cheesy Nachos
 Refried Beans

25 Breakfast
 French Toast Sticks

Lunch
 Grilled Cheeseburger
 Chicken Tenders/Roll
 Crispy Fries



Thursday

5 Breakfast
 Mini Blueberry Pancakes

Lunch
 Crispy Chicken Wrap
 Pepperoni Pizza
 Boiled Carrots

12 Breakfast
 Yogurt Parfait

Lunch
 Chicken Sandwich
 *Bean & Cheese Burrito
 Pepered Corn

19 Breakfast
 English Muffin

Lunch
 Beef Fingers/Roll
 Spaghetti / Meatballs
 Pepered Corn

26 Breakfast
 Biscuits & Gravy

Lunch
 *Cheese Quesadilla
 Hot Dog
 Steamed Carrots

*Vegetarian Option (or vegetarian upon request)

Friday

6 **STUDENT HOLIDAY**

13 Breakfast
 Jumbo Waffles

Lunch
 Chicken Tenders/Roll
 Corn Dog
 Baked Beans

20 Breakfast
 Mini Blueberry Waffles

Lunch
 Pepperoni Pizza
 Chicken Tenders
 4 Way Mixed Veggies

27 Breakfast
 Mini Blueberry Pancakes

Lunch
 Beef Ravioli / Roll
 Sausage Pizza
 Broccoli Florets


 Fresh Fruit Selection &
 Reduced Sugar Cereals
 Available Daily at Breakfast