

October 2021 Theme: "Fun on the Farm"

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Breakfast: Waffles with Syrup, Mandarin Oranges, Milk Lunch: Tater Tot Casserole, Green Beans, Milk Snack: Chocolate Chip Cookies, Juice
4 Breakfast: Grits, Whole Wheat Toast, Milk Lunch: Cheeseburger, Sweet Potato Fries, Green Peas, Milk Snack: Oatmeal Cookies, Juice	5 Breakfast: Muffins, Tropical Fruit, Milk Lunch: Chicken & Cheese Quesadilla, Yellow Rice, Corn, Milk Snack: Ritz Crackers, Sliced Cheese, Juice	6 Breakfast: Chicken Biscuits, Milk Lunch: Pizza, Field Peas, Peaches, Milk Snack: Yogurt, Graham Crackers, Juice	7 Breakfast: Cereal with Milk, Bananas, Milk Lunch: Grilled Chicken Nuggets, Macaroni & Cheese, Corn, Milk Snack: Brownies, Juice	8 Breakfast: Whole Grain Blueberry Waffles, Milk Lunch: Beef Stew, Rice, Green Beans, Milk Snack: Pudding, Vanilla Wafers, Juice
11 Breakfast: French Toast Sticks, Peaches, Milk Lunch: Grilled Chicken Sandwich, Tater Tots, Black Eyed Peas, Milk Snack: Cheese Crackers, Juice	12 Breakfast: Cinnamon Toast, Mandarin Oranges, Milk Lunch: Ravioli, Corn, Milk Snack: Soft Pretzel Bites w/Cheese Sauce, Juice	13 Breakfast: Grits, Potato Rounds, Milk Lunch: Spaghetti, English Peas, Pineapple, Milk Snack: Rice Krispies Treats, Juice	14 Breakfast: Rice Krispies w/Milk, Bananas Lunch: Chicken & Dressing, Butter Beans, Milk Snack: Goldfish crackers, Juice	15 Breakfast: Pancakes, Turkey Patty Sausage, Milk Lunch: Chicken & Rice, Corn, Mandarin Oranges, Milk Snack: Chocolate Chip Cookies, Juice
18 Breakfast: Waffle Sticks, Fruit, Cocktail, Milk Lunch: Roast Turkey Slices, Mashed Potatoes, Broccoli & Cheese, Milk Snack: Butter Cookies, Juice	19 Breakfast: Buttered Biscuit, Jelly, Peaches, Milk Lunch: Chicken Noodle Bake, Green Beans, Milk Snack: Graham Crackers Yogurt, Juice	20 Breakfast: French Toast Sticks, Applesauce, Milk Lunch: Vegetable Beef Soup, Grilled Cheese Sandwiches, Milk Snack: Pudding, Graham Crackers, Juice	21 Breakfast: French Toast Sticks, Mixed Fruit, Milk Lunch: Meatloaf, Mashed Potatoes, English Peas, Milk Snack: Goldfish Crackers, Juice	22 Breakfast: Cheerios w/ Milk, Bananas, Milk Lunch: Chicken & Dumplings, Carrots, Butter Beans, Milk Snack: Yogurt, Graham Crackers, Juice
25 Breakfast: Apple Cinnamon Oatmeal, Milk Lunch: Fried Chicken Sandwich, Green Beans, Mashed Potatoes, Milk Snack: Cheez It Crackers, Juice	26 Breakfast: Grits, Whole Wheat Toast, Milk Lunch: Cheesy Chicken Penne Pasta, Mixed Vegetables, Pears, Milk Snack: Gold Fish Crackers, Juice	27 Breakfast: Yogurt, Peaches, Milk Lunch: Chicken Parmesan & Bow Tie Pasta, Butter Peas, Milk Snack: Rice Krispies Treats, Juice	28 Breakfast: Cinnamon Rolls, Peaches, Milk Lunch: Chicken Noodle Soup, Turkey Sandwich, Milk Snack: Animal Crackers, Juice	29 Breakfast: Cinnamon Rolls, Apple Sauce, Milk Lunch: Chicken Nuggets, Mixed Vegetables, Milk Snack: Oatmeal Cookies, Juice



Dates to Remember!

October 8th-Fall Break School's Out Day for VCS, Scintilla

October 11th- Fall Break School's Out Day for VCS, Scintilla & LCS

October 12th-Open Bible Fall Break

October 29th- Halloween Parties-check with your child's teacher for times. Wear a non-scary costume to school today!