

Central Community School System

OCTOBER 2019

Bellingrath Hills Elementary

Monday

Tuesday

Wednesday

Thursday

Friday

Grilled Chicken Wrap **1**
Taco Salad Cup
Steamed Broccoli
Dessert
Fruit
Milk Choice

Chicken OR Turkey **2**
Steamed Rice & Gravy
Green Peas
Sweet Potatoes
Fruit
Milk Choice

Taco Maxx **3**
Spanish rice
Refried Beans
Salsa Cup
Dessert
Fruit
Milk Choice

Breaded Fish Patty on W.W. Bun **4**
Lettuce, Tomato, Pickle Cup
French Fries
Steamed Corn
Ketchup / Mayo / Mustard
Fruit
Milk Choice

Chili Dog - K **7**
Turkey Sandwich - Pre-K
Tater Tots
Steamed Carrots
Ketchup/Mayo/Mustard
Fruit
Milk Choice

Chicken & Sausage Jambalaya **8**
White Beans
Steamed Broccoli
Dessert
Fruit
Milk Choice

Hamburger on W. W. Bun **9**
Lettuce, Tomato, Pickle Cup
Ketchup / Mayo / Mustard
Sweet Potato Fries
Fruit
Milk Choice

Cheese Quesadilla **10**
Refried Beans
Celery Sticks
Salsa Cup
Dessert
Fruit
Milk Choice

Cheese / Pepperoni Pizza **11**
Steamed Corn
Sliced Cucumbers
Fruit
Milk Choice

Chicken Nuggets **14**
Macaroni & Cheese
Seasoned Corn
Steamed Carrots
Ketchup / Barbeque Sauce
Fruit
Milk Choice

Salisbury steak **15**
Steamed rice w/ Gravy
Seasoned Green Beans
Sweet Potatoes
Dessert
Fruit
Milk Choice

Breaded Chicken on W. W. Bun **16**
Lettuce, Tomato, Pickle Cup
Tater Tots
Baked Beans
Ketchup / Mayo / Mustard
Fruit
Milk Choice

Pasta w/ Meat Sauce **17**
Steamed Broccoli
Sliced Cucumbers
Breadstick
Dessert
Fruit
Milk Choice

Parent / Teacher Conferences **18**

Fall Break **21**

Pizza **22**
Tater Tots
Steamed Broccoli
Ketchup/Mayo/Mustard
Dessert
Fruit
Milk Choice

Sloppy Joe on W. W. Bun **23**
Steamed Corn
Ketchup / Mayo / Mustard
French Fries
Fruit
Milk Choice

Baked Chicken **24**
Green Peas
Mashed Potatoes w/ Gravy
Homemade W.W. Roll
Dessert
Fruit
Milk Choice

Breaded Cheese Sticks w/ Marinara Sauce **25**
Seasoned Green Beans
Baked Beans
Fruit
Milk Choice

Beef Sticks **28**
Mashed Potatoes w/ Gravy
Steamed Carrots
Ketchup
Fruit
Milk Choice

Red Beans w/ Sausage **29**
Steamed Rice
Seasoned Mustard Greens
Tossed Salad w/ Dressing
Cornbread
Dessert
Fruit
Milk Choice

Chicken OR Turkey **30**
Steamed Rice & Gravy
Green Peas
Sweet Potatoes
Fruit
Milk Choice

Beefy Nachos **31**
Refried Beans
Salsa Cup
Celery Sticks
Dessert
Fruit
Milk Choice

NOTE: MENUS ARE SUBJECT TO CHANGE

Notification Statement: Peanuts and Peanut Products are not purchased for meals produced by the Central Community School System Child Nutrition Program; however, some products served may contain nuts and some products may be produced in plants that use nuts and may contain traces of nuts.

