

**OCTOBER BREAKFAST MENUS**  
**GALAX MIDDLE/HIGH SCHOOLS**

OFFERED DAILY:

CHOOSE 1 OR 2: FRUIT CUP, FRESH FRUIT, OR 100% JUICE (ONLY ONE JUICE)

YOGURT OFFERED WITH EACH BREAKFAST ENTRÉE

CHOOSE 1: UNFLAVORED OR FLAVORED LOWFAT OR NONFAT MILK

**GRAB & GO BREAKFAST OFFERED DAILY (THIS INCLUDES A BAR, JUICE, YOGURT AND MILK)**

**CLOSED SEPTEMBER 30<sup>TH</sup> THUR OCTOBER 1<sup>ST</sup> DUE TO HURRICAN HELENE**

**FARM TO SCHOOL WEEK**  
**OCTOBER 7-11**

**MONDAY, OCTOBER 7**

CHOOSE 1: SNACK BUN  
POWDERED DONUTS  
CEREAL

**TUESDAY, OCTOBER 8**

CHOOSE 1: MAPLE PANCAKES  
STRAWBERRY BAGEL  
CEREAL

**WEDNESDAY, OCTOBER 9**

CHOOSE 1: CHICKEN BISCUIT  
CHOCOLATE CHIP MUFFIN  
CEREAL

**THURSDAY, OCTOBER 10**

CHOOSE 1: MINI CINN'S  
TRIX FRENCH TOAST  
CEREAL

**FRIDAY, OCTOBER 11**  
**SCHOOL CLOSED**

**MONDAY, OCTOBER 14**

CHOOSE 1: CINNAMON RUSH FRENCH TOAST  
CHOCOLATE CHIP MUFFIN  
CEREAL

**TUESDAY, OCTOBER 15**

CHOOSE 1: CHOCOLATE DONUTS  
STRAWBERRY PARFAIT  
CEREAL

**WEDNESDAY, OCTOBER 16**

CHOOSE 1: SAUSAGE BISCUIT  
BLUEBERRY MUFFIN  
CEREAL

**THURSDAY, OCTOBER 17**

CHOOSE 1: FRENCH TOAST  
STRAWBERRY BAGEL  
CEREAL

**FRIDAY, OCTOBER 18**

CHOOSE 1: BREAKFAST PIZZA  
APPLE FRUDEL  
CEREAL

**MONDAY, OCTOBER 21**

CHOOSE 1: MINI CINN'S  
BLUEBERRY WAFFLE  
CEREAL

**TUESDAY, OCTOBER 23**

CHOOSE 1: FRENCH TOAST  
SOFT CTC CEREAL BAR  
CEREAL

**WEDNESDAY, OCTOBER 24**

CHOOSE 1: BISCUIT & GRAVY  
SNACK BUN  
CEREAL

**THURSDAY, OCTOBER 25**

CHOOSE 1: CINNAMON SNACK N WAFFLE  
BLUEBERRY MUFFIN  
CEREAL

**FRIDAY, OCTOBER 25**

CHOOSE 1: BREAKFAST PIZZA  
CINNAMON ROLL  
CEREAL

**MONDAY, OCTOBER 28**

CHOOSE 1: MAPLE PANCAKES  
GOODY RING  
CEREAL

**TUESDAY, OCTOBER 29**

CHOOSE 1: CTC FRENCH TOAST  
STRAWBERRY PARFAIT  
CEREAL

**WEDNESDAY, OCTOBER 30**

CHOOSE 1: CHICKEN BISCUIT  
CHOCOLATE CHIP MUFFIN  
CEREAL

**THURSDAY, OCTOBER 31**

CHOOSE 1: MAPLE PANCAKES  
STRAWBERRY BAGEL  
CEREAL

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND  
EMPLOYER.

# OCTOBER LUNCH MENUS

## GALAX MIDDLE/HIGH SCHOOL

**OFFERED DAILY:** FRESH SALAD BAR  
**CHOOSE 1:** UNFLAVORED/FLAVORED  
LOWFAT/NONFAT MILK  
OFFERED DAILY WITH EACH OPTION

**SEPTEMBER 30<sup>TH</sup> THUR OCTOBER 4<sup>TH</sup>**  
**DUE TO HURRICANE HELENE**

**VIRGINIA FARM TO SCHOOL WEEK**  
**OCTOBER 7-11**

### **MONDAY, OCTOBER 7**

CHOOSE 1: MEATLOAF OR PULLED PORK W/ROLL  
CHOOSE 1 OR 2: SIDEWINDERS, SLAW, BAKED BEANS  
CHOOSE 1 OR 2: APPLESAUCE, FRESH FRUIT

### **TUESDAY, OCTOBER 8**

CHOOSE 1: PEPPERONI OR CHEESE PIZZA  
CHOOSE 1 OR 2: GREEN BEANS, RED PEPPER STRIPS,  
SPINACH, DICED TOMATOES  
CHOOSE 1 OR 2: PINEAPPLE TIDBITS, FRESH FRUIT

### **WEDNESDAY, OCTOBER 9**

CHOOSE 1: RIB OR TURKEY AND CHEESE ON BUN  
CHOOSE 1 OR 2: TATER TOTS, CORN ON THE COB,  
LETTUCE, TOMATO  
CHOOSE 1 OR 2: FRUIT COCKTAIL, FRESH FRUIT

### **THURSDAY, OCTOBER 10**

CHOOSE 1: CHICKEN FRIES OR FISH STICKS W/ ROLLS  
CHOOSE 1 OR 2: CREAMED POTATOES, CARROTS,  
BRUSSEL SPROUTS  
CHOOSE 1 OR 2: APPLESAUCE, FRESH FRUIT

### **FRIDAY, OCTOBER 11**

**SCHOOL CLOSED**

### **MONDAY, OCTOBER 14**

CHOOSE 1: CHICKEN QUESDILLA OR BEAN BURRITO  
CHOOSE 1 OR 2: CORN, REFRIED BEANS, LETTUCE  
TOMATOES, SALSA, SOUR CREAM  
CHOOSE 1 OR 2: TROPICAL FRUIT, FRESH FRUIT

### **TUESDAY, OCTOBER 15**

CHOOSE 1: TORTELLINI W/BREADSTICK OR CALZONE  
CHOOSE 1 OR 2: GREEN BEANS, RED PEPPER STRIPS,  
SPINACH, DICED TOMATOES  
CHOOSE 1 OR 2: MANDARIN ORANGES, FRESH FRUIT

### **WEDNESDAY, OCTOBER 16**

CHOOSE 1: CHICKEN TENDERS W/ROLL OR CHEESY  
PULL-A-PART  
CHOOSE 1 OR 2: SWEET POTATO FRIES, CARROTS,  
PINTO  
CHOOSE 1 OR 2: PEARS, FRESH FRUIT

### **THURSDAY, OCTOBER 17**

CHOOSE 1: HOT DOG OR TURKEY & CHEESE ON BUN  
CHOOSE 1 OR 2: FRENCH FRIES, BAKED BEANS, CHILI,  
SLAW, LETTUCE, TOMATOES  
CHOOSE 1 OR 2: PEACHES, FRESH FRUIT

### **FRIDAY, OCTOBER 18**

CHOOSE 1: POPCORN CHICKEN OR FISH STICKS  
W/ROLL  
CHOOSE 1 OR 2: CREAMED POTATOES, CARROTS  
BRUSSEL SPROUTS  
CHOOSE 1 OR 2: APPLESAUCE, FRESH FRUIT

### **MONDAY, OCTOBER 21**

CHOOSE 1: GENERAL TSO OR MANDARIN ORANGE  
CHOOSE 1 OR 2: FRIED RICE, CARROTS, BROCCOLI  
CHOOSE 1 OR 2: PINEAPPLE, FRESH FRUIT

### **TUESDAY, OCTOBER 22**

CHOOSE 1: PEPPERONI OR CHEESE PIZZA  
CHOOSE 1 OR 2: CORN, LETTUCE, DICED TOMATOES,  
CARROTS  
CHOOSE 1 OR 2: MANDARIN ORANGES, FRESH  
FRUIT

### **WEDNESDAY, OCTOBER 23**

CHOOSE 1: HAMBURGER W/CHEESE OR FISH ON  
BUN  
CHOOSE 1 OR 2: FRENCH FRIES, BAKED BEANS,  
LETTUCE, TOMATOES, ONIONS, PICKLE CHIPS  
CHOOSE 1 OR 2: PEARS, FRESH FRUIT

### **THURSDAY, OCTOBER 24**

CHOOSE 1: CHICKEN FRIES OR FISH STICKS W/ ROLLS  
CHOOSE 1 OR 2: BABY BAKERS, CARROTS, PEAS  
CHOOSE 1 OR 2: APPLESAUCE, FRESH FRUIT

**FRIDAY, OCTOBER 25**

CHOOSE 1: BOSCO STICKS OR PIZZABOLI  
CHOOSE 1 OR 2: CARROTINES, BROCCOLI,  
CUCUMBER SLICES  
CHOOSE 1 OR 2: PINEAPPLE TIDBITS, FRESH FRUIT

**MONDAY, OCTOBER 28**

CHOOSE 1: CHICKEN OR FISH NUGGETS BOTH W/  
ROLL  
CHOOSE 1 OR 2: TATER TOTS, CARROTS, CELERY  
CHOOSE 1 OR 2: FRUIT COCKTAIL, FRESH FRUIT

**TUESDAY, OCTOBER 29**

CHOOSE 1: WALKING TACO OR HAM & CHEESE  
WRAP  
CHOOSE 1 OR 2: LETTUCE, TOMATO, BLACK BEANS  
SOUR CREAM, SALSA  
CHOOSE 1 OR 2: PEACHES OR FRESH FRUIT

**WEDNESDAY, OCTOBER 30**

CHOOSE 1: CHEESE STICKS OR PEPPERONI PIZZA  
CHOOSE 1 OR 2: CORN, SPINACH, DICED TOMATOES,  
RED PEPPER STRIPS  
CHOOSE 1 OR 2: MANDARIN ORANGES, FRESH FRUIT

**THURSDAY, OCTOBER 31**

CHOOSE 1: SALISBURY STEAK W/GRAVY OR  
MEATLOAF BOTH W/ROLL  
CHOOSE 1 OR 2: CREAMED POTATOES, GREEN  
BEANS, CARROTS  
CHOOSE 1 OR 2: APPLESAUCE, FRESH FRUIT

**THIRD MEALS FOR MONTH OF OCTOBER**

ONE OF THE FOLLOWING IS SERVED EACH DAY.  
(STUDENTS WILL ALSO RECEIVE A V-BLEND JUICE)

DORITOS OR CHEETIOS, CHEESE STICK, WELCHES  
GUMMIES OR APPLES, CARROTS, AND CHOCOLATE  
MILK.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY  
PROVIDER