

OCTOBER | 2019

McCracken County High School



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>30</p>	<p>1 B: <u>WG French Toast Sticks w/Sausage Link</u></p> <p>Chicken Enchiladas or Cheeseburger Works Bar/Tater Tots/Broccoli & Cheese/Carrots w/Ranch Diced Peaches/Fresh Apple</p>	<p>2 B: <u>Cluck it in a Bucket</u></p> <p>Chicken Sandwich or BBQ Sandwich Works Bar Kelli's Baked Beans Steakhouse Potato Salad Fruit cup/Sliced Oranges</p>	<p>3 B: <u>Sausage Biscuit & Potato gems</u></p> <p>Wing Dings Mashed Potatoes/Gravy Green Beans Sister Shubert Roll Fruit Choice</p>	<p>4 B: <u>Biscuit & Gravy Bowl</u></p> <p>Pizza Pockets Savory Fries Sweet Yellow Corn Caesar Salad Orange Sherbert Grapes</p>
<p>7</p> <p>Fall Break</p>	<p>8</p> <p>Fall Break</p>	<p>9</p> <p>Fall Break</p>	<p>10</p> <p>Fall Break</p>	<p>11</p> <p>Fall Break</p>
<p>14 <u>Tornado</u></p> <p>Bosco Sticks w/Marinara Savory Fries Sweet Yellow Corn Fresh Veggie Bowl Fruit Choice</p>	<p>15 B: <u>French toast Sticks w/Sausage Link</u></p> <p>Crispito Tostitos w/Queso Cheesy Refried Beans Fiesta Rice Fruit Choice</p>	<p>16 B: <u>Cluck it in a Bucket</u></p> <p>Italian Beef or Corn Dog Tater Tots Cooked Carrots Veggie Bowl Apple Sauce Sidekick</p>	<p>17 <u>Sausage Biscuit</u></p> <p>Chicken Alfredo Flatbread Cheeseburger/Works Bar Sweet Green Peas Fresh Veggie Bowl Seasoned French Fries Fruit Choice</p>	<p>18 <u>Biscuit & Gravy Bowl</u></p> <p>Big Daddy's Pizza Savory Fries Sweet Yellow Corn Caesar Salad Fruit Salad Fresh Apple</p>
<p>21 <u>Tornado</u></p> <p>Crispy Chicken & Waffles Zesty New Potatoes Sweet Green Peas Fresh Veggie Bowl Fruit Choice</p> <p>Potato Soup</p>	<p>22 <u>Donut Holes w/Sausage Link</u></p> <p>Breakfast for Lunch Eggs/Sausage Patty Hash Browns/Biscuit & Gravy Sliced Tomatoes Orange Juice</p>	<p>23 <u>Cluck it in a Bucket</u></p> <p>Salisbury Steak Mashed Potatoes & Gravy Green Beans Tossed Salad Fruit Choice</p> <p>Broccoli & Cheese Soup</p>	<p>24 <u>Sausage Biscuit</u></p> <p>Wing Dings Savory Fries Brussel Sprouts Sister Shubert Roll Grapes</p>	<p>25 <u>Biscuit & Gravy Bowl</u></p> <p>Chicken Enchiladas Crispy Chicken Sandwich Works Bar/Seasoned Tater Tots Cheesy Refried Beans Fruit Choice</p>
<p>28 <u>Tornado</u></p> <p>Bosco Sticks w/Marinara Savory Fries Sweet Yellow Corn Veggie Bowl Fruit Choice</p> <p>Potato Soup</p>	<p>29 <u>Donut Holes w/Sausage Link</u></p> <p>Chili & Hotdogs Tater Tots Baked Beans/Coleslaw Baked Apples/Fresh Fruit</p>	<p>30 <u>Cluck it in a Bucket</u></p> <p>Baked Ziti/Hot Dogs Seasoned Tater Tots Green Beans Caesar Salad Garlic Toast Fruit Choice</p> <p>Broccoli & Cheese Soup</p>	<p>31 <u>Sausage Biscuit</u></p> <p>Halloween Lunch Bat Wing Dings Wicked Mashed Potatoes Ghoulish Green Peas Wicked Witch Carrots w/Ranch Sister Shubert Troll Roll</p> <p>Sweet Treat</p>	<p>1</p>

Interesting Facts for October

It's weird that the month of October isn't the 8th month. October is the 10th Month in the Gregorian calendar received its name from the Latin numeral Octo meaning "eight", because in the original Roman calendar it was the eighth month.

*Birthstone is Opal
October Flower is Calendula
October is American Cheese Month & Apple Month*

Breakfast Choices

Assorted WG Pop tarts
Assorted Mini Bagels
Strawberry Smoothies
Strawberry Parfaits
WG Cinnamon Toast
Assorted Milk & Juice

Lunch Choices

Protein Pack
Sub Sandwich
Chef Salads
Pizza Munchable
Assorted Milk

*This institution is an Equal Opportunity Provider

*Menu is subject to change