

# OCTOBER | 2022

## McCracken County High School



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

|  |  |  |  |  |
|--|--|--|--|--|
| <p><b>3</b></p> <p><b>Fall Break Week 😊</b></p>  | <p><b>4</b></p>  | <p><b>5</b></p>  | <p><b>6</b></p>  | <p><b>7</b></p>  |
| <p><b>10</b> <u>MINI DONUTS</u></p> <p>Hot Dogs<br/>Macaroni and Cheese<br/>Chips<br/>Carrots w/Ranch<br/>Fruit</p>          | <p><b>11</b> <u>SAUSAGE BISCUIT</u></p> <p>Wing Dings<br/>Scalloped Potatoes<br/>Lima Beans<br/>Hot Roll<br/>Fruit</p>             | <p><b>12</b> <u>PANCAKES</u></p> <p>Orange Chicken<br/>Rice/Egg Rolls<br/>Mixed Vegetables<br/>Fortune Cookie<br/>Fruit</p>        | <p><b>13</b> <u>CHICKEN AND A ROLL</u></p> <p>Soft Beef Taco<br/>Cheese and Lettuce Cups<br/>Potato Ole's<br/>Churro<br/>Fruit</p> | <p><b>14</b> <u>DANISH</u></p> <p>Chicken Sandwich<br/>Crispy Fries<br/>Cucumber Slices w/Ranch<br/>Pickle Spear<br/>Fruit</p>   |
| <p><b>17</b> <u>MUFFIN AND YOGURT</u></p> <p>Crispito w/Chili<br/>Mexican Rice<br/>Black Beans<br/>Chips/Queso<br/>Fruit</p> | <p><b>18</b> <u>CINNAMON ROLL</u></p> <p>Sloppy Joes<br/>Baked Beans<br/>Potato Salad<br/>Fruit</p>                                | <p><b>19</b> <u>CHICKEN BISCUIT</u></p> <p>Chicken Alfredo Flatbread<br/>Caesar Salad<br/>Green Peas<br/>Fruit<br/>Sweet Treat</p> | <p><b>20</b> <u>STRAWBERRY BAGEL</u></p> <p>Corn Dog<br/>Emoji Fries<br/>Broccoli w/Ranch<br/>Fruit</p>                            | <p><b>21</b> <u>TORNADO WRAP</u></p> <p>Pizza<br/>Corn<br/>Garden Salad<br/>Fruit</p>  |
| <p><b>24</b> <u>French Toast</u></p> <p>BBQ w Bun<br/>Crispy Fries<br/>Baked Beans<br/>Coleslaw<br/>Fruit</p>                | <p><b>25</b> <u>Bacon / Egg Biscuit</u></p> <p>Salisbury Steak<br/>Mashed Potatoes<br/>Great Northern Beans<br/>Roll<br/>Fruit</p> | <p><b>26</b> <u>WAFFLES</u></p> <p>Cheeseburger w/the works<br/>Tater Tots<br/>Broccoli w/cheese<br/>Fruit<br/>Sweet Treat</p>     | <p><b>27</b> <u>Sausage Biscuit</u></p> <p>Spaghetti<br/>Garden Salad<br/>Green Beans<br/>Garlic Bread<br/>Fruit</p>               | <p><b>28</b> <u>MINI DONUTS</u></p> <p>Chicken Salad Slider w/<br/>Potato Soup<br/>Cooked Carrots<br/>Pickle Spear<br/>Fruit</p> |
| <p><b>31</b> <u>Donut Ring</u></p> <p>Footlong Chili Cheese Dog<br/>Shoestring Fries<br/>Celery w/Ranch<br/>Fruit</p>        | <p><b>1</b> Enter Text Here</p>  | <p><b>2</b> Enter Text Here</p>  | <p><b>3</b> Enter Text Here</p>  | <p><b>4</b> Enter Text Here</p>  |

### **News**

Daily Breakfast Choices:

Assorted Poptarts  
Assorted Cereal  
Assorted Milk and Juice

Lunch Choices:

Fresh Boxed Salads  
Protein Boxes  
Cold-Cut Sandwiches

Put money in your account for extras and Ala Cart!

**MENU IS SUBJECT TO CHANGE**