

**POCAHONTAS COUNTY SCHOOLS**  
**October Breakfast and Lunch Menu 2019**  
**National School Lunch Week – October 14-18**

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |
|--|---|---|---|--|
|  | <u>1</u>  | <u>2</u>  | <u>3</u>  | <u>4</u>   |
|  | *Egg Omelet<br>*Cereal<br>*Fruit<br><br>Beef Taco***<br>Tomato/Lettuce/Sour Cream<br>Refried Beans***<br>Corn***<br>Fruit***  | *French Toast<br>*Cereal<br>*Fruit<br><br>Fish***<br>Diced Potatoes***<br>Broccoli***<br>Roll***<br>Fruit***                  | *Biscuit & Gravy<br>*Cereal<br>*Oranges<br><br>Pizza***<br>Tossed Salad***<br>Corn***<br>Fresh Carrots***<br>Fruit***                         | *Breakfast Pizza<br>*Cereal<br>*Applesauce<br><br>Popcorn Chicken***<br>Peas***<br>Macaroni & Cheese***<br>Fresh Spinach Salad***<br>Fruit***                                  |
| <u>7</u>   | <u>8</u>  | <u>9</u>  | <u>10</u>   | <u>11</u>  |
| *Pancake Sausage on a Stick<br>*Cereal<br>*Apple<br><br>Turkey/Cheese Sub***<br>Lettuce/Tomato/Onion<br>Pork-N-Beans***<br>Sweet Potato Fries***<br>Fruit***                   | *Homemade Cinnamon<br>Roll<br>*Cereal<br>*Blueberries<br><br>Sausage patty***<br>Eggs***<br>Hash Brown***<br>Biscuit***<br>Apple Crisp                              | *Apple Stick<br>*Cereal<br>*Craisins<br><br>Meatloaf ***<br>Mashed Potatoes***<br>Green Beans ***<br>Roll***<br>Fruit ***     | *Pretzel<br>w/Cheese Sauce<br>*Cereal<br>*Fruit<br><br>Chicken***<br>Caesar/Romaine Salad***<br>Quick Bake Potato***<br>Roll***<br>Fruit***   | *Chocolate Chip Bar<br>*Cereal<br>*Orange<br><br>Bacon Cheeseburger***<br>Lettuce/Tomato/Onion<br>Ketchup/Mayo/Mustard<br>Bun***<br>Broccoli***<br>French Fries***<br>Fruit*** |
| <u>14</u>  | <u>15</u>   | <u>16</u>   | <u>17</u>   | <u>18</u>  |
| *French Toast<br>*Cereal<br>*Fruit<br><br>Chickent Sandwich***<br>Bun***<br>Tomato/Lettuce/Onion<br>Ketchup/Mayo/Mustard<br>Great Northern Beans***<br>Broccoli***<br>Fruit*** | *Pop tart<br>*Cereal<br>*Fruit<br><br>Salisbury Steak***<br>Mashed Potatoes***<br>Green Beans***<br>Roll***<br>Fruit***   | Professional Learning Day<br>No school for students   | *Egg Omelet<br>*Cereal<br>*Fruit<br><br>Chicken Tenders***<br>French Fries***<br>Baked Beans***<br>Roll***<br>Fruit***                        | *Bagel w/Cream Cheese<br>*Cereal<br>*Strawberry Cup<br><br>Spaghetti w/Meat Sauce***<br>Romaine Tossed Salad***<br>Corn***<br>Roll***<br>Fruit ***                             |
| <u>21</u>  | <u>22</u>   | <u>23</u>   | <u>24</u>   | <u>25</u>  |
| *Egg/Sausage Biscuit<br>*Cereal<br>*Orange<br><br>Chicken Wrap***<br>Black Beans***<br>Salsa/Sour Cream<br>Corn***<br>Peaches***   | *Homemade Blueberry<br>Square<br>*Cereal<br>*Fruit<br><br>Chili***<br>Grilled Cheese Sandwich***<br>California Blend***<br>Fresh Carrots***<br>Fruit***             | *Parfait/Smoothie<br>*Cereal<br>*Fruit<br><br>Lasagna***<br>Romaine Salad***<br>Corn***<br>Garlic Bread***<br>Fruit***        | *Breakfast Burrito<br>*Cereal<br>* Fruit<br><br>Chicken***<br>Diced Potatos***<br>Fresh Carrets***<br>Birthday Cake<br>Fruit***               | *Apple Muffin<br>*Cereal<br>* Fruit<br><br>Hot Dog***<br>Hot Dog Chili***<br>Bun***<br>Broccoli***<br>French Fries***<br>Fruit***  |
| <u>28</u>  | <u>29</u>   | <u>30</u>   | <u>31</u>   |  |
| *Pumpkin Bread<br>*Cereal<br>*Fruit<br><br>Meatball Sub***<br>Glazed Carrots***<br>Macaroni Salad***<br>Fruit***   | *Homemade Cinnamon<br>Roll<br>*Cereal<br>* Fruit<br><br>Sloppy Joe***<br>Baked Beans ***<br>Homemade Coleslaw ***<br>Tatar Tots***<br>Fresh Broccoli***<br>Fruit*** | *Zucchini Bread<br>*Cereal<br>*Fruit<br><br>Salisbury Steak***<br>Mashed Potatoes***<br>Green Beans***<br>Roll***<br>Fruit*** | *Apple Stick<br>*Cereal<br>*Craisins<br><br>Chicken Nuggets***<br>Fresh Carrots***<br>Oven Fries***<br>Breadstick***<br>Fresh/Mixed Fruit *** |  |

Students must take a \*Fruit or Juice and two other items\* for breakfast! Milk and Yogurt offered daily.  
 Students must take a Fruit or Vegetable\*\*\* and two other items\*\*\* for lunch! Milk and fresh fruit offered daily.