

Lumpkin County Schools, October 2019-2020

HIGH Breakfast & Lunch Menu

	Monday, Sept. 30	Tuesday, Oct. 1	Wednesday, Oct. 2	Thursday, Oct. 3	Friday, Oct. 4
Breakfast: Student Full-Pay: \$1.50, Reduced: \$.30	Sausage/Chicken Biscuit, Pancakes & Syrup, Cereal & Toast, Yogurt & Toast, Juice & Fruit, Milk	Sausage/Chicken Biscuit, Cheese Omelet and Biscuit, Cereal & Toast, Yogurt & Toast, Parfait, Juice & Fruit, Milk	Sausage/Chicken Biscuit, Cereal & Toast, Yogurt & Toast, Parfait, Juice & Fruit, Milk	Sausage/Chicken Biscuit, Homemade Cinnamon Roll, Cereal & Toast, Yogurt & Toast, Parfait, Juice & Fruit, Milk	Eggs, Grits, Gravy, Sausage/ Chicken Biscuit, Cereal & Toast Yogurt & Toast, Tater Tots, Juice & Fruit, Milk
Lunch: Student Full-Pay: \$2.20, Reduced: \$.40	Mini-Corndog Bites, Sweet 'N Sour Chicken with Rice, Deli Sub/Wrap, Grilled Cheese, PBJ, Salad Bar, Steamed Broccoli, Mashed Potatoes, Fruit & Juice, Milk	Beef & Cheese Nachos, Popcorn Chicken & Roll, Deli Sub/Wrap, Grilled Cheese, PBJ, Salad Bar, Tex-Mex Beans, California Blend, Fruit & Juice, Milk	Pizza, BBQ Pork Sandwich, Deli Sub/Wrap, Grilled Cheese, PBJ, Salad Bar, Fresh Roasted Yellow Squash , Mixed Vegetables Fruit & Juice, Milk	Chicken & Waffles, Meatball Sub, Deli Sub/Wrap, Grilled Cheese, PBJ, Salad Bar, Green Beans, Buttered Corn, Fruit & Juice, Milk	Hamburger, Hot Dog, Deli Sub/Wrap, Grilled Cheese, PBJ, Salad Bar, Fries, Cole Slaw, Fruit & Juice, Jell-O & Whipped Cream, Milk
	Monday, Oct. 7	Tuesday, Oct. 8	Wednesday, Oct. 9	Thursday, Oct. 10	Friday, Oct. 11
Breakfast: Adult/Non- Student, Student Second Meals: \$1.70	No School for Students!	Sausage/Chicken Biscuit, Cheese Omelet and Biscuit, Cereal & Toast, Yogurt & Toast, Parfait, Juice & Fruit, Milk	Sausage/Chicken Biscuit, Cereal & Toast, Yogurt & Toast, Parfait, Juice & Fruit, Milk	Sausage/Chicken Biscuit, Homemade Cinnamon Roll, Cereal & Toast, Yogurt & Toast, Parfait, Juice & Fruit, Milk	Eggs, Grits, Gravy, Sausage/ Chicken Biscuit, Cereal & Toast Yogurt & Toast, Tater Tots, Juice & Fruit, Milk
Lunch: Adult/Non- Student, Student Second Meals: \$3.60	Teacher Professional Day	Pizza, Meatball Sub, Deli Sub/Wrap, Grilled Cheese, PBJ, Salad Bar, California Blend Veggies, Green Peas, Fruit & Juice, Milk	Country Fried Steak w/ Biscuit, BBQ Sandwich, Deli Sub/Wrap, Grilled Cheese, PBJ, Salad Bar, Mashed Potatoes, Green Beans, Fruit & Juice, Milk	Spaghetti w/ Meat Sauce & Garlic Toast, Spicy Chicken Fillet Sandwich, Deli Sub/Wrap, Grilled Cheese, PBJ, Salad Bar, Buttered Corn, Steamed Broccoli, Fruit & Juice, Milk	Hamburger, Hot Dog, Deli Sub/Wrap, Grilled Cheese, PBJ, Salad Bar, Fries, Baked Beans, Cookie, Fresh Watermelon & Juice, Milk
	Monday, Oct. 14	Tuesday, Oct. 15	Wednesday, Oct. 16	Thursday, Oct. 17	Friday, Oct. 18
Breakfast:	Sausage/Chicken Biscuit, Pancakes & Syrup, Cereal & Toast, Yogurt & Toast, Juice & Fruit, Milk	Sausage/Chicken Biscuit, Cheese Omelet and Biscuit, Cereal & Toast, Yogurt & Toast, Parfait, Juice & Fruit, Milk	Sausage/Chicken Biscuit, Cereal & Toast, Yogurt & Toast, Parfait, Juice & Fruit, Milk	Sausage/Chicken Biscuit, Homemade Cinnamon Roll, Cereal & Toast, Yogurt & Toast, Parfait, Juice & Fruit, Milk	FALL
Lunch:	Mini-Corndog Bites, Chicken Bites & Roll Deli Sub/Wrap, Grilled Cheese, PBJ, Salad Bar, Steamed Broccoli, Mashed Potatoes, Fruit & Juice, Milk	Beef & Cheese Nachos, Spicy Chicken Fillet Sandwich, Deli Sub/Wrap, Grilled Cheese, PBJ, Salad Bar, Tex-Mex Beans, California Blend, Fruit & Juice, Milk	Pizza, BBQ Pork Sandwich, Deli Sub/Wrap, Grilled Cheese, PBJ, Salad Bar, Fresh Roasted Yellow Squash , Green Peas, Fruit & Juice, Milk	Chicken & Waffles, Meatball Sub, Deli Sub/Wrap, Grilled Cheese, PBJ, Salad Bar, Green Beans, Buttered Corn, Fruit & Juice, Milk	BREAK!
	Monday, Oct. 21	Tuesday, Oct. 22	Wednesday, Oct. 23	Thursday, Oct. 24	Friday, Oct. 25
Breakfast:	FALL	Sausage/Chicken Biscuit, Cheese Omelet and Biscuit, Cereal & Toast, Yogurt & Toast, Parfait, Juice & Fruit, Milk	Sausage/Chicken Biscuit, Cereal & Toast, Yogurt & Toast, Parfait, Juice & Fruit, Milk	Sausage/Chicken Biscuit, Homemade Cinnamon Roll, Cereal & Toast, Yogurt & Toast, Parfait, Juice & Fruit, Milk	Eggs, Grits, Gravy, Sausage/ Chicken Biscuit, Cereal & Toast Yogurt & Toast, Tater Tots, Juice & Fruit, Milk
Lunch:	BREAK!	Chicken Fillet Sandwich, Country Fried Steak & Biscuit, Deli Sub/Wrap, Grilled Cheese, PBJ, Salad Bar, Mashed Potatoes, Green Beans, Fresh Strawberries & Juice, Milk	Pizza, Beef Chili & Soft Pretzel, Deli Sub/Wrap, Grilled Cheese, PBJ, Salad Bar, California Blend, Green Peas, Fruit & Juice, Milk	Mac & Cheese w/ Chicken Bites, BBQ Pork Sandwich, Deli Sub/Wrap, Grilled Cheese, PBJ, Salad Bar, Buttered Corn, Steamed Broccoli, Fruit & Juice, Milk	Hamburger, Hot Dog, Deli Sub/Wrap, Grilled Cheese, PBJ, Salad Bar, Fries, Baked Beans, Cookie, Fruit & Juice, Milk
	Monday, Oct. 28	Tuesday, Oct. 29	Wednesday, Oct. 30	Thursday, Oct. 31	Friday, Nov. 1
Breakfast:	Sausage/Chicken Biscuit, Pancakes & Syrup, Cereal & Toast, Yogurt & Toast, Juice & Fruit, Milk	Sausage/Chicken Biscuit, Cheese Omelet and Biscuit, Cereal & Toast, Yogurt & Toast, Parfait, Juice & Fruit, Milk	Sausage/Chicken Biscuit, Cereal & Toast, Yogurt & Toast, Parfait, Juice & Fruit, Milk	Sausage/Chicken Biscuit, Homemade Cinnamon Roll, Cereal & Toast, Yogurt & Toast, Parfait, Juice & Fruit, Milk	Eggs, Grits, Gravy, Sausage/ Chicken Biscuit, Cereal & Toast Yogurt & Toast, Tater Tots, Juice & Fruit, Milk
Lunch:	Mini-Corndog Bites, Southern Breaded Chicken & Roll, Deli Sub/Wrap, Grilled Cheese, PBJ, Salad Bar, Steamed Broccoli, Mashed Potatoes, Fruit & Juice, Milk	Beef & Cheese Nachos, Chicken Bites & Roll, Deli Sub/Wrap, Grilled Cheese, PBJ, Salad Bar, Tex-Mex Beans, Mixed Vegetables, Fruit & Juice, Milk	Pizza, Hot Chicken Fajita Wrap, Deli Sub/Wrap, Grilled Cheese, PBJ, Salad Bar, California Blend, Green Peas, Fruit & Juice, Milk	Chicken & Waffles, BBQ Pork Sandwich, Deli Sub/Wrap, Grilled Cheese, PBJ, Salad Bar, Green Beans, Buttered Corn, Fresh Watermelon & Juice, Milk	Hamburger, Hot Dog, Deli Sub/Wrap, Grilled Cheese, PBJ, Salad Bar, Fries, Cole Slaw, Fruit & Juice, Jell-O & Whipped Cream, Milk

*Menu subject to change based on availability/delivery.



Denotes Farm To School (F2S) Featured Item, plus this month we have F2S cabbage in slaw, peppers, cucumbers, tomatoes, & oranges!