

# October 2020

## ACGC Elementary & 5-12 Building Menu



**BREAKFAST**  
Served with Milk,  
Juice, and Fruit

**LUNCH**  
Served with Milk, Salad  
Bar, Vegetable and Fruit

**ALL MENU ITEMS SUBJECT TO CHANGE**

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER



**Nutrition Tip:** Make half your plate veggies and fruits. Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



Reference: USDA MyPlate

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



Cook's Choice

5

Bosco Sticks, Marinara Sauce,  
Vegetable, Fruit

Cook's Choice

6

Orange Chicken, Rice, Fortune  
Cookie, Vegetable, Fruit

Cook's Choice

7

Chicken Nuggets, Mashed  
Potatoes, Vegetable, Fruit

Cook's Choice

8

Chicken Patty, Fries, Fruit

Cook's Choice

9

Hamburger, Fries, Fruit

Cereal, Fruit

12

Fish Nuggets, Chips,  
Vegetable, Fruit

Banana Bread, Fruit

13

Hot Dog, Baked Beans, Fruit

Muffin, Fruit

14

Chicken Alfredo, Breadstick,  
Vegetable, Fruit

NO SCHOOL

15

NO SCHOOL

16

NO SCHOOL

19

Muffin, Fruit

20

Grilled Cheese, Tomato Soup,  
Vegetable, Fruit

Yogurt, Scooby Stick,  
Fruit

21

Pulled pork Sandwich,  
Vegetable, Fruit

Cereal, Fruit

22

Chicken Gravy over Mashed  
Potatoes, Vegetable, Fruit

Mini Donuts, Fruit

23

French Bread, Marinara  
Sauce, Fruit

NO SCHOOL

26

Frudel, Fruit

27

Riblet Sandwich, Fries, Fruit

Cereal, Fruit

28

Chili, Corn Bread, Vegetable,  
Fruit

Yogurt, Scooby Sticks,  
Fruit

29

Hamburger, Baked Beans,  
Fruit, Treat

Bagel, Fruit

30

BBQ on Bun, Fries, Fruit, Treat