

# OCTOBER | 2019



## Meigs High School Breakfast

USDA is an equal opportunity provider

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30	1 Egg Omelet Sausage Toast	2 Breakfast Pizza	3 Sausage Gravy & Biscuit	4 Donut Holes
7 Pancake Wrap	8 Breakfast Pizza	9 Breakfast Pizza	10 Sausage Gravy & Biscuit	11 Donut Holes
14 Blueberry Breadstick filled w/ cinnamon cream cheese	15 Egg Omelet Sausage Toast	16 Breakfast Pizza	17 Sausage Gravy & Biscuit	18 Donut Holes
21 French Toast Sticks	22 Donut Holes	23 Breakfast Pizza	24 Sausage Gravy & Biscuit	25 Donut Holes
28 Blueberry Breadstick filled w/ cinnamon cream cheese	29 Breakfast Pizza	30 Breakfast Pizza	31 Sausage Gravy & Biscuit	1

### News

Reminders: Milk, assorted fruit, and 100% juice are offered with every breakfast.

Students must take at least 3 items at breakfast (one being a fruit or vegetable), but are encouraged to take all 4 offered items!

Questions?  
Please contact:

Chrissy Musser, SNS  
Food Service Director  
740-992-6171  
[Chrissy.musser@meigslocal.org](mailto:Chrissy.musser@meigslocal.org)

\*Menu subject to change w/o notice

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## Meigs High School Lunch

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MONDAY

TUESDAY

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THURSDAY

FRIDAY

30	1 Crispy Chicken Sandwich Potato Smiles	2 Mini Ravioli w/ Marinara Spinach & Strawberry Salad Breadstick	3 Taco Dog Tortilla Chips w/ Hummus and Salsa on side	4 Marauder Burger French Fries
7 Bosco Sticks Marinara Sauce	8 Fish Sticks (Alaskan Pollock – good!) Potato Triangle	9 Grilled Chicken over Rice Broccoli w/ Ranch Breadstick	10 Sloppy Joe Baked Beans	11 Buffalo Chicken Drumstick Tater Tots Triple Chocolate Cookie
14 Ham & Cheese Hot Pocket Succotash	15 Pulled Pork Sandwich Twisty Fries	16 Chili w/ Beans Oyster Crackers Shredded Cheese on side	17 Corn Dog Broccoli & Cheese	18 Stuffed Crust Pizza Carrots w/ Ranch
21 Pizza Calzone Marinara Sauce	22 Steak & Cheese Sub California Blend Vegetables	23 Asian Chicken Stir Fry Rice Fortune Cookie	24 Taco in a Bag Refried Beans Brownie	25 Spicy Chicken Sandwich Potato Wedges
28 Chicken Tenders Mozzarella Sticks Broccoli w/ Ranch	29 Beef Fiestada Black Beans	30 Macaroni & Cheese Garlic Toast Cherry Slushie	31 Cheeseburger Potato Smiles Chocolate Pudding w/ Worms! (Gummy, of course)	1

### News

Breakfast and Lunch are FREE to every student, every day!

It's important for each child to eat both meals daily at school!

Romaine Salad, assorted fruit, and milk are offered with every meal.

Students must take at least 3 items at lunch (one being a fruit or vegetable), but are encouraged to take all 5 offered items!

These entrees are also offered daily:

- Pepperoni Pizza
- Popcorn Chicken Salad
- PBJ
- Ham/Cheese or Turkey/Cheese Sandwich

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