

Menus

School: Cowgill R-VI School

Academic Year: 2021-22

Meal: All

Month: October 2021

October				
M	Tu	W	Th	F
27 Breakfast: Muffin & Yogurt Juice or Fruit Milk Lunch: Hot Dog, BBQ Beans & Pears	28 Breakfast: Sausage Biscuit Juice or Fruit Milk Lunch: Creamy Chicken Over Biscuit, Applesauce & Brownie	29 Breakfast: Breakfast Pizza Juice or Fruit Milk Lunch: Shrimp, Peas, String Cheese & Tropical Fruit	30 Breakfast: Egg & Cheese Biscuit Juice or Fruit Milk Lunch: Deli Sandwich, Chips & Banana	1 Breakfast: Donut & Yogurt Juice or Fruit Milk Lunch: Honey Baked Ham, Green Beans, Mashed Potatoes, Gravy, Rolls & Peach Crisp
4 Breakfast: Muffin & Yogurt Juice or Fruit Milk Lunch: Chicken Strips, Sweet Potatoes & Mandarin Oranges	5 Breakfast: Sausage Biscuit Juice or Fruit Milk Lunch: Cheeseburger, BBQ Beans & Pears	6 Breakfast: Breakfast Pizza Juice or Fruit Milk Lunch: Baked Chicken, Mixed Veggies, Rolls & Peaches	7 Breakfast: Egg & Cheese Biscuit Juice or Fruit Milk Lunch: Burrito, Corn, String Cheese & Cinnamon Apples	8
11 Breakfast: Muffin & Yogurt Juice or Fruit Milk Lunch: McRibb Sandwich, Sweet Potatoes & Cinnamon Apples	12 Breakfast: Sausage Biscuit Juice or Fruit Milk Lunch: CornDog, Pork N Beans & Pears	13 Breakfast: Breakfast Pizza Juice or Fruit Milk Lunch: Meatloaf, Mash Potatoes, Corn, Roll & Peaches	14 Breakfast: Egg & Cheese Biscuit Juice or Fruit Milk Lunch: Chef Salad, Breadstick & Pineapple	15 Breakfast: Donut & Yogurt Juice or Fruit Milk Lunch: Tuna Casserole, Peas & Applesauce
18 Breakfast: Muffin & Yogurt Juice or Fruit Milk Lunch: Pizza, Corn & Pears	19 Breakfast: Sausage Biscuit Juice or Fruit Milk Lunch: Sweet & Sour Chicken, Broccoli, Rice, & Pineapple	20 Breakfast: Breakfast Pizza Juice or Fruit Milk Lunch: Beef Stroganoff, Green Beans & Peaches	21 Breakfast: Egg & Cheese Biscuit Juice or Fruit Milk Lunch: Grilled Cheese Sandwich, Vegetable Soup & Applesauce	22
25 Breakfast: Muffin & Yogurt Juice or Fruit Milk Lunch: Fish Sandwich, Peas & Mandarin Oranges	26 Breakfast: Breakfast Pizza Juice or Fruit Milk Lunch: Spaghetti & Meat Sauce, Green Beans, Breadstick & Pears	27 Breakfast: Egg & Cheese Biscuit Juice or Fruit Milk Lunch: Grilled Chicken Sandwich, Carrots & Banana	28 Breakfast: Vampire Donuts Juice or Fruit Milk Lunch: Halloween Dinner Bloody Finger, Spooky Beans, Pumpkin Wedges & Trick-or-Treat Cake	29 Breakfast: Donut & Yogurt Juice or Fruit Milk Lunch: Uncrustable, Chips & Applesauce "The USDA is an equal opportunity provider and employer."