

# Kings Chapel Elementary Menu \* October 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Fall Break				
10  Columbus Day	11 Breakfast Pizza Chicken Biscuit Cheese Grits, Cereal, Toast Fruit, Juice, Choice of Milk ----- Ham Wrap Combo Quesadilla Chicken Sandwich Pepperoni Pizza Chef Salads Tossed Salad Whole Kernel Corn Baked Beans Veggie Cups Canned Fruit Cdmnt Bars      Milk      Jell-O	12 Ham, Egg & Cheese Croissant Sausage Biscuit Cheese Grits, Cereal, Toast Fruit, Juice, Choice of Milk ----- Ham Sandwich Combo Spaghetti & Garlic Bread Corn Dog Homemade Pizza Chef Salads Tossed Salad Fries Green Beans Fresh Fruit Canned Fruit Cdmnt Bar      Milk	13 Dutch Waffle Chicken Biscuit Cheese Grits, Cereal, Toast Fruit, Juice, Choice of Milk ----- Oven Baked Chicken w/ Roll Hamburger Pizza Ham Wrap Combo Salad & Fruit (apples) Baked Sweet Potato Blackeyed Peas Broccoli Salad Pudding Cdmnt Bar Milk	14 Frudel Sausage Biscuit Cheese Grits, Cereal, Toast Fruit, Juice, Choice of Milk ----- Ham Sandwich Combo Fish Sticks w/Hushpuppies Deli Wrap Homemade Pizza Chef Salads Tossed Salad Corn on the Cob Green Peas Fresh Fruit Canned Fruit Cdmnt Bar      Milk
17 Breakfast on a Stick Sausage Biscuit Cheese Grits, Cereal, Toast Fruit, Juice, Choice of Milk ----- BBQ Rib Sandwich Asian Chicken w/Rice Chicken Nugget w/Roll Pizza PB&J Sandwich Salad and Fruit Breaded Okra Green Beans Choice of Milk	18 Goody Bun Chicken Biscuit Cheese Grits, Cereal, Toast Fruit, Juice, Choice of Milk ----- Hot Dog Hot Wings w/Roll Cheeseburger Hot Ham/Cheese Sandwich PB&J Sandwich Salad and Fruit Baked Beans French Fries or Tots Choice of Milk      Rice Krispy	19 Ham, Egg & Cheese Croissant Sausage Biscuit Cheese Grits, Cereal, Toast Fruit, Juice, Choice of Milk ----- Soft Tacos Nachos Chicken Nuggets w/Roll Pizza PB&J Sandwich Salad and Fruit Mexican Rice Whole Kernel Corn Choice of Milk	20 Pancakes Chicken Biscuit Cheese Grits, Cereal, Toast Fruit, Juice, Choice of Milk ----- Oven Baked Chicken w/Roll Corndog Cheeseburger Chicken Sandwich PB&J Sandwich Salad and Fruit Green Peas Mashed Potatoes Choice of Milk      Cookie	21 Yogurt w/Pop Tart Sausage Biscuit Cheese Grits, Cereal, Toast Fruit, Juice, Choice of Milk ----- Manager Choice Fish Sticks w/Hushpuppies Chicken Nuggets w/Roll Pizza PB&J Sandwich Salad and Fruit Sweet Potatoes Manager Choice of Vegetable Choice of Milk
24 French Toast Sticks Sausage Biscuit Cheese Grits, Cereal, Toast Fruit, Juice, Choice of Milk ----- Ham Sandwich Combo Popcorn Ck w/ Roll Asian Chk w/ Rice Homemade Pizza Chef Salads Tossed Salad Broccoli w/Cheese Sweet Potatoes Fresh Fruit Canned Fruit Cdmnt Bar      Honey Mustard & Milk	25 Breakfast Pizza Chicken Biscuit Cheese Grits, Cereal, Toast Fruit, Juice, Choice of Milk ----- Ham Wrap Combo Quesadilla Chicken Sandwich Pepperoni Pizza Chef Salads Tossed Salad Whole Kernel Corn Baked Beans Veggie Cups Canned Fruit Cdmnt Bars      Milk      Jell-O	26 Ham, Egg & Cheese Croissant Sausage Biscuit Cheese Grits, Cereal, Toast Fruit, Juice, Choice of Milk ----- Ham Sandwich Combo Spaghetti & Garlic Bread Corn Dog Homemade Pizza Chef Salads Tossed Salad Fries Green Beans Fresh Fruit Canned Fruit Cdmnt Bar      Milk	27 Dutch Waffle Chicken Biscuit Cheese Grits, Cereal, Toast Fruit, Juice, Choice of Milk ----- Ham Wrap Combo Baked Chicken w/Roll Hamburger Pepperoni Pizza Chef Salads Tossed Salad Mashed Potatoes Blackeyed Peas Carrot Sticks Canned Fruit Cdmnt Bar & Pudding Milk	28 Frudel Sausage Biscuit Cheese Grits, Cereal, Toast Fruit, Juice, Choice of Milk ----- Ham Sandwich Combo Fish Sticks w/Hushpuppies Deli Wrap Homemade Pizza Chef Salads Tossed Salad Corn on the Cob Green Peas Fresh Fruit Canned Fruit Cdmnt Bar      Milk
31 Breakfast on a Stick Sausage Biscuit Cheese Grits, Cereal, Toast Fruit, Juice, Choice of Milk ----- BBQ Rib Sandwich Asian Chicken w/Rice Chicken Nugget w/Roll Pizza PB&J Sandwich Salad and Fruit Breaded Okra Green Beans      Choice of Milk	<b>October 10-14                      National School                      Lunch Week                      "What's on your                      plate?"</b> 			