


Southern Local
Lunch Menu

October

2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Pizza, Romaine Blend Salad, Fruit	2
	Go Tornadoes!					
3	4 French Bread Pizza Pep & Cheese, Celery Sticks/w Peanut Butter cup, Fruit	5 Hot Dog, French Fries, Fruit	6 Chicken Nuggets, Mashed Potatoes, Roll, Fruit	7 Ham & Cheese Sandwich, Corn, Fruit	8 No School Professional Development Day	9
10	11 Pizza Stick, Pep & Cheese, Baby Carrots/ Ranch Cup, Fruit	12 Cheeseburger, Tater Tots, Fruit	13 Chicken Bites, Green Beans, Roll, Fruit	14 Turkey & Cheese Sandwich, Smilie Fries, Fruit	15 Pizza, Romaine Blend Salad, Fruit	16
17	18 Calzone, Celery, Peanut Butter Cup, Fruit	19 Chicken Patty Sandwich, Corn, Fruit	20 Chicken Strips, Mashed Potatoes, Roll, Fruit	21 Cheeseburger, Twisty Fries, Fruit	22 Pizza, Romaine Blend Salad, Fruit	23
24/31	25 French Bread Pizza Pep & Cheese, Baby Carrots, Ranch cup, Fruit	25 Hot Dog, French Fries, Fruit	27 Chicken Nuggets, Mixed Veggies, Fruit	28 Taco in a bag, Corn Bean Mix, Fruit	29 Pizza, Romaine Blend Salad, Fruit	30

News: Menus are subject To change. This Institution is an equal Opportunity Provider. *For High School: Fruit will consist Of choice of Large Orange, Banana, Fruit Cup Or Large Apple. Juice plus Fruit Equals 1 cup : Milk Served Daily with Meal. All Buns Whole Wheat Grain.

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