

October 2021



BREAKFAST START TIMES:
7:30 AM
George & Little Rock
Attendance Centers

BREAKFAST PRICES:
Students - Free

LUNCH PRICES:
Students – Free
MS/HS Seconds - \$1.25

BREAKFAST ITEMS:
Monday: Muffin or Bagel
Tuesday: Pancake on a Stick
Wednesday: Egg and Sausage Patty
Thursday: French Toast Sticks
Friday: Donut or Yogurt
Cereal, Toast and Fruit served daily

Monday	Tuesday	Wednesday	Thursday	Friday
	Menu Subject To Change Without Notice			1 BBQ Pork WG Bun Carrots Vegetable Bar Mixed Fruit Banana
4 Chicken Leg WG Dinner Roll Mashed Potatoes & Gravy Vegetable Bar Cinnamon Apples Mandarin Oranges	5 Pizza Crunchers Cookie Green Beans Vegetable Bar Pears Orange Slices	6 BBQ WG Bun Baked Beans Vegetable Bar Mixed Fruit Apple Slices	7 Scalloped Potatoes & Ham Apple Pie Bread Stick Peas Vegetable Bar Peaches Apple Sauce	8 Turkey and Cheese WG Bun Carrots Vegetable Bar Mixed Fruit Banana
11 Chicken Patty WG Bun Corn Vegetable Bar Tropical Fruit Apple Slices	12 Breakfast Pizza Yogurt Carrots Vegetable Bar Mandarin Oranges Strawberries	13 Mr. Rib WG Bun Baked Beans Vegetable Bar Pears Orange Slices	14 Chicken Fajita Salsa Rice Peas & Cheese Sauce Vegetable Bar Pineapple Peaches	15 Pizza Cookie Green Beans Vegetable Bar Apple Sauce Fresh Fruit Mix
We Are Wild About School Lunch During National School Lunch Week!! October 11-15				
18 Hamburger WG Bun Carrots Vegetable Bar Pears Orange Slices	19 Chicken Tenders WG Dinner Roll Green Beans Vegetable Bar Mixed Fruit Apple Slices	20 BBQ Beef WG Bun Corn Vegetable Bar Apple Sauce Mandarin Oranges	21 Goulash WG Breadstick Peas Vegetable Bar Tropical Fruit Peaches	22 Hot Dog WG Bun Baked Beans Vegetable Bar Mixed Fruit Banana
25 Pork Patty WG Bun Peas Vegetable Bar Apple Sauce Tropical Fruit	26 Walking Taco Chips Refried Beans Vegetable Bar Strawberries Mandarin Oranges	27 Chicken Nuggets Pretzel Stick Green Beans Vegetable Bar Orange Slices Mixed Fruit	28 Hot Beef Slice of Bread Mashed Potatoes & Gravy Vegetable Bar Peaches Apple Slices	29 BBQ Chicken WG Bun Corn Vegetable Bar Sidekick Banana

MS & HS BREAKFAST
A LA CARTE ITEMS:
Bacon or Sausage Pizza
Breakfast Burrito

VEGETABLE BAR:
Lettuce
Carrots/Broccoli
Ranch/French Dressing

MILK SERVED DAILY
1% White Skim Chocolate

George-Little Rock is an Equal Opportunity Provider