



MERIWETHER COUNTY SCHOOL NUTRITION OCTOBER LUNCH MENU GMHS & MHS



MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
Baked Potato Bar/WW Roll Chili Cheese Nachos Grab N Go Buttered WK Corn Green Beans Apple Grins Fruit Choice	Crispy Chicken Tenders/Waffles BBQ/WG Bun Grab N Go Saucy Baked Beans Garden Salad Chilled Peaches Fruit Choice	Smart Mouth Pizza Sloppy Joe/Bun Grab N Go Green Beans Grape Tomato/Dip Frozen Sidekick Fruit Fruit Choice	Crispy Chicken/WG Bun Chili Cheese Fries/Texas Toast Grab N Go Crispy Fries Carrot Dipper Chilled Fruit Cup Fruit Choice Chocolate Chip Cookie	 No School Fall Break
MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
 No School Fall Break	Crunchy Beef Tacos Spaghetti Bake/WW Roll Grab N Go Brownie Fresh Lettuce/Tomato Salad/Ranch Sweet Potato Fries Cinnamon Apples Fruit Choice	Smart Mouth Pizza BBQ/Bun Grab N Go Green Peas Glazed Carrots Fresh Watermelon Fruit Choice	Chicken Nuggets/Cornbread Roasted Chicken or Pulled Pork/Cornbread Grab N Go Mac N Cheese Seasoned Turnip Greens Seasoned Black Eye Peas Icy Peach Cup Fruit Choice	Smart Mouth Pizza Bacon Cheeseburger Grab N Go Lettuce/Tomato/Pickle Crispy Fries Green Beans Fruit Choices
MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
Baked Potato Bar/WW Roll Chili Cheese Nachos Grab N Go Buttered WK Corn Green Beans Apple Grins Fruit Choice	Crispy Chicken Tenders/Waffles BBQ/WG Bun Grab N Go Saucy Baked Beans Garden Salad Chilled Peaches Fruit Choice	Smart Mouth Pizza Sloppy Joe/Bun Grab N Go Green Beans Grape Tomato/Dip Frozen Sidekick Fruit Fruit Choice	Crispy Chicken/WG Bun Chili Cheese Fries/Texas Toast Grab N Go Crispy Fries Carrot Dipper Chilled Fruit Cup Fruit Choice Chocolate Chip Cookie	Smart Mouth Pizza Bacon Cheeseburger Grab N Go Buttered WK Corn Steamed Broccoli/Cheese Strawberry Flavored Pears Fruit Choice
MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
Pizza Crunchers/Marinara Tangy Chicken Wings/Roll Grab N Go Fresh Broccoli/Dip Crispy Cole Slaw Flavored Applesauce Fruit Choice	Crunchy Beef Tacos Spaghetti Bake/WW Roll Grab N Go Brownie Fresh Lettuce/Tomato Salad/Ranch Sweet Potato Fries Cinnamon Apples Fruit Choice	Smart Mouth Pizza BBQ/Bun Grab N Go Green Peas Glazed Carrots Fresh Watermelon Fruit Choice	Chicken Nuggets/Cornbread Roasted Chicken or Pulled Pork/Cornbread Grab N Go Mac N Cheese Seasoned Turnip Greens Seasoned Black Eye Peas Icy Peach Cup Fruit Choice	Smart Mouth Pizza Bacon Cheeseburger Grab N Go Lettuce/Tomato/Pickle Crispy Fries Green Beans Fruit Choices
MONDAY 31	 Georgia Harvest of the Month			
Baked Potato Bar/WW Roll Chili Cheese Nachos Grab N Go Buttered WK Corn Green Beans Apple Grins Fruit Choice	 OCTOBER Squash (SUMMER, WINTER, PUMPKIN) Celebrate SPINACH		 Celebrate National School LUNCH WEEK OCT. 10-14 2022 #NSLW22 #peaceloveschoollunch	

Milk Choices Offered Daily
Pack Pal Offered Daily

Menus are subject to change due to product availability.

This institution is an equal opportunity provider.