

October 2026

Athens Community Career Academy/Classic City High Campus Menu

LUNCH MENU:

MONDAY, SEPTEMBER 28 Chicken Tenders* & French Roll* Garlic & Herb Pull Aparts* & Marinara PBJ Grab Bag* Sides: Mashed Potatoes Green Beans Seasonal Fresh Fruit Applesauce Cup	MONDAY, OCTOBER 5 Buffalo Chicken Tenders* & Roll* Cheesy Breadstick Bites* & Marinara PBJ Grab Bag* Sides: Herb-Roasted Potatoes Carrot Sticks Seasonal Fresh Fruit Peaches
TUESDAY, SEPTEMBER 29 Oven-fried Chicken* & Yeast Roll* Macaroni* & Cheese w/ French Roll* PBJ Grab Bag* Sides: Corn on the Cob Garden Salad Seasonal Fresh Fruit Pears	TUESDAY, OCTOBER 6 Donderos' Kitchen Chicken Fajitas* Bean & Cheese Burrito* PBJ Grab Bag* Sides: Peppers & Onion Sauté Shredded Lettuce & Salsa Charro Beans Seasonal Fresh Fruit
WEDNESDAY, SEPTEMBER 30 Cheeseburger* Hot Dog* PBJ Grab Bag* Sides: Potato Wedges Baked Beans/Campfire Beans Seasonal Fresh Fruit Mandarin Oranges	WEDNESDAY, OCTOBER 7 Asian Chicken* & French Roll* Mandarin Orange Chicken & Rice* PBJ Grab Bag* Sides: Steamed Fresh Broccoli Assorted Fresh Vegetables & Dip Seasonal Fresh Fruit Applesauce Freshly-baked Cookie*
THURSDAY, OCTOBER 1 Assorted Selection of Pizza* PBJ Grab Bag* Power Bowl* Sides: Roasted Broccoli Mini Carrots & Dip Seasonal Fresh Fruit Fruit Salad, Freshly-baked Cookie*	THURSDAY, OCTOBER 8 Assorted Selection of Pizza* PBJ Grab Bag* Power Bowl* Sides: Garden Salad Orange-Glazed Carrots Seasonal Fresh Fruit Fruit Salad
FRIDAY, OCTOBER 2 Chicken Wings & Yeast Roll* <i>Flavors: BBQ, Buffalo, and Hot Honey</i> Sides: Carrot Sticks Celery Sticks w/ Dip Seasonal Fresh Fruit Craisins/Raisins	FRIDAY, OCTOBER 9 Spicy Chicken Sandwich* BBQ Riblet Sandwich* PBJ Grab Bag* Sides: Crinkle Cut Fries Quick Pickled Cucumbers Assorted Fresh Vegetables w/ Dip Seasonal Fresh Fruit Craisins/Raisins

Get Outside...Fall Fun in ATHENS!

- ⇒ **State Botanical Garden of Georgia:** Enjoy the fall colors by touring the numerous gardens and trails that can be found on South Milledge Avenue. You can even take a picnic!
- ⇒ **Corn Maze & Pumpkin Picking at Washington Farms:** Head out to Watkinsville for some fall themed fun at this farm. Activities include: pig races, petting zoos, bouncy houses and so much more!
- ⇒ **UGA Homecoming Parade:** Celebrate our very own Georgia Bulldogs by cheering them on during the

FOLLOW US:   

Everyday Offerings

Power Bowls
PB&J Grab and Go Bags
Seasonal Fresh Fruit
Fruit of the Day @ Breakfast

Beverages

8 oz. Flavored, Non-fat Milk
8 oz. Unflavored, Low-fat and Non-fat Milk

TRY THIS AT HOME: ROASTED OKRA

1 lb. fresh okra, rinsed & dried
2 tablespoons olive or canola oil
3/4 teaspoon salt
1/2 teaspoon garlic powder
1/4 teaspoon pepper

- Preheat oven to 425 degrees and line a baking sheet with foil.
- Add the okra to the baking sheet and drizzle with oil and season with seasonings. Toss until well coated.
- Bake for 12 minutes. Allow to cool slightly and ENJOY!



Breakfast Menu:

<u>Mondays</u> French Toast Sticks* & Sausage Mini Pancakes* Cereal Cup* Sides: Seasonal Fresh Fruit Canned Fruit 100% Juice Choice of Milk	<u>Tuesdays</u> Sausage & Cheddar Croissant* Muffin* & Cheese Cereal Cup* Sides: Seasonal Fresh Fruit Canned Fruit 100% Juice Choice of Milk	<u>Wednesdays</u> Chicken Biscuit* Mini Cinnis* Cereal Cup* Coffee Cooler & Snack Sides: Seasonal Fresh Fruit Canned Fruit 100% Juice Choice of Milk	<u>Thursdays</u> Sausage Biscuit* Breakfast Bun* Fruit & Yogurt Parfait* Coffee Cooler & Snack Sides: Seasonal Fresh Fruit Canned Fruit 100% Juice Choice of Milk	<u>Fridays</u> Glazed Yeast Donut* Cereal Cup* Fruit & Yogurt Parfait* Sides: Seasonal Fresh Fruit Canned Fruit 100% Juice Choice of Milk
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HARVEST OF THE MONTH: SQUASH

Summer Squash:

- ⇒ Grow quickly and have thin skin.
- ⇒ Retain most nutrients.
- ⇒ Leave their skin on while eating.
- ⇒ Zucchini, yellow and scallop squashes are the primary summer squashes.

Winter Squash:

- ⇒ Grow more slowly and have hard, thick skin that allows them to be stored in a dry, cool location for several months
- ⇒ Take their skin off while eating.
- ⇒ Acorn, butternut, and spaghetti squashes are the primary winter ones.



Pump Up Your Day with a Power Bowl

ALL BOWLS START WITH A BASE MADE FROM SPINACH, TOMATOES, AND CUCUMBER;
PLUS A LITTLE SOMETHING EXTRA. DON'T MISS OUT!

Monday: Fiesta Chicken

grilled chicken breast, cheddar cheese, black beans, corn, salsa, guacamole, & tortilla chips

Tuesday: Mediterranean Chicken

grilled chicken breast, feta cheese, hummus, olives, and lemon wedges

Wednesday: Cobb Salad

deli ham & turkey breast, cheddar cheese, chopped bacon, peas, & hard-boiled egg

Thursday: Nuts & Bolts

kale, chickpeas, edamame, and toasted almonds

Friday: Manager's Choice

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LUNCH MENU:

MONDAY, OCTOBER 12 Assorted Selection of Pizza* PBJ Grab Bag* Power Bowl* Sides: Steamed Kernel Corn Roasted Broccoli Mini Carrots w/ Ranch Seasonal Fresh Fruit	MONDAY, OCTOBER 19 NO SCHOOL	MONDAY, OCTOBER 26 Chicken Tenders* & Roll* Garlic & Herb Cheese Pull Aparts* & Marinara PBJ Grab Bag* Sides: Mashed Potatoes Mini Carrots w/ Dip Seasonal Fresh Fruit Applesauce Cup
TUESDAY, OCTOBER 13 Beef Taco* Pork Tostada* PBJ Grab Bag* Sides: Roasted Corn & Peppers Shredded Lettuce & Salsa Refried Beans Seasonal Fresh Fruit Peaches	TUESDAY, OCTOBER 20 Honey Sriracha Chicken* & French Roll* PBJ Grab Bag* Power Bowl* Sides: Mashed Potatoes Carrot Sticks Seasonal Fresh Fruit Peaches	TUESDAY, OCTOBER 27 Oven-fried Chicken & Yeast Roll* PBJ Grab Bag* Sides: Corn on the Cob Garden Salad Seasonal Fresh Fruit Pears
WEDNESDAY, OCTOBER 14 Crispy Chicken Sandwich* Cheeseburger* PBJ Grab Bag* Sides: Potato Sidewinders Garden Salad Seasonal Fresh Fruit Craisins/Raisins	WEDNESDAY, OCTOBER 21 Chicken Tenders* & Waffle* Yogurt, Cheese, & Freshly-baked Muffin* PBJ Grab Bag* Sides: Potato Rounds Mini Carrots with Ranch Seasonal Fresh Fruit Fruit Cup (peach, apricot)	WEDNESDAY, OCTOBER 28 Cheeseburger* Hot Dog* PBJ Grab Bag* Sides: Potato Wedges Baked Beans/Campfire Beans Seasonal Fresh Fruit Mandarin Oranges
THURSDAY, OCTOBER 15 NO SCHOOL	THURSDAY, OCTOBER 22 Ham & Cheddar Sub Sandwich* Assorted Selection of Pizza* PBJ Grab Bag* Sides: Roasted Broccoli Garden Salad Seasonal Fresh Fruit Pineapple	THURSDAY, OCTOBER 29 Assorted Selection of Pizza* PBJ Grab Bag* Power Bowl* Sides: Roasted Broccoli Garden Salad Seasonal Fresh Fruit Fruit Salad, Freshly-baked Cookie*
FRIDAY, OCTOBER 16 NO SCHOOL	FRIDAY, OCTOBER 23 Hot Honey Chicken Croissant Sandwich* BBQ Pork Sandwich* PBJ Grab Bag* Sides: Potato Wedges Baked Beans/Campfire Beans Seasonal Fresh Fruit Craisins/Raisins Celebration Cookie*	FRIDAY, OCTOBER 30 Chicken Wings & Yeast Roll* Flavors: BBQ, Buffalo, or Hot Honey Sides: Crinkle Cut Fries Carrot Sticks Seasonal Fresh Fruit Craisins/Raisins

NATIONAL SCHOOL LUNCH WEEK

October 12 - 16th



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