

OCTOBER 2026:

CLARKE COUNTY ELEMENTARY SCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sept 28 Crispy Chicken Bites* & Roll* Cheesy Breadsticks* & Marinara Mashed Potatoes Green Beans HOTM: Apple Wedges Peaches <u>Breakfast</u> Strawberry CC Mini Bagel* Cereal & Crackers*	29 Bean & Cheese Pupusa* or Burrito* Chicken & Cheese Quesadilla* Roasted Corn & Peppers Charro Beans Navel Orange Wedges Pears <u>Breakfast</u> Sausage Biscuit* Yogurt & Granola*	30 Asian Chicken Bites* & Roll* Chicken & Vegetable Dumpling w/ Yum Yum Sauce Back to Basics Bento* Edamame Succotash Roasted Broccoli Banana Fruit Salad <u>Breakfast</u> Muffin* & Cheese Cereal & Crackers*	Oct 1 Cheese or Pepperoni Pizza* Vegetable Lasagna* & Garlic Bread* Hummus Bento* Steamed Kernel Corn Garden Salad Grapes Fruit Cup (peach or apricot) <u>Breakfast</u> Chicken Biscuit* Yogurt & Dunkin Stick*	Oct 2 Spicy Chicken Sandwich* Hot Dog* Ants on a Log Bento* Mini Carrots w/ Ranch, Coleslaw Baked Beans/Campfire Beans Seasonal Fresh Fruit Craisins/Raisins Freshly-baked Cookie* <u>Breakfast</u> Breakfast Pizza* Donut & Yogurt
5 Popcorn-style Chicken* & Roll* Garlic & Herb Cheese Pull Aparts* & Marinara Steamed Fresh Broccoli Black-eye Peas Apple Wedges Peaches <u>Breakfast</u> Breakfast Bun* Cereal & Crackers*	6 Beef Taco* Street Chicken Taco* Back 2 Basics Bento* Shredded Lettuce & Salsa Charro Beans Navel Orange Wedges Applesauce <u>Breakfast</u> Sausage Biscuit* Yogurt & Granola*	7 Chicken Tenders* & Waffle* Yogurt, Cheese, & Freshly-baked Muffin* HOTM: Roasted Summer Squash Celery Sticks & Ranch Banana Fruit Salad Homemade Blueberry Sauce <u>Breakfast</u> Cheese Omelet & Croissant* Cereal & Crackers*	8 Cheese or Pepperoni Pizza* Vegetable Lasagna* & Garlic Bread* Hummus Bento* Steamed Kernel Corn Garden Salad Grapes Pears <u>Breakfast</u> Chicken Biscuit* Yogurt & Mini Donut*	9 Spicy Chicken Sandwich* PBJ Sandwich* Crinkle Cut Fries Cucumber Slices Mini Carrots & Dip Seasonal Fresh Fruit Craisins/Raisins Freshly-baked Cookie* <u>Breakfast</u> Bagel* & Cream Cheese Donut* & Yogurt Tube
NATIONAL SCHOOL LUNCH WEEK—OCTOBER 12-16TH				
12 Cannonball Flyers Variety Show* Glazed Citrus Acrobats & The Great Confetti Tumble* Back 2 Basics Bento* Edamame Succotash The Emerald Tightrope Trees Apple Wedges Peaches <u>Breakfast</u> Mini Pancakes* Cereal & Crackers*	13 CCSD PINK OUT DAY! The Melty Trapeze Fold* The Crispy Crunchy High Wire Act* Roasted Corn & Peppers Pinto Beans The Sun-Kissed Citrus Jugglers Applesauce Cup <u>Breakfast</u> Sausage Biscuit* Fruit & Yogurt Parfait*	14 EARLY RELEASE DAY The Towering Two-Tier Ring Master* The Daredevil Daschund Slider* Ants on a Log Bento* Potato Wedges Mini Carrots with Ranch Seasonal Fresh Fruit Craisins/Raisins The Gooley Cookie Contortionist* <u>Breakfast</u> French Toast Sticks* & Sausage Donut* & Yogurt Tube	15 PARENT TEACHER CONFERENCES (NO SCHOOL)	16 NO SCHOOL



Every school day, **95,000** schools and institutions serve lunch to **30 million** students nationwide. In Clarke County, we prepare and serve approximately 9,000 lunches each day. Celebrate National School Lunch Week by grabbing a lunch this month! Want to inspire us with your creations? Print the third page of this menu brochure and turn in your idea to your school nutrition manager! We will post them around the cafeteria during NSLW! During the week of October 12th, we renamed some of your favorite lunch menu items. Can you figure out what they are? The code is on the back!

- *Denotes menu items that are at least 50% whole grain or contain grain/ bread items that are at least 50% whole grain.
- Menu choices are subject to change due to manufacturer & vendor shortages.
- Many items that are traditionally beef or pork-based are actually chicken or turkey-based in our school settings. Contact us to learn more.
- Fresh fruit options may be shifted during the week to allow for proper ripening. Our goal is to serve fruit when it is ready, so that our students learn to love it when it is at its best!
- At breakfast, students are offered 4oz. 100% fruit juice, fruit of the day, and a choice of milk daily.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19 NO SCHOOL	20 Honey Sriracha Chicken* & Roll* Cheesy Breadstick Bites* & Marinara Mashed Potatoes Steamed Fresh Broccoli Apple Wedges Peaches Breakfast Sausage Biscuit* Yogurt & Granola*	21 Pancakes* & Sausage Grilled Cheese Sandwich* Hummus Bento* Potato Rounds Celery Sticks & Dip Banana Pears Breakfast Muffin* & Cheese Cereal & Crackers*	22 Cheese or Pepperoni Pizza* Meatball Sub Sandwich* Steamed Kernel Corn Garden Salad Grapes Fruit Cup (peach, apricot) Breakfast Chicken Biscuit* Yogurt & Mini Donut*	23 Crispy Chicken Sandwich* Corn Dog* Mini Carrots & Dip Baked Beans/Campfire Beans Seasonal Fresh Fruit Craisins/Raisins Freshly-baked Cookie* Breakfast Scrambled Eggs & Grits Donut* & Yogurt Tube
26 Crispy Chicken Bites* & Roll* Cheesy Breadsticks* & Marinara Mashed Potatoes Green Beans Apple Wedges Peaches Breakfast Strawberry CC Mini Bagel* Cereal & Crackers*	27 Bean & Cheese Pupusa or Burrito* Chicken & Cheese Quesadilla* Roasted Corn & Peppers Charro Beans Navel Orange Wedges Pears Breakfast Sausage Biscuit* Yogurt & Granola*	28 Asian Chicken* & Roll Chicken & Vegetable Dumplings* Back 2 Basics Bento* Edamame Succotash Roasted Broccoli Banana Fruit Salad Yum Yum Sauce Breakfast Muffin* & Cheese Cereal & Crackers*	29 Cheese or Pepperoni Pizza* Vegetable Lasagna* & Garlic Bread* Hummus Bento* Steamed Kernel Corn Garden Salad Grapes Fruit Cup (peach, apricot) Breakfast Chicken Biscuit* Yogurt & Dunkin Stick*	30 Spicy Chicken Sandwich* Hot Dog* Ants on a Log Bento* Mini Carrots & Dip, Coleslaw Baked Beans/Campfire Beans Seasonal Fresh Fruit Craisins/Raisins Celebration Cookie* Breakfast Breakfast Pizza* Donut* & Yogurt Tube

Cannonball Flyers = Asian Chicken Bites* & Roll*
Glazed Citrus Acrobats = Mandarin Orange Chicken
Great Confetti Tumble = Brown Rice*

Emerald Tightrope Trees = Broccoli
Melly Trapeze Fold = Cheese Quesadilla
Crispy Crunchy High Wire = Pork Tostada
Sun-Kissed Citrus Jugglers = Orange Wedges

Towering Two-Tier Ring Master = Hamburger/ Cheeseburger*
Daredevil Daschund Slider = Hot Dog*
Goopy Cookie Contortionist = Freshly-baked Cookie*

HARVEST OF THE MONTH: SQUASH

Summer Squash:

- ⇒ Grow quickly and have thin skin and retain most nutrients.
- ⇒ Leave their skin on while eating.
- ⇒ Zucchini, yellow and scallop squashes are the primary ones.
- ⇒ Summer squash will be available on the menu on October 14th and 22nd. So check it out!

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 ones.



HALLOWEEN SAFETY TIPS:

Walk Safety -

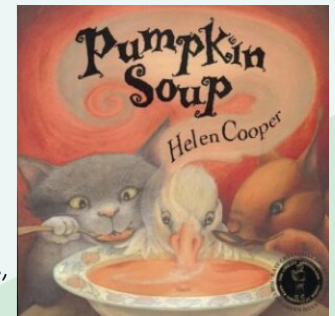
- Cross the street at corners, using traffic signals and crosswalks.
- Keep heads up and walk, don't run. No devices while walking.
- Teach children to make eye contact with drivers before crossing in front of them.
- Always walk on sidewalks or paths.

Costume Safety -

- Decorate costumes and bags with reflective tape.
- Choose face paint and makeup whenever possible.
- Have kids carry glow sticks or flashlights to help them see and be seen by drivers.

Fun BOOKS to boost your LITERACY!

- 1) *The Pumpkin Book* by Gail Gibbons. Covers the entire life cycle of a pumpkin from a seed to fully-grown squash.
- 2) *Pumpkin Soup* by Helen Cooper. Shares a sweet story about three animal friends who make their own soup together daily.
- 3) *The Halloween Cookbook* by Mary Lou Caswell. Provides step-by-step instructions and illustrations to guide children as they make simple, delicious, and festive treats!



LISTEN to them HERE:

[Link to The Pumpkin Book](#)

[Link to Pumpkin Soup](#)

FUEL UP FOR THE SHOW!

Draw a Lunch Tray to Fuel Your
Grand Performance!

A large rectangular box divided into five sections for drawing a lunch tray. The top row has one wide section on the left and two narrower sections on the right. The bottom row has one wide section on the left and one narrower section on the right.

Pick delicious lunch options to draw from the list below, or add your favorite lunch items to draw.

PROTEIN	FRUIT	VEGETABLES	DAIRY	GRAINS
TURKEY	APPLE SLICES	CARROT STICKS	GREEK YOGURT	PRETZELS
CHICKEN	ORANGE WEDGES	CUCUMBERS	CREAM CHEESE	PITA POCKET
TUNA	BANANA	BELL PEPPERS	CHEESE STICK	BREAD ROLL
HUMMUS	PEAR	SNAP PEAS	CHEDDAR CHEESE	RICE
BOILED EGG	GRAPES	SPINACH/LETTUCE	MILK	PASTA
NUT BUTTER	BERRIES	BROCCOLI	COTTAGE CHEESE	TORTILLA
TOFU	PEACHES	CAULIFLOWER	CUSTARD	CRACKERS
BLACK BEANS	MELON	SALSA	DAIRY SMOOTHIE	GRANOLA
PUMPKIN SEEDS	APPLESAUCE	TOMATOES	FROZEN YOGURT	TORTILLA CHIPS
ALMONDS	DRIED FRUIT			PITA CHIPS

