

OCTOBER 2026

Blount County Middle Schools

LUNCH

| MONDAY                                                                                                                                          | TUESDAY                                                                                                                                                                  | WEDNESDAY                                                                                                                                  | THURSDAY                                                                                                                            | FRIDAY                                                                                                                                  |
|-------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|
| <p>Menus subject to change due to availability.</p> <p><b>USDA is an equal opportunity provider</b></p>                                         | <p><b>Did you know you can check your child's breakfast and lunch account and deposit money?</b><br/>Visit: <a href="http://MySchoolBucks.com">MySchoolBucks.com</a></p> |                                                                                                                                            | <p>1<br/>Pizza<br/>Corndog<br/>Green Beans<br/>Tri tater<br/>Salad<br/>Fruit/ Milk Variety</p>                                      | <p>2<br/><b>GRAB &amp; GOS</b><br/>PB&amp;J or Chips &amp; Salsa<br/>Goldfish String Cheese<br/>Fruit or Sidekicks<br/>Milk Variety</p> |
| <p>5<br/>FALL BREAK</p>                                                                                                                         | <p>6<br/>FALL BREAK</p>                                                                                                                                                  | <p>7<br/>FALL BREAK</p>                                                                                                                    | <p>8<br/>FALL BREAK</p>                                                                                                             | <p>9<br/>FALL BREAK</p>                                                                                                                 |
| <p>12<br/>NO SCHOOL</p>                                                                                                                         | <p>13 <b>NATIONAL</b><br/>Frito Pie<br/>Crispitos With Cheese<br/>Carrots<br/>Mexican Blend Corn<br/>Salads<br/>Fruit/ Milk Variety</p>                                  | <p>14 <b>SCHOOL</b><br/>Grilled Cheese<br/>Baked Potato Bar w/ Chili<br/>Steamed Broccoli<br/>Salad<br/>Fruit Variety<br/>Milk Variety</p> | <p>15 <b>LUNCH</b><br/>Chicken &amp; Waffles<br/>Corndog<br/>Green Beans<br/>Tri tater<br/>Salad<br/>Fruit/ Milk Variety</p>        | <p>16 <b>WEEK</b><br/>Pizza<br/>Fish Nuggets &amp; Roll<br/>Corn<br/>Pinto Beans<br/>Fruit Variety<br/>Milk Variety</p>                 |
| <p>19<br/>Meat Loaf / Roll<br/>Rib Patty Sandwich<br/>Mashed Potatoes<br/>Peas<br/>Salads<br/>Fruit Variety<br/>Milk Variety</p>                | <p>20<br/>MeatBall Sub<br/>Chicken Sandwich<br/>Onion Rings<br/>Glazed Carrots<br/>Salads<br/>Fruit Variety<br/>Milk Variety</p>                                         | <p>21<br/>Taco Bites<br/>Quesadilla<br/>Mexican Blend Corn<br/>Green Beans<br/>Salads<br/>Fruit Variety<br/>Milk Variety</p>               | <p>22<br/>Turkey &amp; Cheese Sub<br/>Cheesesticks<br/>Broccoli<br/>Potato Wedges<br/>Salads<br/>Fruit Variety<br/>Milk Variety</p> | <p>23<br/>Pizza<br/>Fish Sandwich<br/>Corn<br/>Pinto Beans<br/>Fruit Variety<br/>Milk Variety</p>                                       |
| <p>26<br/>Steak &amp; Gravy / Roll<br/>Chicken Nuggets &amp; Roll<br/>Mashed Potatoes<br/>Peas<br/>Salad<br/>Fruit Variety<br/>Milk Variety</p> | <p>27<br/><b>Breakfast for Lunch!</b><br/>Sausage<br/>Chicken Nuggets<br/>Biscuits &amp; Gravy<br/>Tri Taters Baked Apples<br/>Carrots Salad<br/>Fruit/ Milk Variety</p> | <p>28<br/>Grilled Cheese<br/>Baked Potato Bar<br/>Steamed Broccoli<br/>Salad<br/>Fruit Variety<br/>Milk Variety</p>                        | <p>29<br/>Lasagna W/ Roll<br/>Corn Dog<br/>Green Beans<br/>Tri Tater<br/>Salads<br/>Fruit Variety<br/>Milk Variety</p>              | <p>30<br/>Pizza<br/>Fish<br/>Corn<br/>Pinto Beans<br/>Fruit Variety<br/>Milk Variety</p>                                                |

**Lunch Menu**  
 Entrée Choice  
 Fruit or Vegetable (½ c)  
 Low-Fat or Fat Free Milk (8 oz)  
 Each meal must include a Fruit or Vegetable (1/2cup)

October 2026

## Blount County Schools

## Breakfast

| MONDAY                                                                                                                     | TUESDAY                                                                                                                                                                        | WEDNESDAY                                                                                                                    | THURSDAY                                                                                                         | FRIDAY                                                                                            |
|----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|
| Menu subject to change due to availability<br><br>USDA is an equal opportunity provider                                    | Did you know you can check on your child's Breakfast and Lunch account and deposit money?<br>Visit:<br><a href="http://www.myschoolbucks.com">http://www.myschoolbucks.com</a> |                                                                                                                              | 1<br>Sausage Biscuit/ Gravy<br>PopTart Variety<br>Cereal Variety Kits<br>Fruit Variety<br>Juice Variety<br>Milk  | 2<br>Waffles<br>PopTart Variety<br>Cereal Variety Kits<br>Fruit Variety<br>Juice Variety<br>Milk  |
| 5<br><br><b>ENJOY</b>                                                                                                      | 6<br><br><b>YOUR</b>                                                                                                                                                           | 7<br><br><b>FALL</b>                                                                                                         | 8<br><br><b>BREAK!!</b>                                                                                          | 9<br><br>      |
| 12<br><br><b>NO SCHOOL</b>                                                                                                 | 13<br>Chicken Biscuit<br>PopTart Variety<br>Cereal Variety Kits<br>Fruit Variety<br>Juice Variety<br>Milk                                                                      | 14<br>Breakfast Burrito<br>Yogurt Parfaits<br>PopTart Variety<br>Cereal Variety Kits<br>Fruit Variety<br>Juice/ Milk Variety | 15<br>Sausage Biscuit/ Gravy<br>PopTart Variety<br>Cereal Variety Kits<br>Fruit Variety<br>Juice Variety<br>Milk | 16<br>Waffles<br>PopTart Variety<br>Cereal Variety Kits<br>Fruit Variety<br>Juice Variety<br>Milk |
| 19<br>Scrambled Eggs/Toast<br>Fruitals<br>PopTart Variety<br>Cereal Variety Kits<br>Fruit Variety<br>Juice Variety<br>Milk | 20<br>Chicken Biscuit<br>PopTart Variety<br>Cereal Variety Kits<br>Fruit Variety<br>Juice Variety<br>Milk                                                                      | 21<br>Breakfast Burrito<br>Yogurt Parfaits<br>PopTart Variety<br>Cereal Variety Kits<br>Fruit Variety<br>Juice/ Milk Variety | 22<br>Sausage Biscuit/ Gravy<br>PopTart Variety<br>Cereal Variety Kits<br>Fruit Variety<br>Juice Variety<br>Milk | 23<br>Waffles<br>PopTart Variety<br>Cereal Variety Kits<br>Fruit Variety<br>Juice Variety<br>Milk |
| 26<br>Scrambled Eggs/Toast<br>Fruitals<br>PopTart Variety<br>Cereal Variety Kits<br>Fruit Variety<br>Juice Variety<br>Milk | 27<br>Chicken Biscuit<br>PopTart Variety<br>Cereal Variety Kits<br>Fruit Variety<br>Juice Variety<br>Milk                                                                      | 28<br>Breakfast Burrito<br>Yogurt Parfaits<br>PopTart Variety<br>Cereal Variety Kits<br>Fruit Variety<br>Juice/ Milk Variety | 29<br>Sausage Biscuit/ Gravy<br>PopTart Variety<br>Cereal Variety Kits<br>Fruit Variety<br>Juice Variety<br>Milk | 30<br>Waffles<br>PopTart Variety<br>Cereal Variety Kits<br>Fruit Variety<br>Juice Variety<br>Milk |