

October Lunch 2018 Menu

Treutlen County Schools

What Is Calcium?

Calcium is a nutrient that builds strong bones. It helps the body in lots of other ways too. Calcium keeps the nerves and muscles working. It also plays a role in keeping the heart healthy. We only get one chance to build strong bones — when we're kids and teens. Children who get enough calcium start their adult lives with the strongest bones possible. That protects them against bone loss later in life. Calcium is found in food. Some foods are very high in calcium. Dairy foods like milk, cheese and yogurt are among the best natural sources of calcium. Other good sources are leafy greens, broccoli, almonds and tofu.

School Nutrition Director,
Red Barrett

This institution is an equal opportunity employer.

Monday, October 1	Tuesday, October 2	Wednesday, October 3	Thursday, October 4	Friday, October 5
Corndog or ^General Tso Chicken Fried Rice Asian Veggies ^Juice THS- Egg Roll	TACO TUESDAY Soft Taco with lettuce and cheese or Pimento Cheese Sandwich Black Beans Corn ^Cookie ^Juice THS- Chips and Salsa and Sour cream	^Chicken nuggets or Rib A Q Scalloped Potatoes Veg of the day Sidekick THS-Chips	Sack Lunch Turkey or Ham sandwich Chips Cookie Carrots Juice	NO SCHOOL
Monday, October 8	Tuesday, October 9	Wednesday, October 10	Thursday, October 11	Friday, October 12
NO SCHOOL	Corndog or ^Buffalo chicken Dip Chips and salsa Corn Fruit THS- sour cream, Cinnamon roll	^Hot wings or PBJ Black eyed peas Rice and tomatoes ^Juice THS- Cookie	BBQ Baked Potato or Grilled Cheese Sandwich Baked Beans Steamed Broccoli Cheese, Butter, Sour cream Fruit	Pizza or Chicken Salad w/ crackers Veg of the day Tossed salad Fruit THS- Chips
Monday, October 15	Tuesday, October 16	Wednesday, October 17	Thursday, October 18	Friday, October 19
Buffalo Chicken sandwich or PBJ Curly Fries Sweet peas Fruit THS- Cheese stick	TACO TUESDAY Soft Taco with lettuce and Cheese or Ham Sandwich Black Beans Corn ^Cookie ^Juice THS- Chips and Salsa and Sour cream	^Chicken Filet Sandwich or Hot dog Ranch Potatoes Greens Fruit THS- Chips	PBJ or Pimento Cheese Vegetable beef soup Crackers Tossed Salad TMHS- Chips	Manager's Choice
Monday, October 22	Tuesday, October 23	Wednesday, October 24	Thursday, October 25	Friday, October 26
Hamburger or Fish sandwich Tater Tots Lemon Pepper Broccoli Sidekick	BBQ Sandwich or Hot dog ^Cole Slaw Peas Fruit TMHS- Chips	Rib A Q or PBJ Sweet peas Mashed potatoes Fruit TMHS- Ice cream	Manager's Choice	Pizza Hut or Turkey Sandwich Veg of the day Corn nuggets Juice THS- Cookie
October 29 Spaghetti or Grilled chicken sandwich Tossed Salad Green beans Roll Fruit	October 30 Steak nuggets or PBJ Veg of the day Yellow rice Sweet peas Juice	October 31 Sub Your Way Ham or Turkey Fries Sub Toppings Juice		

^ Georgia Grown Items
Choice of Milk Daily