



| Monday  | Tuesday   | Wednesday  | Thursday  | Friday   |
|---|---|--|---|--|
| <p><b>October 1</b></p> <p><b>Southern Breakfast Biscuit</b></p> <p><b>Chicken Nuggets w/ Roll Mac &amp; Cheese w/ Roll</b><br/>Broccoli<br/>Carrots<br/>Fruit Choice<br/>Milk</p>  | <p><b>2</b></p> <p><b>Sausage Biscuit</b></p> <p><b>OCS Deli Sub</b><br/><b>Manager's Choice Entrée</b><br/>Pinto Beans<br/>Sweet Potatoes<br/>Fruit Choice<br/>Milk</p>  | <p><b>3</b></p> <p><b>Cinnamon Crumb Bread</b></p> <p><b>Country Style Steak w/ Roll</b><br/><b>Chicken Sandwich</b><br/>Mashed Potatoes<br/>Turnip Greens<br/>Fruit Choice<br/>Milk</p>                           | <p><b>4</b></p> <p><b>Doughnut Hole w/ Cheese Stick</b></p> <p><b>Turkey &amp; Gravy w/ Rice Bowl</b><br/><b>Pulled Pork w/ Corn Muffin</b><br/>Green Beans<br/>Coleslaw<br/>Fruit Choice<br/>Milk</p>          | <p><b>5</b></p> <p><b>Doughnut</b></p> <p><b>Pizza</b><br/><b>Fish &amp; Shrimp Basket w/ Hushpuppies</b><br/>Manager's Veggie Choice<br/>Steamed Cabbage<br/>Fruit Choice<br/>Milk</p>  |
| <p><b>8</b></p> <p><b>Southern Breakfast Biscuit</b></p> <p><b>Cheese Sticks w/ Sauce</b><br/><b>Baked Potato w/ Italian Cheese</b><br/>Broccoli<br/>Carrots<br/>Fruit Choice<br/>Milk</p>                                | <p><b>9</b></p> <p><b>Sausage Biscuit</b></p> <p><b>Nachos</b><br/><b>Pulled Pork Sandwich</b><br/>Refried Beans<br/>Sweet Potatoes<br/>Fruit Choice<br/>Milk</p>         | <p><b>10</b></p> <p><b>OCS Breakfast Biscuit</b><br/><b>Yogurt Parfait</b></p> <p><b>Chicken Pasta Bake w/ Breadstick</b><br/><b>Cheeseburger</b><br/>Garden Salad<br/>Turnip Greens<br/>Fruit Choice<br/>Milk</p> | <p><b>11</b></p> <p><b>Breakfast Bagel</b></p> <p><b>Pasta &amp; Meatsauce w/ Garlic Bread</b><br/><b>Hot Dog w/ Toppings</b><br/>Coleslaw<br/>French Fries<br/>Fruit Choice<br/>Milk</p>                       | <p><b>12</b></p> <p><b>Doughnut</b></p> <p><b>Pizza</b><br/><b>Manager's Entrée Choice</b><br/>Corn<br/>Green Peas<br/>Steamed Cabbage<br/>Fruit Choice<br/>Milk</p>                     |
| <p><b>15</b></p> <p><b>Southern Breakfast Biscuit</b></p> <p><b>Chicken Nuggets w/ Roll Mac &amp; Cheese w/ Roll</b><br/>Broccoli<br/>Carrots<br/>Fruit Choice<br/>Milk</p>   | <p><b>16</b></p> <p><b>Sausage Biscuit</b></p> <p><b>OCS Deli Sub</b><br/><b>Manager's Choice Entrée</b><br/>Pinto Beans<br/>Sweet Potatoes<br/>Fruit Choice<br/>Milk</p> | <p><b>17</b></p> <p><b>Cinnamon Crumb Bread</b></p> <p><b>Country Style Steak w/ Roll</b><br/><b>Chicken Sandwich</b><br/>Mashed Potatoes<br/>Turnip Greens<br/>Fruit Choice<br/>Milk</p>                          | <p><b>18</b></p> <p><b>Doughnut Hole w/ Cheese Stick</b></p> <p><b>Turkey &amp; Gravy w/ Rice Bowl</b><br/><b>Pulled Pork w/ Corn Muffin</b><br/>Green Beans<br/>Coleslaw<br/>Fruit Choice<br/>Milk</p>         | <p><b>19</b></p> <p><b>Doughnut</b></p> <p><b>Pizza</b><br/><b>Fish &amp; Shrimp Basket w/ Hushpuppies</b><br/>Manager's Veggie Choice<br/>Steamed Cabbage<br/>Fruit Choice<br/>Milk</p> |
| <p><b>22</b></p> <p><b>Southern Breakfast Biscuit</b></p> <p><b>Cheese Sticks w/ Sauce</b><br/><b>Baked Potato w/ Italian Cheese</b><br/>Broccoli<br/>Carrots<br/>Fruit Choice<br/>Milk</p>                               | <p><b>23</b></p> <p><b>Sausage Biscuit</b></p> <p><b>Nachos</b><br/><b>Pulled Pork Sandwich</b><br/>Refried Beans<br/>Sweet Potatoes<br/>Fruit Choice<br/>Milk</p>        | <p><b>24</b></p> <p><b>OCS Breakfast Biscuit</b><br/><b>Yogurt Parfait</b></p> <p><b>Chicken Pasta Bake w/ Breadstick</b><br/><b>Cheeseburger</b><br/>Garden Salad<br/>Turnip Greens<br/>Fruit Choice<br/>Milk</p> | <p><b>25</b></p> <p><b>Breakfast Bagel</b></p> <p><b>Pasta &amp; Meatsauce w/ Garlic Bread</b><br/><b>Hot Dog w/ Toppings</b><br/>Coleslaw<br/>French Fries<br/>Fruit Choice<br/>Milk</p>                       | <p><b>26</b></p> <p><b>Doughnut</b></p> <p><b>Pizza</b><br/><b>Manager's Entrée Choice</b><br/>Corn<br/>Green Peas<br/>Steamed Cabbage<br/>Fruit Choice<br/>Milk</p>                     |
| <p><b>29</b></p> <p><b>Teacher Workday</b><br/><b>No School</b></p>   | <p><b>30</b></p> <p><b>Teacher Workday</b><br/><b>No School</b></p>   | <p><b>31</b></p> <p><b>Cinnamon Crumb Bread</b></p> <p><b>Country Style Steak w/ Roll</b><br/><b>Chicken Sandwich</b><br/>Mashed Potatoes<br/>Turnip Greens<br/>Fruit Choice<br/>Milk</p>                          | <p><b>November 1</b></p> <p><b>Doughnut Hole w/ Cheese Stick</b></p> <p><b>Turkey &amp; Gravy w/ Rice Bowl</b><br/><b>Pulled Pork w/ Corn Muffin</b><br/>Green Beans<br/>Coleslaw<br/>Fruit Choice<br/>Milk</p> | <p><b>2</b></p> <p><b>Doughnut</b></p> <p><b>Pizza</b><br/><b>Fish &amp; Shrimp Basket w/ Hushpuppies</b><br/>Manager's Veggie Choice<br/>Steamed Cabbage<br/>Fruit Choice<br/>Milk</p>  |
| <p><b>5</b></p> <p><b>Southern Breakfast Biscuit</b></p> <p><b>Grilled Cheese Sandwich or Wow Butter Sandwich</b><br/><b>OCS Ciabatta Sandwich</b><br/>Tomato Soup<br/>Broccoli<br/>Carrots<br/>Fruit Choice<br/>Milk</p> | <p><b>6</b></p> <p><b>Sausage Biscuit</b></p> <p><b>Nachos</b><br/><b>Corn Dog</b><br/>Black Beans<br/>Sweet Potatoes<br/>Fruit Choice<br/>Milk</p>                       | <p><b>7</b></p> <p><b>OCS Breakfast Biscuit</b><br/><b>Yogurt Parfait</b></p> <p><b>Chicken Pot Pie w/ Roll</b><br/><b>Fish Sandwich</b><br/>Spinach<br/>Coleslaw<br/>Fruit Choice<br/>Milk</p>                    | <p><b>8</b></p> <p><b>French Toast Mini</b></p> <p><b>Roasted Chicken w/ Roll</b><br/><b>Cheeseburger or Hamburger</b><br/>Steamed Cabbage<br/>Baked Beans<br/>Fruit Choice<br/>Milk</p>                        | <p><b>9</b></p> <p><b>Pancake Sausage on a Stick</b></p> <p><b>Pizza</b><br/><b>Manager's Entrée Choice</b><br/>Carrot Bag<br/>Garden Salad<br/>Fruit Choice<br/>Milk</p>                |
| <b>The following are also available daily:</b>  |   |  |   |  |
| <b>Breakfast:</b> Cereal with Graham Crackers, Assorted Grab and Go options, 100% Fruit Juice, Fruit Choice and Fat Free Chocolate, Skim & 1% Milk  |   |  |   |  |
| <b>Lunch:</b> Fat Free Chocolate, Skim and 1% Milk  |   |  |   |  |
| Yogurt Bistro Box   |   | OCS Salads   | OCS Pizza Box   |  |



| Monday  | Tuesday   | Wednesday   | Thursday   | Friday  |
|---|---|---|--|---|
| <b>12</b><br><b>Veterans Day</b><br><br><b>No School</b>  | <b>13</b><br><b>Sausage Biscuit</b><br><br><b>Pasta w/ Meatsauce &amp; Garlic Bread</b><br><b>Manager's Entrée Choice</b><br>Blackeye Peas<br>Green Beans<br>Fruit Choice<br>Milk | <b>14</b><br><b>Cinnamon Bun</b><br><br><b>Chicken &amp; Waffle</b><br><b>Teriyaki Bites w/ Rice &amp; Roll</b><br>Au Gratin Potatoes<br>Turnip Greens<br>Fruit Choice<br>Milk  | <b>15</b><br><b>Chicken Biscuit</b><br><br><b>Turkey &amp; Dressing with Dinner Roll</b><br><b>Corn Dog Nuggets</b><br>Mashed Potatoes<br>Greens<br>Fruit Choice<br>Milk                           | <b>16</b><br><b>Pancake Sausage Sandwich</b><br><br><b>Pizza</b><br><b>Fish w/ Corn Muffin</b><br>Steamed Cabbage<br>Carrots<br>Fruit Choice<br>Milk      |
| <b>19</b><br><b>Southern Breakfast Biscuit</b><br><br><b>Grilled Cheese Sandwich or Wow Butter Sandwich</b><br><b>OCS Ciabatta Sandwich</b><br>Tomato Soup<br>Broccoli<br>Carrots<br>Fruit Choice<br>Milk         | <b>20</b><br><b>Sausage Biscuit</b><br><br><b>Nachos</b><br><b>Corn Dog</b><br><br>Black Beans<br>Sweet Potatoes<br>Fruit Choice<br>Milk  | <b>21</b><br><b>No School</b>   | <b>22</b><br><b>Happy Thanksgiving!</b>  | <b>23</b><br><b>No School</b>   |
| <b>26</b><br><b>Southern Breakfast Biscuit</b><br><br><b>Cheesy Baked Potatoes w/ Italian Sauce or Chili &amp; Roll</b><br><b>Mac &amp; Cheese w/ Roll</b><br>Salsa<br>Collard Greens<br>Fruit Choice<br>Milk     | <b>27</b><br><b>Sausage Biscuit</b><br><br><b>Pasta w/ Meatsauce &amp; Garlic Bread</b><br><b>Manager's Entrée Choice</b><br>Blackeye Peas<br>Green Beans<br>Fruit Choice<br>Milk | <b>28</b><br><b>Cinnamon Bun</b><br><br><b>Chicken &amp; Waffle</b><br><b>Turkey Rice Bowl w/ Roll</b><br>Au Gratin Potatoes<br>Turnip Greens<br>Fruit Choice<br>Milk           | <b>29</b><br><b>Chicken Biscuit</b><br><br><b>Teriyaki Bites w/ Rice &amp; Roll</b><br><b>Pulled Pork Sandwich</b><br>Coleslaw<br>Manager's Vegetable Choice<br>Lima Beans<br>Fruit Choice<br>Milk | <b>30</b><br><b>Pancake Sausage Sandwich</b><br><br><b>Pizza</b><br><b>Fish w/ Corn Muffin</b><br>Steamed Cabbage<br>Carrots<br>Fruit Choice<br>Milk      |
| <b>December 3</b><br><b>Southern Breakfast Biscuit</b><br><br><b>Grilled Cheese Sandwich or Wow Butter Sandwich</b><br><b>OCS Ciabatta Sandwich</b><br>Tomato Soup<br>Broccoli<br>Carrots<br>Fruit Choice<br>Milk | <b>4</b><br><b>Sausage Biscuit</b><br><br><b>Nachos</b><br><b>Corn Dog</b><br><br>Black Beans<br>Sweet Potatoes<br>Fruit Choice<br>Milk   | <b>5</b><br><b>OCS Breakfast Biscuit</b><br><b>Yogurt Parfait</b><br><br><b>Chicken Pot Pie w/ Roll</b><br><b>Fish Sandwich</b><br>Spinach<br>Coleslaw<br>Fruit Choice<br>Milk  | <b>6</b><br><b>French Toast Mini</b><br><br><b>Roasted Chicken w/ Roll</b><br><b>Cheeseburger or Hot Dog w/ Chili</b><br><br>Steamed Cabbage<br>Baked Beans<br>Fruit Choice<br>Milk                | <b>7</b><br><b>Pancake Sausage on a Stick</b><br><br><b>Pizza</b><br><b>Manager's Entrée Choice</b><br>Carrot Bag<br>Garden Salad<br>Fruit Choice<br>Milk |
| <b>10</b><br><b>Southern Breakfast Biscuit</b><br><br><b>Cheesy Baked Potatoes w/ Italian Sauce or Chili &amp; Roll</b><br><b>Mac &amp; Cheese w/ Roll</b><br>Salsa<br>Collard Greens<br>Fruit Choice<br>Milk     | <b>11</b><br><b>Sausage Biscuit</b><br><br><b>Pasta w/ Meatsauce &amp; Garlic Bread</b><br><b>Manager's Entrée Choice</b><br>Blackeye Peas<br>Green Beans<br>Fruit Choice<br>Milk | <b>12</b><br><b>Cinnamon Bun</b><br><br><b>Chicken &amp; Waffle</b><br><b>Turkey Rice Bowl w/ Roll</b><br>Au Gratin Potatoes<br>Turnip Greens<br>Fruit Choice<br>Milk           | <b>13</b><br><b>Chicken Biscuit</b><br><br><b>Baked Ham with Dinner Roll</b><br><b>Corn Dog Nuggets</b><br>Mashed Potatoes<br>Greens Peas<br>Fruit Choice<br>Milk                                  | <b>14</b><br><b>Pancake Sausage Sandwich</b><br><br><b>Pizza</b><br><b>Fish w/ Corn Muffin</b><br>Steamed Cabbage<br>Carrots<br>Fruit Choice<br>Milk      |
| <b>17</b><br><b>Southern Breakfast Biscuit</b><br><br><b>Grilled Cheese Sandwich or Wow Butter Sandwich</b><br><b>OCS Ciabatta Sandwich</b><br>Tomato Soup<br>Broccoli<br>Carrots<br>Fruit Choice<br>Milk         | <b>18</b><br><b>Sausage Biscuit</b><br><br><b>Nachos</b><br><b>Corn Dog</b><br><br>Black Beans<br>Sweet Potatoes<br>Fruit Choice<br>Milk  | <b>19</b><br><b>OCS Breakfast Biscuit</b><br><b>Yogurt Parfait</b><br><br><b>Chicken Pot Pie w/ Roll</b><br><b>Fish Sandwich</b><br>Spinach<br>Coleslaw<br>Fruit Choice<br>Milk | <b>20</b><br><b>No School</b>  | <b>21</b><br><b>No School</b>   |
| <b>The following are also available daily:</b>  |   |   |  |   |
| <b>Breakfast:</b> Cereal with Graham Crackers, Assorted Grab and Go options, 100% Fruit Juice, Fruit Choice and Fat Free Chocolate, Skim & 1% Milk  |   |   |  |   |
| <b>Lunch:</b> Fat Free Chocolate, Skim and 1% Milk  |   |   |  |   |
| Yogurt Bistro Box   |   | OCS Salads  | OCS Egg Power Box  |   |