



Monday	Tuesday	Wednesday	Thursday	Friday
October 1 Fall Intercession	2 Fall Intercession	3 Fall Intercession	4 Fall Intercession	5 Fall Intercession
8 Southern Breakfast Biscuit  Cheese Sticks w/ Sauce Baked Potato w/ Italian Cheese  Broccoli Carrots Fruit Choice Milk	9 Sausage Biscuit  Nachos Pulled Pork Sandwich  Refried Beans Sweet Potatoes Fruit Choice Milk	10 OCS Breakfast Biscuit Yogurt Parfait  Chicken Pasta Bake w/ Breadstick Cheeseburger  Garden Salad Turnip Greens Fruit Choice Milk	11 Breakfast Bagel  Pasta & Meatsauce w/ Garlic Bread Hot Dog w/ Toppings  Coleslaw French Fries Fruit Choice Milk	12 Doughnut  Pizza Manager's Entrée Choice  Corn Green Peas Steamed Cabbage Fruit Choice Milk
15 Southern Breakfast Biscuit  Chicken Nuggets w/ Roll Mac & Cheese w/ Roll  Broccoli Carrots Fruit Choice Milk	16 Sausage Biscuit  OCS Deli Sub Manager's Choice Entrée  Pinto Beans Sweet Potatoes Fruit Choice Milk	17 Cinnamon Crumb Bread  Country Style Steak w/ Roll Chicken Sandwich  Mashed Potatoes Turnip Greens Fruit Choice Milk	18 Doughnut Hole w/ Cheese Stick  Turkey & Gravy w/ Rice Bowl Pulled Pork w/ Corn Muffin  Green Beans Coleslaw Fruit Choice Milk	19 Doughnut  Pizza Fish & Shrimp Basket w/ Hushpuppies Manager's Veggie Choice Steamed Cabbage Fruit Choice Milk
22 Southern Breakfast Biscuit  Cheese Sticks w/ Sauce Baked Potato w/ Italian Cheese  Broccoli Carrots Fruit Choice Milk	23 Sausage Biscuit  Nachos Pulled Pork Sandwich  Refried Beans Sweet Potatoes Fruit Choice Milk	24 OCS Breakfast Biscuit Yogurt Parfait  Chicken Pasta Bake w/ Breadstick Cheeseburger  Garden Salad Turnip Greens Fruit Choice Milk	25 Breakfast Bagel  Pasta & Meatsauce w/ Garlic Bread Hot Dog w/ Toppings  Coleslaw French Fries Fruit Choice Milk	26 Doughnut  Pizza Manager's Entrée Choice  Corn Green Peas Steamed Cabbage Fruit Choice Milk
29 Teacher Workday	30 Sausage Biscuit  OCS Deli Sub Manager's Choice Entrée  Pinto Beans Sweet Potatoes Fruit Choice Milk	31 Cinnamon Crumb Bread  Country Style Steak w/ Roll Chicken Sandwich  Mashed Potatoes Turnip Greens Fruit Choice Milk	November 1 Doughnut Hole w/ Cheese Stick  Turkey & Gravy w/ Rice Bowl Pulled Pork w/ Corn Muffin  Green Beans Coleslaw Fruit Choice Milk	2 Doughnut  Pizza Fish & Shrimp Basket w/ Hushpuppies Manager's Veggie Choice Steamed Cabbage Fruit Choice Milk
5 Southern Breakfast Biscuit  Grilled Cheese Sandwich or Wow Butter Sandwich OCS Ciabatta Sandwich  Tomato Soup Broccoli Carrots Fruit Choice Milk	6 Sausage Biscuit  Nachos Corn Dog  Black Beans Sweet Potatoes Fruit Choice Milk	7 OCS Breakfast Biscuit Yogurt Parfait  Chicken Pot Pie w/ Roll Fish Sandwich  Spinach Coleslaw Fruit Choice Milk	8 French Toast Mini  Roasted Chicken w/ Roll Cheeseburger or Hamburger  Steamed Cabbage Baked Beans Fruit Choice Milk	9 Pancake Sausage on a Stick  Pizza Manager's Entrée Choice  Carrot Bag Garden Salad Fruit Choice Milk
<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	

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Monday	Tuesday	Wednesday	Thursday	Friday
12 <b>Veterans Day Holiday</b>	13 <b>Sausage Biscuit</b>  <b>Pasta w/ Meatsauce &amp; Garlic Bread</b> <b>Manager's Entrée Choice</b> Blackeye Peas Green Beans Fruit Choice Milk	14 <b>Cinnamon Bun</b>  <b>Chicken &amp; Waffle</b> <b>Teriyaki Bites w/ Rice &amp; Roll</b> Au Gratin Potatoes Turnip Greens Fruit Choice Milk	15 <b>Chicken Biscuit</b>  <b>Turkey &amp; Dressing with Dinner Roll</b> <b>Corn Dog Nuggets</b> Mashed Potatoes Greens Fruit Choice Milk	16 <b>Pancake Sausage Sandwich</b>  <b>Pizza</b> <b>Fish w/ Corn Muffin</b> Steamed Cabbage Carrots Fruit Choice Milk
19 <b>Southern Breakfast Biscuit</b>  <b>Grilled Cheese Sandwich or Wow Butter Sandwich</b> <b>OCS Ciabatta Sandwich</b> Tomato Soup Broccoli Carrots Fruit Choice Milk	20 <b>Sausage Biscuit</b>  <b>Nachos</b> <b>Corn Dog</b> Black Beans Sweet Potatoes Fruit Choice Milk	21 <b>No School</b>	22 <b>Happy Thanksgiving!</b>	23 <b>No School</b>
26 <b>Southern Breakfast Biscuit</b>  <b>Cheesy Baked Potatoes w/ Italian Sauce or Chili &amp; Roll</b> <b>Mac &amp; Cheese w/ Roll</b> Salsa Collard Greens Fruit Choice Milk	27 <b>Sausage Biscuit</b>  <b>Pasta w/ Meatsauce &amp; Garlic Bread</b> <b>Manager's Entrée Choice</b> Blackeye Peas Green Beans Fruit Choice Milk	28 <b>Cinnamon Bun</b>  <b>Chicken &amp; Waffle</b> <b>Turkey Rice Bowl w/ Roll</b> Au Gratin Potatoes Turnip Greens Fruit Choice Milk	29 <b>Chicken Biscuit</b>  <b>Teriyaki Bites w/ Rice &amp; Roll</b> <b>Pulled Pork Sandwich</b> Coleslaw Manager's Vegetable Choice Lima Beans Fruit Choice Milk	30 <b>Pancake Sausage Sandwich</b>  <b>Pizza</b> <b>Fish w/ Corn Muffin</b> Steamed Cabbage Carrots Fruit Choice Milk
December 3 <b>Southern Breakfast Biscuit</b>  <b>Grilled Cheese Sandwich or Wow Butter Sandwich</b> <b>OCS Ciabatta Sandwich</b> Tomato Soup Broccoli Carrots Fruit Choice Milk	4 <b>Sausage Biscuit</b>  <b>Nachos</b> <b>Corn Dog</b> Black Beans Sweet Potatoes Fruit Choice Milk	5 <b>OCS Breakfast Biscuit</b> <b>Yogurt Parfait</b>  <b>Chicken Pot Pie w/ Roll</b> <b>Fish Sandwich</b> Spinach Coleslaw Fruit Choice Milk	6 <b>French Toast Mini</b>  <b>Roasted Chicken w/ Roll</b> <b>Cheeseburger or Hot Dog w/ Chili</b> Steamed Cabbage Baked Beans Fruit Choice Milk	7 <b>Pancake Sausage on a Stick</b>  <b>Pizza</b> <b>Manager's Entrée Choice</b> Carrot Bag Garden Salad Fruit Choice Milk
10 <b>Southern Breakfast Biscuit</b>  <b>Cheesy Baked Potatoes w/ Italian Sauce or Chili &amp; Roll</b> <b>Mac &amp; Cheese w/ Roll</b> Salsa Collard Greens Fruit Choice Milk	11 <b>Sausage Biscuit</b>  <b>Pasta w/ Meatsauce &amp; Garlic Bread</b> <b>Manager's Entrée Choice</b> Blackeye Peas Green Beans Fruit Choice Milk	12 <b>Cinnamon Bun</b>  <b>Chicken &amp; Waffle</b> <b>Turkey Rice Bowl w/ Roll</b> Au Gratin Potatoes Turnip Greens Fruit Choice Milk	13 <b>Chicken Biscuit</b>  <b>Baked Ham with Dinner Roll</b> <b>Corn Dog Nuggets</b> Mashed Potatoes Greens Peas Fruit Choice Milk	14 <b>Pancake Sausage Sandwich</b>  <b>Pizza</b> <b>Fish w/ Corn Muffin</b> Steamed Cabbage Carrots Fruit Choice Milk
17 <b>Winter Intersession</b>	18 <b>Winter Intersession</b>	19 <b>Winter Intersession</b>	20 <b>Winter Intersession</b>	21 <b>Winter Intersession</b>

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**Breakfast:** Cereal with Graham Crackers, Assorted Grab and Go options, 100% Fruit Juice, Fruit Choice and Fat Free Chocolate, Skim & 1% Milk

**Lunch:** Fat Free Chocolate, Skim and 1% Milk

Yogurt Bistro Box

OCS Salads

OCS Egg Power Box

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