

October

Monongalia County Schools



2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Taco Pasta Bake 1 Tortilla Chips Black Beans; Grapes Milk – 8 oz Serving	2
3	BBQ Chicken 4 Corn Bread/Pinto beans Red Potatoes; Fresh Pear Milk – 8 oz Serving	School Pepperoni Roll 5 Fresh Carrot; Ranch Cup Juice Box; Cinn. Applesauce Milk – 8 oz Serving	Fish Sticks 6 Peas; Orange slices; Goldfish Crackers Milk – 8 oz Serving	Country Fried Steak 7 AuGratin Potatoes; Roll Broccoli; Pineapple Slice Milk – 8 oz Serving	Lasagna Roll 8 Breadstick; Cantaloupe Garden Salad w/ Dressing Milk – 8 oz Serving	9
10	Chicken Sandwich 11 Local Corn from MTEC Baked Beans; Fruit Cocktail Milk – 8 oz Serving	Sub Sandwich 12 Apple Slices; Cookie Cheddar Popcorn Milk – 8 oz Serving	Chili & Cheese Stick 13 Baked Potato; Ranch Cup Fresh Veggies Mix; Grapes Milk – 8 oz Serving	Ham w/ baked Roll 14 Mashed Pot.; Cran. Sauce Green Beans Milk – 8 oz Serving	 No School 15	16
17	General Tso's Chicken 18 Fried Rice; Stir Fry Mand. Oranges; Cookie Milk – 8 oz Serving	School Baked Pizza 19 Salad w/ Dressing Apple Chips; Slushie Cup Milk – 8 oz Serving	Philly Steak Hoagie 20 Sweet Pot. Fries; Juice Box Steamed Broccoli Milk – 8 oz Serving	Breakfast 4 Lunch 21 Egg MonMuffin; Peppers Hash Brown; Strawberries Milk – 8 oz Serving	Hot Dog 22 Tater Tots; Fresh Apple Celery w/ Ranch Cup Milk – 8 oz Serving	23
24	Cheese Quesadilla 25 Tortilla Chips & Salsa Strawberry Applesauce Black Beans Milk – 8 oz Serving	Hamburger 26 Cheese; Lettuce; Tomato Crinkle Fries; Orange Slices Milk – 8 oz Serving	Popcorn Chicken 27 Potato Smiles Baby Carrots; Pears Milk – 8 oz Serving	Salisbury Steak 28 Mashed Pot. ; Fruit Cup Green Beans; Baked Roll Milk – 8 oz Serving	Rotini Pasta & Sauce 29 Garden Salad w/ Dressing Pineapple Chunks; Cookie Milk – 8 oz Serving	30
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Submit Free/Reduced Applications and PAST DUE meal payments by credit card/debit card at: <https://www.schoolcafe.com> * All Menu Items are subject to change due to availability.