



# Loudon County Schools Lunch Menu

October 2018



Loudon Lunch Rocks

<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
Soft Beef Tacos or Chicken Quesadilla Refried Beans Lettuce/Tomato Salsa Cup, Cheddar Cheese, Sour Cream Fruit Slushie, Milk	Chicken Sandwich or Philly Beef Steak Sandwich Grilled Peppers/Onions Lettuce/Tomato Fresh Veggie Bowl, French Fries Assorted Fruit, Milk	Homemade Meatloaf or Chicken Nuggets Biscuit, Green Beans Mashed Potatoes, Gravy Assorted Fruit, Milk Cookie	Meatball Sub or Corn Dog Steamed Broccoli Roasted Potatoes Assorted Fruit Milk	Fiestada Pizza or Lasagna Steamed Corn Salad, Fresh Baby Carrots Assorted Fruit Milk
<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>
FALL BREAK	FALL BREAK	FALL BREAK	FALL BREAK	FALL BREAK
<u>15</u>	<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>
Beef Tacos, Tostitos Scoops or Cheese Quesadilla Refried Beans Corn Salsa Cup, Cheddar Cheese, Sour Cream Fruit Slushie, Milk	Turkey Croissant or Ham Croissant Doritos, Baked Beans Sweet Potato Fries Cheese, Pickle Assorted Fruit, Milk	Chicken Tenders, Roll or Cheese Sticks, Marinara Green Beans Mashed Potatoes, Gravy Assorted Fruit Milk	Chili, Grilled Cheese or Hot Dog Cole Slaw, French Fries Steamed Broccoli Assorted Fruit Milk	Cheese Pizza or Pepperoni Pizza Steamed Corn Salad, Fresh Baby Carrots Assorted Fruit, Milk Cookie
<u>22</u>	<u>23</u>	<u>24</u>	<u>25</u>	<u>26</u>
Hamburger or Spicy Chicken Sandwich Lettuce/Tomato, Pickle, Cheese Potato Smiles Fresh Veggie Bowl Assorted Fruit, Milk	Fish Shapes or Mini Corn Dogs Hush Puppies, Cole Slaw Breaded Okra, Pinto Beans Assorted Fruit, Milk Cookie	Sausage (2) or Egg Omelet White Biscuit, Biscuit Gravy Tater Tots, Salsa Cup Strawberries Milk	Chicken BBQ Sandwich Hot Ham/Cheese Sandwich Mac & Cheese Steamed Broccoli Steamed Corn Assorted Fruit, Milk	Spaghetti, Meat Sauce or Chicken Sticks Garlic Bread Green Beans Salad, Fresh Baby Carrots Assorted Fruit, Milk
<u>29</u>	<u>30</u>	<u>31</u>	<u>1</u>	<u>2</u>
Soft Beef Tacos or Chicken Quesadilla Refried Beans Lettuce/Tomato Salsa Cup, Cheddar Cheese, Sour Cream Fruit Slushie, Milk	Chicken Sandwich or Philly Beef Steak Sandwich Grilled Peppers/Onions Lettuce/Tomato Fresh Veggie Bowl, French Fries Assorted Fruit, Milk	Homemade Meatloaf or Chicken Nuggets Biscuit, Green Beans Mashed Potatoes, Gravy Fall Mixed Fruit, Milk Cookie	Meatball Sub or Corn Dog Steamed Broccoli Roasted Potatoes Assorted Fruit Milk	Fiestada Pizza or Lasagna Steamed Corn Salad, Fresh Baby Carrots Assorted Fruit Milk

SBJ & Mozzarella String Cheese available daily

This institution is an equal opportunity provider.



