

OCTOBER

F.L. Moffett Menus



Questions or Comments?

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Did you know?

Red and orange vegetables, such as pumpkin, are nutritional superstars! Carving a Jack-O-Lantern this Fall? Save those pumpkin seeds and roast them for a delicious and nutritious snack!



SFE This institution is an equal opportunity provider.

Monday

1 Breakfast
Eggs / Toast

Lunch
Cheesy Nachos
Beef Fingers
Charro Beans
Applesauce

8 Breakfast
Pancakes

Lunch
Crunchy Tacos
Ham/Cheese Sandwich
Boiled Carrots
Pineapple Tidbits

15 **NO SCHOOL**

22 Breakfast
Breakfast on a Stick

Lunch
Salisbury Steak/Rice
Grilled Cheese
Cooked Crinkle Cut Carrots
Applesauce

29 Breakfast
Cinnamon Waffles

Lunch
Swedish Meatballs/Rice
Cheesy Nachos
Green Beans
Applesauce

Tuesday

2 Breakfast
Breakfast Pizza

Lunch
Spaghetti/Meatballs
Fish Nuggets
Steamed Broccoli
Fresh Apple

9 Breakfast
Honey Chicken Biscuit

Lunch
Chicken Tenders/Roll
Sun Butter/Jelly Sandwich
Peppered Broccoli
Fresh Apple

16 Breakfast
Cheese Omelet

Lunch
Grilled Cheeseburger
Turkey/Cheese Sandwich
Boiled Carrots
Crispy Fries

23 Breakfast
Egg/Cheese Big Bite

Lunch
Beef Fingers/Roll
Fish Nuggets/Roll
7 Way Mixed Vegetables
Diced Peas

30 Breakfast
Cheese Omelet/Toast

Lunch
Grilled Cheeseburger
Sun Butter/Jelly Sandwich
Black Beans
Diced Peaches

Wednesday

3 Breakfast
French Toast Sticks

Lunch
Turkey/Cheese Sandwich
Hot Dog
5 Way Mixed Vegetables
Fruit Cocktail

10 Breakfast
Breakfast on a Stick

Lunch
Beefy Marinara Macaroni
Mini Corn Dogs
Buttered Green Beans
Fruit Cocktail

17 Breakfast
Breakfast Pizza

Lunch
Cheesy Nachos
Popcorn Chicken/Roll
Seasoned Charro Beans
Fresh Apple

24 Breakfast
French Toast Sticks

Lunch
Juicy Hamburger
Chicken Tenders/Roll
Crispy Fries
Fresh Apple

31 Breakfast
Honey Chicken Biscuit

Lunch
Spaghetti/Meatballs
Popcorn Chicken/Roll
Boiled Carrots
Fresh Apple

Thursday

4 Breakfast
Biscuits & Gravy

Lunch
Chicken Nuggets/Roll
Pepperoni Pizza
Buttered Corn
Fresh Orange

11 Breakfast
Blueberry Waffles

Lunch
Sausage Pizza
Cheesy Chicken Sandwich
Buttered Corn
Fresh Orange

18 Breakfast
Berry Parfait/Granola

Lunch
Macaroni & Cheese
Beef Fingers/Roll
Steamed Broccoli
Fruit Cocktail

25 Breakfast
Eggs/Toast

Lunch
Chicken Quesadilla
Hot Dog
Charro Beans
Fruit Cocktail

26 Breakfast
Panckaes

Lunch
Beef Ravioli
Ham/Cheese Sandwich
Steamed Broccoli
Fresh Orange

Friday

5 **NO SCHOOL**

12 Breakfast
Breakfast Taco

Lunch
Chicken Tenders/Roll
Grilled Cheese
Baked Beans
Applesauce

19 Breakfast
Strawberry Pancakes

Lunch
Spaghetti/Meatballs
Mini Corn Dogs
4 Way Mixed Vegetables
Fresh Orange

26 Breakfast
Panckaes

Lunch
Beef Ravioli
Ham/Cheese Sandwich
Steamed Broccoli
Fresh Orange


 Fresh Fruit Selection &
 Reduced Sugar Cereals
 Available Daily at Breakfast