


OCTOBER 2023

Ethel Reed Elementary

We are required to serve
5 Components: Grain, Meat,
Veg, Fruit, Milk for lunch to all
students.

Breakfast & Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: 2 Biscuit & Gravy or Cereal & Toast, Fruit Lunch: Pizza Stick Veg & Fruit	Breakfast: 3 Tornado & Toast or Cereal & Toast, Fruit Lunch: Spaghetti, Garlic Breadsticks Veg & Fruit	Breakfast: 4 Donut or Cereal & Toast, Fruit Lunch: Hot Dog & FF Veg & Fruit	Breakfast: 5 Omelet & Toast or Cereal & Toast, Fruit Lunch: Burrito, Rice Veg & Fruit, Pudding	Breakfast: 6 Muffin or Cereal & Toast, Fruit Lunch: Cowboy Stew & Cornbread Veg & Fruit
Breakfast: 9 Pizza or Cereal & Toast, Fruit Lunch: Corn Dogs & Tots Veg & Fruit. Cake	Breakfast: 10 Waffles or Cereal & Toast, Fruit Lunch: Popcorn Chicken & FF Veg & Fruit	Breakfast: 11 Super Donut or Cereal & Toast, Fruit Lunch: Pizza Veg & Fruit	Fall Break 12 No School	 13
 6	Breakfast: 17 Biscuit Sandwich or Cereal & Toast, Fruit Lunch: Chili Frito Pie Veg & Fruit. Brownie	Breakfast: 18 French Toast Sticks or Cereal & Toast, Fruit Lunch: Salisbury Steak Dinner	Breakfast: 19 Combo Bar, Hashbrown or Cereal & Toast, Fruit Lunch: Taco & Bean dip Veg & Fruit	Breakfast: 20 Cereal & Toast Fruit Lunch: Chicken Nugget Dinner
Breakfast: 23 Biscuit & Gravy or Cereal & Toast, Fruit Lunch: Chicken & Noodles Veg & Fruit	Breakfast: 24 Tornado & Toast or Cereal & Toast, Fruit Lunch: Taco Salad Veg & Fruit. Jello	Breakfast: 25 Donut or Cereal & Toast, Fruit Lunch: Mac & Cheese & Smokies Veg & Fruit	Breakfast: 26 Omelet & Toast or Cereal & Toast, Fruit Lunch: Pig in a Blanket Veg & Fruit	Breakfast: 27 Muffin or Cereal & Toast, Fruit Lunch: Cheeseburger & Chips Veg & Fruit
Breakfast: 30 Pizza or Cereal & Toast, Fruit Lunch: Pizza Stick Veg & Fruit	Breakfast: 31 Waffles or Cereal & Toast, Fruit Lunch: Lasagna, Garlic Breadsticks Veg & Fruit			

This institution is an equal opportunity employer