

October 2023

Garrett County Board of Education—Food & Nutrition Breakfast & Lunch Menu

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>Fish Sandwich Yogurt Parfait Chicken Nuggets Sweet Potato Fries Pears Mixed Vegetables</p> <p>Whole Grain Muffin, Cereal, Raisins, Grape Juice, Milk</p>	<p>3</p> <p>BBQ Chicken Nut & Cheese Bistro Box Pizza Mashed Potatoes Pineapple Green Beans</p> <p>Breakfast Bites, Cereal, Applesauce Cup, Orange Juice, Milk</p>	<p>4</p> <p>Macaroni & Cheese Chef Salad Chicken Patty Sandwich Peas Peaches French Fries</p> <p>Super Bun, Cereal, Banana, Peach Cup, Milk</p>	<p>5</p> <p>Cheese Ravioli Nut & Cheese Bistro Box Pizza Tossed Salad Orange Wedges Oven Roasted Vegetables</p> <p>Breakfast Pizza, Cereal, Mandarin Orange Cup, Fruit Juice, Milk</p>	<p>6</p> <p>Walking Tacos Chef Salad Pepperoni Roll Carrot Sticks Mixed Fruit Rice Krispy Treat</p> <p>Yogurt, Cereal, Strawberry Cup, Apple Juice, Milk</p>
<p>9</p> <p>Corn Dog Yogurt Parfait Chicken Nuggets Mixed Vegetables Peaches French Fries</p> <p>Whole Grain Donut, Cereal, Mixed Fruit Cup, Orange Juice, Milk</p>	<p>10</p> <p>Sweet & Sour Chicken Pizza Bistro Box Pizza Broccoli Pineapple Sweet Potatoes</p> <p>Sausage Biscuit, Cereal, Craisins, Fruit Juice, Milk</p>	<p>11</p> <p>Nacho Grande Mixed Greens w/Chicken Salad Chicken Patty Sandwich Tossed Salad Strawberry Applesauce Cup Corn</p> <p>Muffin, Cereal, Pear Cup, Orange Pineapple Juice, Milk</p>	<p>12</p> <p>BBQ Sandwich Pizza Bistro Box Pizza Carrot Sticks Pears Ice Cream Cup</p> <p>Cinnamon Roll, Cereal, Strawberry Applesauce Cup, Grape Juice, Milk</p>	<p>13</p> <p>Schools Closed</p> <p>Autumn Glory</p>
<p>16</p> <p>Grilled Cheese Sandwich Chicken Nuggets Broccoli Peaches Tomato Soup</p> <p>Whole Grain Muffin, Cereal, Raisins, Grape Juice, Milk</p>	<p>17</p> <p>Sloppy Joe Pizza Fresh Vegetables Pears Italian Ice</p> <p>Breakfast Bites, Cereal, Applesauce Cup, Orange Juice, Milk</p>	<p>18</p> <p>Waffles & Sausage Patties Chicken Patty Sandwich Tater Tots Applesauce Cup Juice Cup</p> <p>Super Bun, Cereal, Banana, Peach Cup, Milk</p>	<p>19</p> <p>Spaghetti Pizza Tossed Salad Orange Wedges Corn</p> <p>Breakfast Pizza, Cereal, Mandarin Orange Cup, Fruit Juice, Milk</p>	<p>20</p> <p>Chicken Sliders Pepperoni Roll French Fries Mixed Fruit Baked Beans</p> <p>Yogurt, Cereal, Strawberry Cup, Apple Juice, Milk</p>
<p>23</p> <p>Fish Sandwich Yogurt Parfait Chicken Nuggets Sweet Potato Fries Pears Mixed Vegetables</p> <p>Whole Grain Donut, Cereal, Mixed Fruit Cup, Orange Juice, Milk</p>	<p>24</p> <p>BBQ Chicken Nut & Cheese Bistro Box Pizza Mashed Potatoes Pineapple Green Beans</p> <p>Sausage Biscuit, Cereal, Craisins, Fruit Juice, Milk</p>	<p>25</p> <p>Macaroni & Cheese Chef Salad Chicken Patty Sandwich Peas Peaches French Fries</p> <p>Muffin, Cereal, Pear Cup, Orange Pineapple Juice, Milk</p>	<p>26</p> <p>Cheese Ravioli Nut & Cheese Bistro Box Pizza Tossed Salad Orange Wedges Oven Roasted Potatoes</p> <p>Waffle, Cereal, Strawberry Applesauce Cup, Grape Juice, Milk</p>	<p>27</p> <p>Walking Tacos Chef Salad Pepperoni Roll Carrot Sticks Mixed Fruit Rice Krispy Treats</p> <p>Cinnamon Roll, Cereal, Orange Wedges, Apple Juice, Milk</p>
<p>30</p> <p>Corn Dog Yogurt Parfait Chicken Nuggets Mixed Vegetables Peaches French Fries</p> <p>Whole Grain Muffin, Cereal, Raisins, Grape Juice, Milk</p>	<p>31</p> <p>Sweet & Sour Chicken Pizza Bistro Box Pizza Broccoli Pineapple Sweet Potatoes</p> <p>Breakfast Bites, Cereal, Applesauce Cup, Orange Juice, Milk</p>		<p>Bread Basket Offered Daily— includes saltines, graham crackers, animal crackers, roasted garbanzo beans</p>	<p>PB&J Offered Daily Yogurt & String Cheese Offered Daily</p> <p>Fresh Fruit and Vegetable Basket Offered Daily</p> <p>Milk is Offered Daily</p>