

Menus

School: Cowgill R-VI School

Academic Year: 2020-21

Meal: All

Month: October 2020

October				
M	Tu	W	Th	F
28 Breakfast: Yogurt & Muffin Juice or Fruit Milk Lunch: Turkey & Noodle, Peas & Applesauce	29 Breakfast: Sausage Biscuit Juice or Fruit Milk Lunch: Fish Sandwich, Mixed Veggies & Tropical Fruit	30 Breakfast: Breakfast Pizza Juice or Fruit Milk Lunch: Beef Taco, Black Beans & Cinnamon Apples	1 Breakfast: Egg & Cheese Biscuit Juice or Fruit Milk Lunch: Chicken Strips, Sweet Potatoes & Mandarin Oranges	2
5 Breakfast: Yogurt & Muffin Juice or Fruit Milk Lunch: Burrito, Corn, String Cheese & Cinnamon Apples	6 Breakfast: Sausage Biscuit Juice or Fruit Milk Lunch: Cheeseburger, BBQ Beans & Pears	7 Breakfast: Breakfast Pizza Juice or Fruit Milk Lunch: Baked Chicken, Carrots, Rolls & Peaches	8 Breakfast: Egg & Cheese Biscuit Juice or Fruit Milk Lunch: Chef Salad, Crackers & Mandarin Oranges	9
12 Breakfast: Yogurt & Muffin Juice or Fruit Milk Lunch: Pizza, Corn & Pears	13 Breakfast: Sausage Biscuit Juice or Fruit Milk Lunch: McRibb Sandwich, Sweet Potatoes & Cinnamon Apples	14 Breakfast: Breakfast Pizza Juice or Fruit Milk Lunch: Country Fried Steak, Mash Potatoes, Gravy, Corn & Peaches	15 Breakfast: Egg & Cheese Biscuit Juice or Fruit Milk Lunch: Tuna Casserole, Peas & Applesauce	16 Breakfast: Yogurt & Pop Tart Juice or Fruit Milk Lunch: Creamy Chicken Over Biscuit, Strawberries & Dessert
19 Breakfast: Yogurt & Muffin Juice or Fruit Milk Lunch: Corn dog, Pork N Beans & Pears	20 Breakfast: Sausage Biscuit Juice or Fruit Milk Lunch: Sweet & Sour Chicken, Broccoli, Rice & Pineapple	21 Breakfast: Breakfast Pizza Juice or Fruit Milk Lunch: Beef Stroganoff, Green Beans & Peaches	22 Breakfast: Egg & Cheese Biscuit Juice or Fruit Milk Lunch: Grilled Cheese Sandwich, Vegetable Soup & Applesauce	23
26 Breakfast: Yogurt & Muffin Juice or Fruit Milk Lunch: Shrimp, Macaroni & Cheese, Peas & Mandarin Oranges	27 Breakfast: Sausage Biscuit Juice or Fruit Milk Lunch: Grilled Chicken Sandwich, Carrots & Applesauce	28 Breakfast: Breakfast Pizza Juice or Fruit Milk Lunch: Spaghetti & Meat Sauce, Green Beans, Breadstick & Pears	29 Breakfast: Yogurt & Vampire Donuts Juice or Fruit Milk Lunch: Halloween Dinner Bloody Finger, Spooky Beans, Pumpkin Wedges & Trick-or-Treat Cake	30 Breakfast: Yogurt & Pop Tart Juice or Fruit Milk Lunch: Deli Sandwich, Chips & Banana "The USDA is an equal opportunity provider and employer."