

# Saraland High School October 2020



## Breakfast

- 1st Sausage Biscuit
- 2nd Hot Cereal, Breakfast Pizza
- 5th Pancakes, Sausage
- 6th Sausage Biscuit
- 7th Hot Cereal, Eggs, Cheese Toast
- 14th Hot Cereal , Eggs, Cheese Toast
- 15th Sausage Biscuit
- 16th Hot Cereal, Breakfast Pizza
- 19th Waffles, Sausage
- 20th Chicken Biscuit
- 21st Hot Cereal, Breakfast Pizza
- 22nd Sausage Biscuit
- 23rd Grits, Pancake on a Stick
- 26th Waffles, Sausage
- 27th Chicken Biscuit
- 28th Grits, Eggs, Cheese Toast
- 29th Sausage Biscuit

Mon	Tue	Wed	Thu	Fri
			1 Chicken, Green Beans w/ Potatoes, Fresh Veggies, Roll	2 Pizza, Corn, Fresh Veggies, Cookie
5 Chicken Bites, Green Beans, Roll Fresh Veggies	6 Chicken Alfredo Broccoli, Fresh Veggies, Roll	7 Corndog, Corn, Fresh Veggies	8  Teacher Work Day	9  Teacher Work Day
12  Fall Break	13  Fall Break	14 BBQ Rib Sandwich, Baked Beans, Oven Potatoes, Fresh Veggies	15 Nachos w/ Cheese, Corn, Black Bean Dip, Fresh Veggies	16 Asian Chicken, Broccoli, Vegetable Rice, Fresh Veggies, Roll
19 Pizza, Corn, Fresh Veggies, Pudding	20 Meatball Sub, Green Beans, Chips, Fresh Veggies	21 Chicken Noddle Soup, Grilled Cheese, Fresh Veggies	22 Sloppy Joe, Chips, Baked Beans	23 Gumbo w/ Rice Or Corndog, Corn, Fresh Veggies, Cinnamon Roll
26 Chili Crispito w/ Cheese, Corn, Black Bean Dip, Fresh Veggies	27 Potato Soup, Grilled Cheese, Broccoli, Fresh Veggies	28 Salisbury Steak w/ gravy, Potatoes, Fresh Veggies, Roll	29 Chicken Sandwich, Chips, Fresh Veggies, Cookie	30  Learn-at-Home Day

Offered Daily with Meals:  
Cereal & Toast with Breakfast  
Lunch & Breakfast: Unflavored  
1% Low Fat, Unflavored Skim,  
Fat Free Flavored Milk.  
Fruit & Juice served daily.  
Alternate Lunch Meal:  
Chef Salad  
Menu subject to change due to deliveries.

This institution is an equal opportunity provider