



MONTH of OCTOBER - Breakfast

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast Price: EDGE/JWS: Free CHS: \$1.20 Reduced: \$0.30 Milk: \$0.80 Choice of Milk offered: 1% White Fat-Free Flavored	2 Fruit or Juice Cereal, WW Toast Yogurt/Graham Crackers Chicken Biscuit Choice of Milk	3 Fruit or Juice Cereal, WW Toast Yogurt/Graham Crackers French Toast Sticks Choice of Milk	4 Fruit or Juice Cereal, WW Toast Yogurt/Graham Crackers Breakfast Pizza Choice of Milk	5 Fruit or Juice Cereal, WW Toast Yogurt/Graham Crackers Scrambled Eggs Choice of Milk	6 Fruit or Juice Cereal, WW Toast Yogurt/Graham Crackers Waffles Choice of Milk	
Student must select 3 of the food items offered to be a complete meal.	9 Closed	10 Fruit or Juice Cereal, WW Toast Yogurt/Graham Crackers French Toast Sticks Choice of Milk	11 Fruit or Juice Cereal, WW Toast Yogurt/Graham Crackers Breakfast Pizza Choice of Milk	12 Fruit or Juice Cereal, WW Toast Yogurt/Graham Crackers Scrambled Eggs Choice of Milk	13 Fruit or Juice Cereal, WW Toast Yogurt/Graham Crackers Waffles Choice of Milk	
	16 Fruit or Juice Cereal, WW Toast Yogurt/Graham Crackers Sausage Biscuit Choice of Milk	17 Fruit or Juice Cereal, WW Toast Yogurt/Graham Crackers French Toast Sticks Choice of Milk	18 Fruit or Juice Cereal, WW Toast Yogurt/Graham Crackers Breakfast Pizza Choice of Milk	19 Fruit or Juice Cereal, WW Toast Yogurt/Graham Crackers Scrambled Eggs Choice of Milk	20 Fruit or Juice Cereal, WW Toast Yogurt/Graham Crackers Waffles Choice of Milk	
	23 Fruit or Juice Cereal, WW Toast Yogurt/Graham Crackers Chicken Biscuit Choice of Milk	24 Fruit or Juice Cereal, WW Toast Yogurt/Graham Crackers French Toast Sticks Choice of Milk	25 Fruit or Juice Cereal, WW Toast Yogurt/Graham Crackers Breakfast Pizza Choice of Milk	26 Fruit or Juice Cereal, WW Toast Yogurt/Graham Crackers Scrambled Eggs Choice of Milk	27 Fruit or Juice Cereal, WW Toast Yogurt/Graham Crackers Waffles Choice of Milk	
	30 Fruit or Juice Cereal, WW Toast Yogurt/Graham Crackers Sausage Biscuit Choice of Milk	31 Fruit or Juice Cereal, WW Toast Yogurt/Graham Crackers French Toast Sticks Choice of Milk				

COVINGTON CITY PUBLIC SCHOOLS

MONTH of OCTOBER - Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunch Price: Free EDGE/JWIS: \$2.10 (9-12) High School: \$1.85 (8+) Reduced: \$0.40 Milk: \$0.80 Choice of Milk offered: 1% White Fat-Free Flavored	2 Hot Dog on WW Bun Chili French Fries Baked Beans or Pinto Beans Fruit Choice Choice of Milk	3 Chuckwagon Steak Creamed Potatoes/Gravy Broccoli or Chop Kale WG Rolls Fruit Choice Choice of Milk	4 Chicken Nuggets Tater Tots Green Beans or Green Peas WG Roll Fruit Choice Choice of Milk	5 Ravioli in Meat Sauce Broccoli or Chop Kale Baby Carrots/LF Ranch WG Roll Fruit Choice Choice of Milk	6 Pepperoni or Cheese Pizza Romaine Salad/Dressing Corn or Green Beans Fruit Choice Choice of Milk	
National School Lunch Week October 9-13, 2017	9 Closed	10 Hamburger on WW Bun French Fries Green Beans or Green Peas Fruit Choice Choice of Milk	11 Pepperoni or Cheese Pizza Romaine Salad/Dressing Corn or Broccoli Fruit Choice Choice of Milk	12 Spaghetti/Meat/Cheese Broccoli or Chop Kale Baby Carrots/LF Ranch WG Roll Fruit Choice Choice of Milk	13 Chicken Pattie on WW Bun Tater Tots Green Beans or Green Peas Fruit Choice Choice of Milk	
Additional menu items offered at CHS and JWIS consist of: Romaine Salad/Dressing Assorted Sandwiches Baked Potato Fruit Yogurt	16 Corn Dog Nuggets French Fries Baked Beans or Pinto Beans Fruit Choice Choice of Milk	17 Ravioli in Meat Sauce Broccoli or Chop Kale Baby Carrots/LF Ranch WG Roll Fruit Choice Choice of Milk	18 Chuckwagon Steak Creamed Potatoes/Gravy Green Beans or Green Peas WG Roll Fruit Choice Choice of Milk	19 Turkey/Cheese on WW Bun Sweet Potato Fries Broccoli or Chop Kale Fruit Choice Choice of Milk	20 Pepperoni or Cheese Pizza Romaine Salad/Dressing Corn or Green Beans Fruit Choice Choice of Milk	
	23 Hamburger on WW Bun French Fries Broccoli or Chop Kale Fruit Choice Choice of Milk	24 Pepperoni or Cheese Pizza Romaine Salad/Dressing Corn or Green Beans Fruit Choice Choice of Milk	25 Chicken Nuggets Tater Tots Green Beans or Green Peas WG Roll Fruit Choice Choice of Milk	26 Spaghetti/Meat/Cheese Broccoli or Chop Kale Baby Carrots/LF Ranch WG Roll Fruit Choice Choice of Milk	27 Taco/Lettuce/Cheese/Tomato French Fries Green Beans or Green Peas Fruit Choice Choice of Milk	
	30 Chicken Pattie on WW Bun Sweet Potato Fries Green Beans or Green Peas Fruit Choice Choice of Milk	31 Chuckwagon Steak Creamed Potatoes/Gravy Broccoli or Chop Kale WG Rolls Fruit Choice Choice of Milk HAPPY HALLOWEEN				