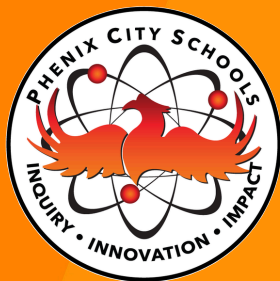


# October 2024

# 9th - 12th Grade Menu



# OCT

MENU 2024








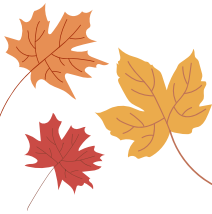
## ANNOUNCEMENTS:

All students eat  
Breakfast & Lunch  
Free.

A la carte items are  
available for  
purchase separately.

For student account  
information or to add  
funds via online  
portal, please visit  
[linqconnect.com](http://linqconnect.com) or  
call 1-844-467-  
4700.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>Breakfast: Mini-Cinnis (WG)</p> <p>Lunch: Beef Taco Pie, Corn, Black Bean Salad</p>	<p>2</p> <p>Breakfast: Eggs, Sausage, Grits &amp; WG Toast</p> <p>Lunch: Chicken Bites, WG Roll, Baked Beans, Crinkle Fries</p>	<p>3</p> <p>Breakfast: Pancake Sausage on a Stick (WG)</p> <p>Lunch: Chicken Alfredo, WG Breadstick, Corn, Green Beans</p>	<p>4</p> <p>Breakfast: Sausage, Egg &amp; Cheese Biscuit (WG)</p> <p>Lunch: Cold Cut Sub, Baby Carrots &amp; Celery, Lettuce/Tomato</p>
<p>7</p> <p>Breakfast: Mini Chocolate Chip French Toast (WG)</p> <p>Lunch: Cheeseburger (WG), Baked Beans, Potato Wedges</p>	<p>8</p> <p>Breakfast: Ham, Egg &amp; Cheese Croissant</p> <p>Lunch: Cheesy Chicken Fajita, Corn, Refried Beans</p>	<p>9</p> <p>Breakfast: Eggs, Sausage, Grits &amp; WG Toast</p> <p>Lunch: Corn Dog (WG), Fries, Green Beans</p>	<p>10</p> <p>Breakfast: Sausage Breakfast Pizza (WG)</p> <p>Lunch: Chicken Tenders, Mashed Potatoes, Steamed Broccoli</p>	<p>11</p> <p>Breakfast: Fruit Parfait or WG Cinnamon Roll w/Icing</p> <p>Lunch: Cold Cut Sub, Baby Carrots &amp; Celery, Lettuce/Tomato</p>
	<p>15</p> <p>Breakfast: Cinnamon Bun (WG)</p> <p>Lunch: <b>NACHO TREASURE TUESDAY</b> Beef Nachos, Corn, Black Bean Salad</p> 	<p>16</p> <p>Breakfast: Apple Strudel (WG)</p> <p>Lunch: <b>PIRATE PARROT WINGS</b> Chicken Wings, Fries, Carrots &amp; Celery</p> 	<p>17</p> <p>Breakfast: Pancake Sausage on a Stick (WG)</p> <p>Lunch: <b>BUCCANEER BRUNCH</b> Brunch for Lunch, Hashbrowns, Broccoli</p> 	<p>18</p> <p>Breakfast: Sausage, Egg &amp; Cheese Biscuit (WG)</p> <p>Lunch: <b>SHIVER ME TIMBERS SUB</b> Cold Cut Sub, Baby Carrots &amp; Celery, Lettuce/Tomato</p> 
<p>21</p> <p>Breakfast: Mini Chocolate Chip French Toast (WG)</p> <p>Lunch: Chicken Patty on Bun (WG), Baked Beans, Crinkle Fries</p>	<p>22</p> <p>Breakfast: Ham, Egg &amp; Cheese Croissant</p> <p>Lunch: Beef Soft Taco, Corn, Refried Beans</p>	<p>23</p> <p>Breakfast: Pancakes (WG) &amp; Bacon</p> <p>Lunch: Chili Dog, Crinkle Fries, Green Beans</p>	<p>24</p> <p>Breakfast: Sausage Breakfast Pizza (WG)</p> <p>Lunch: Spaghetti w/Meat Sauce, WG Breadstick, Corn on Cob, Mixed Veggies</p>	<p>25</p> <p>Breakfast: Fruit Parfait or WG Cinnamon Roll w/Icing</p> <p>Lunch: Cold Cut Sub, Baby Carrots &amp; Celery, Lettuce/Tomato</p>
<p>28</p> <p>Breakfast: Cream Filled Cinnamon Toast Crunch Bar</p> <p>Lunch: Grilled Cheese (WG), Baked Beans, Sweet Potato Fries</p>	<p>29</p> <p>Breakfast: Mini-Cinnis (WG)</p> <p>Lunch: Beef Taco Pie, Corn, Black Bean Salad</p>	<p>30</p> <p>Breakfast: Eggs, Sausage, Grits &amp; WG Toast</p> <p>Lunch: Chicken Nuggets, WG Roll, Baked Beans, Crinkle Fries</p>	<p>31</p> <p>Breakfast: Pancake Sausage on a Stick (WG)</p> <p>Lunch: Chicken Alfredo, WG Breadstick, Corn, Green Beans, Sweet Treat</p> 	

**Breakfast Choices Served Daily:** Variety Fruits, Variety Whole Grain Cereal, Variety Juice & Variety Milk.

**Lunch Choices Served Daily:** Variety Fruits, Vegetables, Smart Mouth Pizza, Soy Butter & Jelly Grab & GO, Salad Bar, & Variety Milk .

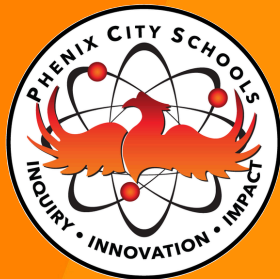
Menus Subject to change.

"WG" indicates Whole Grain items.

This Institution is an equal opportunity provider.

# October 2024

# 6th - 8th Grade Menu



# OCT

MENU 2024




## ANNOUNCEMENTS:

All students eat  
Breakfast & Lunch  
Free.

A la carte items are  
available for  
purchase separately.

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information or to add  
funds via online  
portal, please visit  
[linqconnect.com](http://linqconnect.com) or  
call 1-844-467-  
4700.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>Breakfast: Mini-Cinnis (WG)</p> <p>Lunch: Beef Taco Pie, Corn, Black Bean Salad</p>	<p>2</p> <p>Breakfast: Eggs, Sausage, Grits &amp; WG Toast</p> <p>Lunch: Chicken Bites, WG Roll, Baked Beans, Crinkle Fries</p>	<p>3</p> <p>Breakfast: Pancake Sausage on a Stick (WG)</p> <p>Lunch: Chicken Alfredo, WG Breadstick, Corn, Green Beans</p>	<p>4</p> <p>Breakfast: Sausage, Egg &amp; Cheese Biscuit (WG)</p> <p>Lunch: Pepperoni Pizza, Carrots, Spring Salad</p>
<p>7</p> <p>Breakfast: Mini Chocolate Chip French Toast (WG)</p> <p>Lunch: Cheeseburger (WG), Baked Beans, Potato Wedges</p>	<p>8</p> <p>Breakfast: Ham, Egg &amp; Cheese Croissant</p> <p>Lunch: Cheesy Chicken Fajita, Corn, Refried Beans</p>	<p>9</p> <p>Breakfast: Eggs, Sausage, Grits &amp; WG Toast</p> <p>Lunch: Corn Dog (WG), Fries, Green Beans</p>	<p>10</p> <p>Breakfast: Sausage Breakfast Pizza (WG)</p> <p>Lunch: Chicken Tenders, Mashed Potatoes, Steamed Broccoli</p>	<p>11</p> <p>Breakfast: Fruit Parfait or WG Cinnamon Roll w/Icing</p> <p>Lunch: Cold Cut Sub, Baby Carrots &amp; Celery, Lettuce/Tomato</p>
	<p>15</p> <p>Breakfast: Cinnamon Bun (WG)</p> <p>Lunch: <b>NACHO TREASURE TUESDAY</b> Beef Nachos, Corn, Black Bean Salad</p>	<p>16</p> <p>Breakfast: Apple Strudel (WG)</p> <p>Lunch: <b>PIRATE PARROT WINGS</b> Chicken Wings, Fries, Carrots &amp; Celery</p>	<p>17</p> <p>Breakfast: Pancake Sausage on a Stick (WG)</p> <p>Lunch: <b>BUCCANEER BRUNCH</b> Brunch for Lunch, Hashbrowns, Broccoli</p>	<p>18</p> <p>Breakfast: Sausage, Egg &amp; Cheese Biscuit (WG)</p> <p>Lunch: <b>PEG LEG PIZZA CRUNCHERS</b> Pizza Crunchers, Spring Salad, Marinara</p>
<p>21</p> <p>Breakfast: Mini Chocolate Chip French Toast (WG)</p> <p>Lunch: Chicken Patty on Bun (WG), Baked Beans, Crinkle Fries</p>	<p>22</p> <p>Breakfast: Ham, Egg &amp; Cheese Croissant</p> <p>Lunch: Beef Soft Taco, Corn, Refried Beans</p>	<p>23</p> <p>Breakfast: Pancakes (WG) &amp; Bacon</p> <p>Lunch: Chili Dog, Crinkle Fries, Green Beans</p>	<p>24</p> <p>Breakfast: Sausage Breakfast Pizza (WG)</p> <p>Lunch: Spaghetti w/Meat Sauce, WG Breadstick, Corn on Cob, Mixed Veggies</p>	<p>25</p> <p>Breakfast: Fruit Parfait or WG Cinnamon Roll w/Icing</p> <p>Lunch: Cold Cut Sub, Baby Carrots &amp; Celery, Lettuce/Tomato</p>
<p>28</p> <p>Breakfast: Cream Filled Cinnamon Toast Crunch Bar</p> <p>Lunch: Grilled Cheese (WG), Baked Beans, Sweet Potato Fries</p>	<p>29</p> <p>Breakfast: Mini-Cinnis (WG)</p> <p>Lunch: Beef Taco Pie, Corn, Black Bean Salad</p>	<p>30</p> <p>Breakfast: Eggs, Sausage, Grits &amp; WG Toast</p> <p>Lunch: Chicken Nuggets, WG Roll, Baked Beans, Crinkle Fries</p>	<p>31</p> <p>Breakfast: Pancake Sausage on a Stick (WG)</p> <p>Lunch: Chicken Alfredo, WG Breadstick, Corn, Green Beans, Sweet Treat</p>	

**Breakfast Choices Served Daily:** Variety Fruits, Variety Whole Grain Cereal, Variety Juice & Variety Milk.

**Lunch Choices Served Daily:** Variety Fruits, Vegetables, Chef Salad, Soy Butter & Jelly Box, & Variety Milk .

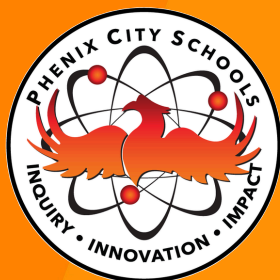
Menus Subject to change.

"WG" indicates Whole Grain items.

This Institution is an equal opportunity provider.

# October 2024

# Pre-K - 5th Grade Menu



# OCT

## MENU 2024




### ANNOUNCEMENTS:

All students eat  
Breakfast & Lunch  
Free.

A la carte items are  
available for  
purchase separately.

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information or to add  
funds via online  
portal, please visit  
[linqconnect.com](http://linqconnect.com) or  
call 1-844-467-  
4700.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>Breakfast: Mini-Cinnis (WG)</p> <p>Lunch: Beef Taco Pie, Corn, Black Bean Salad</p>	<p>2</p> <p>Breakfast: Eggs, Sausage, Grits &amp; WG Toast</p> <p>Lunch: Chicken Bites, WG Roll, Baked Beans, Crinkle Fries</p>	<p>3</p> <p>Breakfast: Pancake Sausage on a Stick (WG)</p> <p>Lunch: Chicken Alfredo, WG Breadstick, Corn, Green Beans</p>	<p>4</p> <p>Breakfast: Sausage, Egg &amp; Cheese Biscuit (WG)</p> <p>Lunch: Pepperoni Pizza, Carrots, Spring Salad</p>
<p>7</p> <p>Breakfast: Mini Chocolate Chip French Toast (WG)</p> <p>Lunch: Cheeseburger (WG), Baked Beans, Potato Wedges</p>	<p>8</p> <p>Breakfast: Ham, Egg &amp; Cheese Croissant</p> <p>Lunch: Cheesy Chicken Fajita, Corn, Refried Beans</p>	<p>9</p> <p>Breakfast: Eggs, Sausage, Grits &amp; WG Toast</p> <p>Lunch: Corn Dog (WG), Fries, Green Beans</p>	<p>10</p> <p>Breakfast: Sausage Breakfast Pizza (WG)</p> <p>Lunch: Chicken Tenders, Mashed Potatoes, Steamed Broccoli</p>	<p>11</p> <p>Breakfast: Fruit Parfait or WG Cinnamon Roll w/Icing</p> <p>Lunch: Cold Cut Sub, Baby Carrots &amp; Celery, Lettuce/Tomato</p>
	<p>15</p> <p>Breakfast: Cinnamon Bun (WG)</p> <p>Lunch: <b>NACHO TREASURE TUESDAY</b> Beef Nachos, Corn, Black Bean Salad</p>	<p>16</p> <p>Breakfast: Apple Strudel (WG)</p> <p>Lunch: <b>PIRATE PARROT WINGS</b> Chicken Wings, Fries, Carrots &amp; Celery</p>	<p>17</p> <p>Breakfast: Pancake Sausage on a Stick (WG)</p> <p>Lunch: <b>BUCCANEER BRUNCH</b> Brunch for Lunch, Hashbrowns, Broccoli</p>	<p>18</p> <p>Breakfast: Sausage, Egg &amp; Cheese Biscuit (WG)</p> <p>Lunch: <b>PEG LEG PIZZA CRUNCHERS</b> Pizza Crunchers, Spring Salad, Marinara</p>
<p>21</p> <p>Breakfast: Mini Chocolate Chip French Toast (WG)</p> <p>Lunch: Chicken Patty on Bun (WG), Baked Beans, Crinkle Fries</p>	<p>22</p> <p>Breakfast: Ham, Egg &amp; Cheese Croissant</p> <p>Lunch: Beef Soft Taco, Corn, Refried Beans</p>	<p>23</p> <p>Breakfast: Pancakes (WG) &amp; Bacon</p> <p>Lunch: Chili Dog, Crinkle Fries, Green Beans</p>	<p>24</p> <p>Breakfast: Sausage Breakfast Pizza (WG)</p> <p>Lunch: Spaghetti w/Meat Sauce, WG Breadstick, Corn on Cob, Mixed Veggies</p>	<p>25</p> <p>Breakfast: Fruit Parfait or WG Cinnamon Roll w/Icing</p> <p>Lunch: Cold Cut Sub, Baby Carrots &amp; Celery, Lettuce/Tomato</p>
<p>28</p> <p>Breakfast: Cream Filled Cinnamon Toast Crunch Bar</p> <p>Lunch: Grilled Cheese (WG), Baked Beans, Sweet Potato Fries</p>	<p>29</p> <p>Breakfast: Mini-Cinnis (WG)</p> <p>Lunch: Beef Taco Pie, Corn, Black Bean Salad</p>	<p>30</p> <p>Breakfast: Eggs, Sausage, Grits &amp; WG Toast</p> <p>Lunch: Chicken Nuggets, WG Roll, Baked Beans, Crinkle Fries</p>	<p>31</p> <p>Breakfast: Pancake Sausage on a Stick (WG)</p> <p>Lunch: Chicken Alfredo, WG Breadstick, Corn, Green Beans, Sweet Treat</p>	

**Breakfast Choices Served Daily:** Variety Fruits, Variety Whole Grain Cereal, Variety Juice & Variety Milk.

**Lunch Choices Served Daily:** Variety Fruits, Vegetables, Soy Butter & Jelly, & Variety Milk .

Menus Subject to change.

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# October 2024

# Creekside Early Learning Menu



# OCT

MENU 2024









## ANNOUNCEMENTS:

All students eat  
Breakfast & Lunch  
Free.

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available for  
purchase separately.

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[linqconnect.com](http://linqconnect.com) or  
call 1-844-467-  
4700.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>Breakfast: WG Cereal w/ String Cheese</p> <p>Lunch: Beef Taco Pie, Corn, Black Bean Salad</p>	<p>2</p> <p>Breakfast: Eggs, Sausage, Grits &amp; WG Toast</p> <p>Lunch: Chicken Bites, WG Roll, Baked Beans, Crinkle Fries</p>	<p>3</p> <p>Breakfast: WG Cereal w/Yogurt</p> <p>Lunch: Chicken Alfredo, WG Breadstick, Corn, Green Beans</p>	<p>4</p> <p>Breakfast: Mini Berry Waffles (WG)</p> <p>Lunch: Pepperoni Pizza, Carrots, Spring Salad</p>
<p>7</p> <p>Breakfast: Mini Maple Pancakes (WG)</p> <p>Lunch: Cheeseburger (WG), Baked Beans, Potato Wedges</p>	<p>8</p> <p>Breakfast: WG Cereal w/ String Cheese</p> <p>Lunch: Cheesy Chicken Fajita, Corn, Refried Beans</p>	<p>9</p> <p>Breakfast: Eggs, Sausage, Grits &amp; WG Toast</p> <p>Lunch: Corn Dog (WG), Fries, Green Beans</p>	<p>10</p> <p>Breakfast: WG Cereal w/Yogurt</p> <p>Lunch: Chicken Tenders Mashed Potatoes, Steamed Broccoli</p>	<p>11</p> <p>Breakfast: Mini Berry Waffles (WG)</p> <p>Lunch: Cold Cut Sub, Baby Carrots &amp; Celery, Lettuce/Tomato</p>
	<p>15</p> <p>Breakfast: WG Cereal w/ String Cheese</p> <p>Lunch: <b>NACHO TREASURE</b> TUESDAY Beef Nachos, Corn, Black Bean Salad</p> 	<p>16</p> <p>Breakfast: Sausage Biscuit (WG)</p> <p>Lunch: <b>PIRATE PARROT WINGS</b> Chicken Wings, Fries, Carrots &amp; Celery</p> 	<p>17</p> <p>Breakfast: WG Cereal w/Yogurt</p> <p>Lunch: <b>BUCCANEER BRUNCH</b> Brunch for Lunch, Hashbrowns, Broccoli</p> 	<p>18</p> <p>Breakfast: Mini Berry Waffles (WG)</p> <p>Lunch: <b>PEG LEG PIZZA</b> <b>CRUNCHERS</b> Pizza Crunchers, Spring Salad, Marinara</p> 
<p>21</p> <p>Breakfast: Mini Maple Pancakes (WG)</p> <p>Lunch: Chicken Patty on Bun (WG), Baked Beans, Crinkle Fries</p>	<p>22</p> <p>Breakfast: WG Cereal w/ String Cheese</p> <p>Lunch: Beef Soft Taco, Corn, Refried Beans</p>	<p>23</p> <p>Breakfast: Sausage Biscuit (WG)</p> <p>Lunch: Chili Dog, Crinkle Fries, Green Beans</p>	<p>24</p> <p>Breakfast: WG Cereal w/Yogurt</p> <p>Lunch: Spaghetti w/Meat Sauce, WG Breadstick, Corn on Cob, Mixed Veggies</p>	<p>25</p> <p>Breakfast: Mini Berry Waffles (WG)</p> <p>Lunch: Cold Cut Sub, Baby Carrots &amp; Celery, Lettuce/Tomato</p>
<p>28</p> <p>Breakfast: Mini Maple Pancakes (WG)</p> <p>Lunch: Grilled Cheese (WG), Baked Beans, Sweet Potato Fries</p>	<p>29</p> <p>Breakfast: WG Cereal w/ String Cheese</p> <p>Lunch: Beef Taco Pie, Corn, Black Bean Salad</p>	<p>30</p> <p>Breakfast: Eggs, Sausage, Grits &amp; WG Toast</p> <p>Lunch: Chicken Nuggets, WG Roll, Baked Beans, Crinkle Fries</p>	<p>31</p> <p>Breakfast: WG Cereal w/Yogurt</p> <p>Lunch: Chicken Alfredo, WG Breadstick, Corn, Green Beans, Sweet Treat</p> 	

**Breakfast Choices Served Daily:** Variety Fruits, Variety Whole Grain  
Cereal, Variety Juice & Variety Milk.

**Lunch Choices Served Daily:** Variety Fruits, Vegetables, Soy Butter & Jelly,  
& Variety Milk .

Menus Subject to change.

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