

A milk choice of 1%, 2%, skim  
and fat free chocolate is served  
with all meals.

USDA IS AN EQUAL  
OPPORTUNITY EMPLOYER

FLIPPIN PUBLIC SCHOOLS  
OCTOBER 2018 LUNCH MENU



Menu is subject to change based  
on weather and food availability.

(lunch/breakfast menu)

Monday	Tuesday	Wednesday	Thursday	Friday
1 WALKING TACO PINTO BEANS SALSA PEACHES COWBOY COOKIE MILK FRUIT CHOICE / RICE (9-12)	2 CHICKEN NUGGETS/BBQ SAUCE MACARONI & CHEESE ENGLISH PEAS SALAD / DRESSING GRAPES MILK FRUIT CHOICE (9-12)	3 SKILLET LASAGNA SALAD / DRESSING CALIFORNIA BLEND VEGGIES BANANA ROLL MILK FRUIT CHOICE (9-12)	4 COUNTRY FRIED STEAK MASHED POTATOES STEAMED BROCCOLI MIXED FRUIT ROLL MILK FRUIT CHOICE (-12)	5 SLOPPY JOE ON BUN POTATO WEDGES BAKED BEANS APPLE SAUCE MILK FRUIT CHOICE (9-12)
8 POPCORN CHICKEN SWEET POTATOES CALIFORNIA BLEND VEG ROLL PEACHES MILK FRUIT CHOICE (9-12)	9 PIZZA SALAD / DRESSING GREEN BEANS ORANGE WEDGE JUICE BAR MILK FRUIT CHOICE (9-12)	10 PORK ROAST MASHED POTATOES / GRAVY CORN APPLE ROLL MILK FRUIT CHOICE (9-12)	11 FRITO PIE SHREDDED CHEESE VEGGIES & DIP PEARS GRAHAM CRACKER MILK FRUIT CHOICE (9-12)	12 GRILLED CHICKEN ON BUN SANDWICH SALAD CUP POTATO WEDGES BAKED BEANS BANANA MILK FRUIT CHOICE (9-12)
15 COUNTRY FRIED STEAK MASHED POTATOES / ROLL BLACK EYE PEAS BROCCOLI / TOMATOES & DIP ORANGE WEDGES MILK FRUIT CHOICE (9-12)	16 STROMBOLI CORN ON THE COB SALAD / DRESSING APPLE SAUCE GRAHAM CRACKER / MILK CARROT STICKS & DIP (9-12) FRUIT CHOICE (9-12)	17 CHICKEN FAJITA LET / TOM / SALSA PINTO BEANS GRAPES OATMEAL COOKIE MILK FRUIT CHOICE (9-12)	18 VEGETABLE OR TOMATO SOUP GRILLED CHEESE SANDWICH SALAD / DRESSING PEACHES MILK FRUIT CHOICE (9-12)	19 HAMBURGER ON BUN SANDWICH SALAD CUP OVEN FRIES PEAR HALVES MILK FRUIT CHOICE (9-12)
22 HOT DOG ON BUN QUICK BAKED POTATO CARROT STICKS & DIP PEACHES MILK FRUIT CHOICE (9-12)	23 PIZZA SALAD / DRESSING MIXED VEGETABLES ORANGE WEDGES MILK FRUIT CHOICE (9-12)	24 SPAGHETTI / MEATSAUCE SALAD / DRESSING GREEN BEANS PINEAPPLE TIDBITS ROLL MILK FRUIT CHOICE (9-12)	25 BEEF TACO LET / TOM / SALSA REFRIED BEANS APPLE WEDGES OATMEAL COOKIE MILK SPANISH RICE/FRUIT CHOICE (9-12)	26 BBQ PULLED PORK ON BUN BAKED BEANS BROCCOLI SALAD GRAPES GRAHAM CRAKER MILK FRUIT CHOICE (9-12)
29 NACHO'S w/ GROUND BEEF LETTUCE / TOMATO PINTO BEANS MIXED FRUIT APPLESAUCE CAKE MILK	30 CHICKEN QUESIDILLA SALAD / DRESSING GREEN BEANS PINEAPPLE TIDBITS GRAHAM CRACKER MILK	31 CHILI SALAD / DRESSING CINN ROLL ORANGE WEDGES MILK CRACKERS (9-12)	 	

