

October 2021

COMANCHE JR HIGH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

MONDAY:
BACON, EGG & CHEESE
CROISSANT

TUESDAY:
OATMEAL
BREAKFAST PIZZA

WEDNESDAY:
BISCUIT
SAUSAGE
EGG
GRAVY

THURSDAY:
FRENCH TOAST
BACON

FRIDAY:
PANCAKES
SAUSAGE

EVERYDAY:
CEREAL
GRAHAM CRACKER
JUICE
FRUIT
MILK

"THIS PROVIDER IS AN
EQUAL OPPORTUNITY
PROVIDER"

DID YOU KNOW?

National Fire Prevention Week falls during the week of October 9th each year. It commemorates the Great Chicago Fire of 1871.



1
COUNTRY FRIED STEAK
PEPPERED GRAVY
MASHED POTATOES
BREADED OKRA
DINNER ROLL
FRUIT
MILK

5
PIZZA
BAKED BEANS
BABY CARROTS
MARINARA CUP
FRUIT
DESSERT
MILK

6
CHICKEN ALFREDO
DINNER ROLL
GARDEN SALAD
GREEN BEANS
FRUIT
MILK

7
POPCORN CHICKEN
DINNER ROLL
SEASONED CORN
CRUNCHY BROCCOLI SALAD
FRUIT
DESSERT
MILK

8
CHEESEBURGER
SEASONED FRIES
TOMATO CUP
GARNISH
FRUIT
MILK

11
HOLIDAY

12
MOZARELLA STICKS
MARINARA CUP
TOMATO CUP
GARDEN SALAD
FRUIT
MILK

13
FISH STICKS
MAC-N-CHEESE
BABY CARROTS
SQUASH
FRUIT
MILK

14
CHICKEN-N-WAFFLES
FRESH VEGGIE CUP
HASH BROWNS
FRUIT
MILK

15
HAMBURGER
GARNISH
SEASONED CORN
CUCUMBER SLICES
FRUIT
DESSERT
MILK

18
BREADED DRUMSTICK
SOUTHERN BISCUIT
GARDEN SALAD
SWEET POTATO FRIES
FRUIT
MILK

19
PIZZA
BAKED BEANS
FRESH VEGGIE CUP
FRUIT
DESSERT
MILK

20
CHICKEN PARMESAN
DINNER ROLL
GREEN BEANS
SEASONED CORN
FRUIT
MILK

21
BONELESS WINGS
SUN CHIPS
CELERY STICKS
BABY CARROTS
FRUIT
DESSERT
MILK

22
CHEESY BREADSTICKS
MARINARA CUP
BROCCOLI BITES
FRUIT
MILK

25
BREADED PORK CHOP
BROWN GRAVY
DINNER ROLL
STEAMED BROCCOLI
SEASONED CORN
FRUIT
MILK

26
CHICKEN SANDWICH
FRESH VEGGIE CUP
GARDEN SALAD
FRUIT
MILK

27
ROASTED CHICKEN
DINNER ROLL
MASHED POTATOES
TOMATO CUP
FRUIT
MILK

28
PIZZA
BABY CARROTS
GREEN BEANS
FRUIT
DESSERT
MILK

29
QUESADILLA
SALSA
PINTO BEANS
CUCUMBER SLICES
FRUIT
DESSERT
MILK