



# OCTOBER | 2018

## RANDOLPH SOUTHERN JR-SR HIGH SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> CHEESEBURGER/BUN Quesadilla FRENCH FRIES BAKED BEANS MIXED FRUIT MILK	<b>2</b> COUNTRY FRIED STEAK Chicken Leg MASHED POTATOES/GRAVY BROCCOLI APPLESAUCE ROLL MILK	<b>3</b> PANCAKES/SYRUP SAUSAGE PATTY Biscuit & Sausage Gravy CARROTS PEACHES MILK	<b>4</b> PIZZA Cheeseburger Mini Twins CORN PEARS MILK COOKIE	<b>5</b> GENERAL TSO CHICKEN RICE Burrito Hash Brown Triangle GREEN BEANS PINEAPPLE MILK
<b>8</b> SPICY CHICKEN PATTY/BUN Pizza Burger/Bun CHIPS CORN APPLESAUCE MILK	<b>9</b> MEATBALLS W/GRAVY Turkey Slice MASHED POTATOES GREEN BEANS ROLL PEARS MILK	<b>10</b> <u>MRS. MARKLEY'S MENU</u> POPCORN CHICKEN BBQ Pork/Bun SMILEY FRIES CARROTS/RANCH APPLES/CARAMEL MILK BROWNIE	<b>11</b> SPAGHETTI W/MEATSAUCE Mac & Cheese BROCCOLI GARLIC BREAD MANDARIN ORANGES MILK	<b>12</b> DELI SANDWICH Coney Dog/Bun BAKED BEANS FRESH VEGGIES/DIP PEACHES MILK
<b>15</b> FISH SANDWICH Mozzarella Sticks/Sauce COLE SLAW BAKED BEANS FRESH FRUIT MILK	<b>16</b> CHICKEN & NOODLES Ham Slice MASHED POTATOES BROCCOLI PEACHES ROLL MILK	<b>17</b> NACHOS W/MEAT & CHEESE Ham & Cheese Croissant LETTUCE & TOMATOES APPLESAUCE MILK COOKIE	<b>18</b> PHILLY STEAK SANDWICH Hot Wings MAC & CHEESE CARROTS PEARS MILK	<b>19</b> NO SCHOOL FALL BREAK
<b>22</b> NO SCHOOL FALL BREAK	<b>23</b> NO SCHOOL FALL BREAK	<b>24</b> <u>MRS. MEYER MENU</u> CHICKEN BACON RANCH SUB Peanut Butter Sandwich CORN CANTALOUPE MILK ICE CREAM	<b>25</b> SALISBURY STEAK Turkey Slice MASHED POTATOES BROCCOLI PEACHES MILK	<b>26</b> SLOPPY JOE/BUN Corndog BAKED BEANS CARROT STICKS MIXED FRUIT MILK
<b>29</b> CHICKEN TENDERS Ham & Cheese Wrap POTATO WEDGES BAKED BEANS PEARS MILK	<b>30</b> WALKING TACO Hamburger/Bun LETTUCE & TOMATOES MANDARIN ORANGES MILK DESSERT	<b>31</b> POTATO SOUP GRILLED CHEESE Chicken Salad Sandwich Chips FRESH VEGGIES/DIP PEACHES MILK		

**News**

**DID YOU KNOW?**

**The avocado has the highest protein content of all fruit.**

**Peanuts are legumes, not nuts.**

**Ginger can reduce exercise-induced pain by 25%.**

**Almonds are a member of the peach family.**

**Cranberries bounce like a rubber ball when they are ripe.**

**A bunch of bananas is called a hand.**