

October 2022

Transylvania County Schools

MONDAY

3
Breakfast
Super Protein Donut,
Fresh Fruit
Lunch
Cheese or Pepperoni Pizza
Garden Salad
Seasoned Green Beans
Mixed Fruit

10
Breakfast
Cereal, Fresh Fruit
Lunch
Mozzarella Cheese Sticks w/
Marinara Dip, Garden Salad
Seasoned Green Beans
Mixed Fruit

17
Breakfast
Breakfast Bread,
Fresh Fruit
Lunch
Cheese or Pepperoni Pizza
Garden Salad
Seasoned Green Beans
Mixed Fruit

24
Breakfast
Super Protein Donut,
Fresh Fruit
Lunch
Mozzarella Cheese Sticks
w/ Marinara Dip
Garden Salad
Seasoned Green Beans
Mixed Fruit

31
Teacher Workday

TUESDAY

4
Breakfast
Pancake Sausage Stick,
Dried Fruit
Lunch
Beef Nachos
Pinto Beans, Golden Corn,
Lettuce, Cheese, Salsa &
Sour Cream, Fresh Fruit

11
Breakfast
Breakfast Pizza, Dried Fruit
Lunch
Chicken Fajitas
Peppers & Onions
Black Beans, Golden Corn
Salsa, Cheese, Sour Cream
Fresh Fruit

18
Breakfast
Berry Waffles, Dried Fruit
Lunch
Grilled Chicken Sandwich
Lettuce/Tomato/Pickle
Tator Tots
Baby Carrots w/ Dip
Fresh Fruit

25
Breakfast
Strawberry Bagel, Dried Fruit
Lunch
Burritos
Seasoned Beef, Pinto Beans,
Golden Corn, Lettuce, Cheese,
Salsa & Sour Cream
Fresh Fruit

WEDNESDAY

5
Breakfast
Chicken Biscuit
Applesauce Cup
Lunch
Mandarin Orange Chicken
Whole Grain Rice
Steamed Broccoli,
Mixed Vegetables, Diced Pears

12
Breakfast
Sausage Biscuit,
Applesauce Cup
Lunch
Meatball Sub
French Fries
Glazed Carrots
Diced Pears

19
Breakfast
Ham and Cheese Croissant,
Pineapple Tidbits
Lunch
Fish Sticks
Creamy Mac and Cheese
Garden Salad, Black-eyed
Peas, Diced Pears

26
Breakfast
Chicken Biscuit,
Applesauce Cup
Lunch
Crispy Chicken Sandwich
French Fries
Glazed Carrots
Diced Pears

THURSDAY

6
Breakfast
Breakfast Muffin, Fruit Cup
Lunch
Cheese Pocket w/
Marinara Dip
Carrots Sticks w/ Ranch Dip
Garden Salad
Fresh Fruit

13
Breakfast
Cinnamon French Toast Sticks,
Fruit Cup
Lunch
Oven Roasted Chicken
Whole Grain Breadstick
Mashed Potatoes w/ Gravy
Green Peas, Fresh Fruit

20
Breakfast
Baked Cinnamon Roll,
Fruit Cup
Lunch
Chicken & Waffle
Collard Greens
Sweet Potatoes
Fresh Fruit

27
Breakfast
Breakfast Muffin, Fruit Cup
Lunch
Spaghetti w/ Meat Sauce
Texas Toast, Caesar Salad
Steamed Broccoli
Raspberry Fluff

FRIDAY

7
Breakfast
Maple Pancakes,
Strawberries
Lunch
Carnival Corn Dogs
Baked Beans
Potato Wedges
Baked Apples

14
Breakfast
Strawberry Bagel,
Strawberries
Lunch
Hot Dog w/ Chili
Coleslaw
Baked Beans
Baked Apples

21
Breakfast
Pancake Sausage Stick,
Strawberries
Lunch
Cheeseburger
Lettuce, Tomato & Pickle
French Fries, Green Peas
Sliced Peaches

28
Remote Learning
Day

Universal Free Breakfast

Breakfast is **FREE** to all students.

Breakfast in the Classroom is offered in all Elementary Schools and Brevard Middle School.

Brevard High School offers the Blue Devils Breakfast Cart Daily from 7:15am-8:20am.

A variety of breakfast items are offered daily.

RMS/RHS Offers Hot Breakfast on the serving line daily.

Lunch

Lunch Prices

Elementary- \$3.25
Middle/High- \$3.50
Adult- A la Carte Pricing

Additional Weekly Entrée Options

Elementary Schools

Deli Sandwich
PB&J Sandwich
Boxed Salads
Yogurt Plates

Middle & High Schools

Deli Sandwich
PB&J Sandwich
Crispy Chicken Sandwich
Boxed Salads & Baked Potatoes
Berry Parfaits
Pizza

All meals are served with 1 cup of fruit and 8oz Milk

Revised 9-27-2022

This institution is an equal opportunity provider.



Did you know?

October has two strikingly different birth flowers: the pastel-hued cosmos, and the radiant marigold.

