

This institution is an equal  
opportunity provider. Menus  
are subject to change.

# MENUS FOR OCTOBER 2018

## NUTRITION TO GO

The "Fresh Mex" chain restaurants generally offer a healthier range of food choices than typical fast food joints. Salads, grilled veggies, beans, and even fresh tacos and burritos can be quite healthy – but check the numbers. An order of Quesadillas at one "Fresh Mex" place delivers a day-and-a-half's worth of saturated fat!

### A QUICK BITE FOR PARENTS

## TAKE A HIKE?

Lots of kids (and adults!) are probably feeling a candy binge coming on this month. OK. But for every 2 little "fun size" candies you eat, you need to hike 30 minutes to work off the calories. So take it easy – or take a hike!



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
WELLNESS IS A WAY OF LIFE!**

Monday, October 1	Tuesday, October 2	Wednesday, October 3	Thursday, October 4	Friday, October 5
<b>Breakfast</b> Pancake on a Stick	<b>Breakfast</b> Chicken Biscuit	<b>Breakfast</b> Mini Pancakes	<b>Breakfast</b> Sausage Biscuit	<b>Breakfast</b> Honey Bun or Cereal
<b>Lunch</b> Spaghetti w/Meat Sauce & Garlic Toast or Cheesy Breadstick w/Marinara Sauce, Garden Salad, Corn, Sliced Apples or Sliced Peaches	<b>Lunch</b> Hamburger or Hot Dog, Baked Beans, Lettuce/Tomato/Pickles, Orange Slices or Strawberries	<b>Lunch</b> Beef Taco or Chicken Wrap, Corn, Refried Beans, Lettuce/Tomato, Cheese/Salsa, Kale Salad, Side Kick or Grapes	<b>Lunch</b> BBQ Sandwich or Chicken Sandwich, Slaw, Seasoned Wedge Fries, Mandarin Oranges or Strawberries	<b>Lunch</b> Cheese Pizza or Pepperoni Pizza or PB&J Sandwich or Yogurt Plate, Celery w/Dip, Broccoli w/Dip, Side Kick or Apples

## VEGETABLE OF THE MONTH

### Kale

Kale is very high in beta carotene, vitamin K, and vitamin C, and it's high in calcium, too. In Ireland, kale is mixed into mashed potatoes to make the traditional dish "colcannon."

# Fall Break

# No School

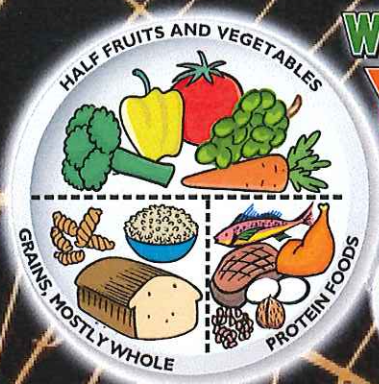
Break begins at the end of classes:  
Friday, Oct. 5

Classes Resume:  
Monday, Oct. 15

## AVAILABLE DAILY

Breakfast includes a choice of 100% fruit juice or fruit, and milk. Whole grains are served daily. Lunch meals include a choice of 100% fruit juice or fruit, and choice of milk. Milk choices include: Fat free flavored, skim, and 1% milk



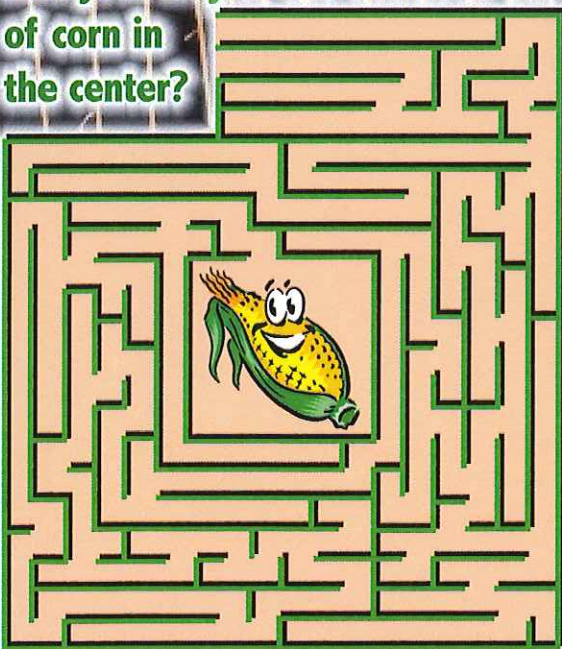


**What's on  
YOUR  
plate?**



## Can you solve the Amazing Maze o' Maize?

Another name for corn is "maize," and although this may not be the biggest maize maze in the world, it's still **FUN!** Can you find your way to the delicious ear of corn in the center?



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**Monday, October 15**

**Breakfast**

Whole Wheat Honey Bun

**Lunch**

Chicken Tenders  
or  
Steak w/Gravy,  
Roll,  
Mashed Potatoes,  
Steamed Broccoli,  
Fruit

**Tuesday, October 16**

**Breakfast**

Sausage Biscuit

**Lunch**

Chili Cheese Fritos  
or  
Meatball Sub Sandwich,  
Garden Salad  
Carrots w/Dip,  
Fruit

**Wednesday, October 17**

**Breakfast**

Cereal w/Toast

**Lunch**

Spaghetti w/Meat Sauce  
or  
Popcorn Chicken,  
Garlic Bread,  
Sweet Potato Fries,  
Garden Salad,  
Fruit

**Thursday, October 18**

**Breakfast**

Blueberry Muffin or  
Cereal Bar w/Cheese Stick

**Lunch**

Hot Dog  
or  
Hamburger,  
Slaw,  
Baked Beans,  
Baked Chips,  
Fruit

**Friday, October 19**

**Breakfast**

Chicken Biscuit

**Lunch**

Cheese Pizza  
or  
Pepperoni Pizza  
or  
Cheese Quesadilla,  
Garden Salad,  
Steamed Corn,  
Fruit

**Monday, October 22**

**Breakfast**

Dutch Waffle

**Lunch**

Beef & Cheese Nachos  
or  
BBQ Sandwich,  
Garden Salad,  
Carrots w/Dip,  
Fruit

**Tuesday, October 23**

**Breakfast**

Chicken Biscuit

**Lunch**

Yogurt w/Cheese Stick  
& Graham Crackers  
or  
Chili Cheese Fritos,  
Broccoli w/Dip,  
Garden Salad,  
Fruit

**Wednesday, October 24**

**Breakfast**

Pop Tart w/Cheese Stick

**Lunch**

Chicken Nuggets w/Roll  
or  
Philly Cheesesteak Sandwich,  
Fries,  
Baked Beans,  
Lettuce/Tomato/Pickles,  
Fruit

**Thursday, October 25**

**Breakfast**

Gravy Biscuit or  
Pop Tart

**Lunch**

Cheese Pizza  
or  
Pepperoni Pizza  
or  
Cheese Quesadilla,  
Steamed corn,  
Garden Salad,  
Fruit

**Friday, October 26**



**No  
School  
Today**

**Monday, October 29**

**Breakfast**

Chicken Biscuit

**Lunch**

Meatball Sub Sandwich  
or  
BBQ Sandwich,  
Baked Beans,  
Tater Tots,  
Fruit

**Tuesday, October 30**

**Breakfast**

Biscuit w/Butter & Jelly or  
Pancake on a Stick

**Lunch**

Beef Taco  
or  
Cheesy Breadsticks  
w/Marinara Sauce,  
Refried Beans,  
Lettuce/Tomato/Salsa,  
Celery w/Dip,  
Fruit

**Wednesday, October 31**

**Breakfast**

Mini Pancakes

**Lunch**

Popcorn Chicken w/Roll  
or  
Chili w/Crackers,  
Baked Potato,  
Garden Salad,  
Fruit



**Locally Grown Produce:**  
**Apples, Cabbage, Carrots,**  
**Grapefruit, Green Beans,**  
**Green Peppers, Kale Greens,**  
**Oranges, Radishes,**  
**Sweet Potatoes, Strawberries,**  
**Tomatoes, Yellow Squash,**  
**& Zucchini Squash**

**We serve fresh fruits & vegetables!**