





# Elementary School Lunch OCT 2021

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p>Milk Choices: 1% Milk &amp; Fat Free Chocolate</p> <p>Sun Butter &amp; Jelly Sandwich and Cheese Sandwich available daily!</p>		 <p>National School Lunch Week is Oct. 11-15</p> <p>Walk on the wild side and come explore the delicious, nutritious school lunches featured in your school cafeteria every day!</p>						<p>MAX SNAX PIZZA STICKS W/MARINARA 1</p> <p>MYO FLATBREAD PIZZA KIT</p> <p>Steamed Broccoli, Cucumber, Red Apple, Fruit Juice 100%</p>	
<p>MOZZARELLA PIZZA CRUNCHERS 4</p> <p>DICED HAM/CHEESE/ GOLDFISH &amp; ANIMAL CRACKERS</p> <p>Vegetarian Baked Beans, Baby Carrots, Orange, Fruit Juice</p>	<p>BBQ DRUMSTICK W/BISCUIT 5</p> <p>DICED HAM/CHEESE/ GOLDFISH &amp; ANIMAL CRACKERS</p> <p>Mashed Potatoes &amp; Gravy, Fresh Broccoli, Banana, Apple</p>	<p>CHICKEN NUGGETS W/PRETZEL 6</p> <p>DICED HAM/CHEESE/ GOLDFISH &amp; ANIMAL CRACKERS</p> <p>Green Beans, Cucumber Slices, Orange, Apple Juice 100%</p>	<p>MINI CORN DOGS 7</p> <p>DICED HAM/CHEESE/GOLDFISH &amp; ANIMAL CRACKERS</p> <p>Cauliflower-Broccoli Blend, Side Salad, Banana, Craisins</p>	<p>No School 8</p> 					
<p>No School 11</p> 	<p>TONY'S CHEESE PIZZA 12</p> <p>YOGURT/CHEESE STICK/PRETZEL RODS</p> <p>Golden Corn, Celery Sticks, Red Apple, Diced Pears</p>	<p>CHICKEN TENDERS W/GOLDFISH 13</p> <p>YOGURT/CHEESE STICK/PRETZEL RODS</p> <p>Steamed Carrots, Cucumber, Orange, Slushie Cup</p> 	<p>WALKING TACOS 14</p> <p>YOGURT/CHEESE STICK/PRETZEL RODS</p> <p>Kickin' Pinto Beans, Green Peas, Banana, Craisins</p>	<p>HAM &amp; CHEESE SANDWICH 15</p> <p>YOGURT/CHEESE STICK/PRETZEL RODS</p> <p>Baby Carrots, Fresh Broccoli, Apple Slices, Orange Juice 100%</p>					
<p>PERSONAL CHEESE PIZZA 18</p> <p>BAGEL/CREAM CHZ/CHEESE STICKS</p> <p>Cauliflower-Broccoli Blend, Side Salad, Orange, Fruit Juice 100%</p>	<p>HOT DOG W/PICKLE SPEAR 19</p> <p>BAGEL/CREAM CHZ/CHEESE STICKS</p> <p>Golden Corn, Baby Carrots, Craisins, Fresh Banana</p>	<p>CHICKEN PATTY SANDWICH 20</p> <p>BAGEL/CREAM CHZ/CHEESE STICKS</p> <p>Parsley Mashed Potatoes, Cucumber, Orange, Apple Juice</p>	<p>HAMBURGER 21</p> <p>BAGEL/CREAM CHZ/CHEESE STICKS</p> <p>Kickin Pinto Beans, Broccoli Banana, Applesauce Cup</p>	<p>PRETZEL NUGGETS W/CHEESE 22</p> <p>BAGEL/CREAM CHZ/CHEESE STICKS</p> <p>Green Beans &amp; Carrots, Celery Sticks, Apple, Fruit Juice 100%</p>					
<p>CORN DOG 25</p> <p>CEREAL FUN PACK</p> <p>Emoji Tots, Celery Sticks, Orange, Fruit Juice 100%</p>	<p>WAFFLE W/CHICKEN TENDERS 26</p> <p>CEREAL FUN PACK</p> <p>Steamed Carrots, Cucumber, Applesauce Cup, Banana</p>	<p>CHICKEN NUGGETS W/PRETZEL 27</p> <p>CEREAL FUN PACK</p> <p>Vegetarian Baked Beans, Creamy Cole Slaw, Orange, Apple Juice 100%</p>	<p>CHEESEBURGER 28</p> <p>CEREAL FUN PACK</p> <p>Green Peas, Fresh Broccoli, Banana, Craisins</p>	<p>TURKEY, HAM &amp; CHEESE SANDWICH 29</p> <p>CEREAL FUN PACK</p> <p>Baby Carrots, Fresh Broccoli, Apple, Fruit Juice 100%</p>					

# CAUL OF THE WILD


Despite the lure of some fun the sun, the vegetable cauliflower (of the brassica oleracea family) actually has it made in the shade. The cauliflower we know and love is really an undeveloped flower, similar to broccoli and artichokes, so it needs to hide in a cocoon of its own thick leaves to mature without fully blooming. While white is the most common type of cauliflower, it can also be found in green, purple, orange, and yellow. Cooked cauliflower has low caloric value and can easily substitute for rice and potato. Raw cauliflower carries the most benefits, serving as an excellent source of dietary fibers, vitamins C, K, and B, and minerals such as manganese, potassium, and magnesium. The world's largest manufacturer of cauliflower is China.

## ACTIVITY: FLOWER POWER

Cauliflower is well-named because it really is a flower. The part that we eat consists of a cluster of flower heads that grow out of a cabbage-like plant.

**How many different flowers can you name?**

HINT: CAULIFLOWER

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## DID YOU KNOW?

### SAVOR THE FLAVOR

Many people who do not like the taste of White cauliflower might enjoy the sweet and mild taste of the Orange cauliflower!



### BETTER WITH TIME

Depending on the variety, it takes 50 to 265 days from planting of the seed to the harvest. Cauliflower is harvested when it reaches expected size and texture.

## ACE'S JOKE OF THE MONTH

Q. WHAT KIND OF FLOWER WILL YOU NEVER FIND IN A BOUQUET?



SEE ANSWER BELOW