

This institution is an equal opportunity provider.



# Menus for OCTOBER 2024



Break begins at the end of classes:  
Friday, October 4th  
Classes Resume:  
Tuesday, October 15th



October is Breast Cancer Awareness Month

**Tuesday, October 1**

**BREAKFAST**  
Grab-n-Go or Pancakes

**Lunch**  
Chicken Tenders  
PBJ/Cheese Stick  
**Sides**  
Fresh Garden Salad  
Mashed Potatoes  
Pineapple Tidbits  
Fresh Fruit

**Wed., October 2**

**BREAKFAST**  
Grab-n-Go or Egg and Cheese

**Lunch**  
Grilled Cheese  
PBJ/Cheese Stick  
**Sides**  
Fries  
Coleslaw  
Chili  
Apples

**Thursday, October 3**

**BREAKFAST**  
Grab-n-Go or Sausage Biscuit

**Lunch**  
Chicken Fajita  
PBJ/Cheese Stick  
**Sides**  
Refried Beans  
Veggie Cups  
Salsa  
Fresh Fruit

**Friday, October 4**

**BREAKFAST**  
Grab-n-Go or Biscuit and Gravy

**Lunch**  
Popcorn Chicken  
PBJ/Cheese Stick  
**Sides**  
Broccoli & Cheese  
Mashed Potatoes  
Roll  
Fresh Fruit

**Monday, October 7**

**No School**

**Fall Break**

**Tuesday, October 8**

**No School**

**Fall Break**

**Wed., October 9**

**No School**

**Fall Break**

**Thursday, October 10**

**No School**

**Fall Break**

**Friday, October 11**

**No School**

**Fall Break**

**Monday, October 14**

**No School**

**In-service for Teachers**

**Tuesday, October 15**

**BREAKFAST**  
Grab-n-Go or Pancakes

**Lunch**  
Cheese Bread Stix/  
Dip  
PBJ/Cheese Stick  
**Sides**  
Peas  
Salad  
Fresh Fruit

**Wed., October 16**

**BREAKFAST**  
Grab-n-Go or French Toast

**Lunch**  
Popcorn Chicken  
PBJ/Cheese Stick  
**Sides**  
Mashed Potatoes  
Roll  
Broccoli with Cheese  
Chilled Applesauce

**Thursday, October 17**

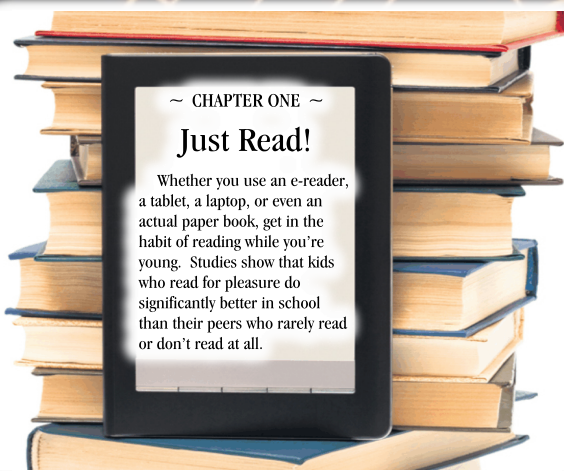
**BREAKFAST**  
Grab-n-Go or Pancakes

**Lunch**  
Taco Salad  
PBJ/Cheese Stick  
**Sides**  
Pinto Beans  
Tater Tots  
Chips  
Fresh Fruit

**Friday, October 18**

**BREAKFAST**  
Grab-n-Go or Breakfast Pizza

**Lunch**  
Pork BBQ  
PBJ/Cheese Stick  
**Sides**  
Cole Slaw  
Baked Beans  
Fresh Fruit



~ CHAPTER ONE ~  
**Just Read!**  
 Whether you use an e-reader, a tablet, a laptop, or even an actual paper book, get in the habit of reading while you're young. Studies show that kids who read for pleasure do significantly better in school than their peers who rarely read or don't read at all.

**Monday, October 21**  
**BREAKFAST**  
 Grab-n-Go or Muffin  
  
**Lunch**  
 Crispy Chicken Sandwich  
 PBJ/Cheese Stick  
**Sides**  
 Greens  
 Corn  
 Oranges

**Tuesday, October 22**  
**BREAKFAST**  
 Grab-n-Go or Chicken Biscuit  
**Lunch**  
 Spaghetti/Meat Sauce  
 PBJ/Cheese Stick  
**Sides**  
 Garden Salad  
 Tiny Taters  
 Garlic Bread  
 Fruit

**Wed., October 23**  
**BREAKFAST**  
 Grab-n-Go or Biscuit and Gravy  
  
**Lunch**  
 Corn Dog Nuggets  
 PBJ/Cheese Stick  
**Sides**  
 Pinto Beans  
 Tater Tots  
 Fruit Juice

**Thursday, October 24**  
**BREAKFAST**  
 Grab-n-Go or Waffles  
  
**Lunch**  
 Grilled Chicken Sandwich  
 PBJ/Cheese Stick  
**Sides**  
 French Fries  
 Glazed Carrots  
 Fresh Fruit

**Friday, October 25**  
**BREAKFAST**  
 Grab-n-Go or Sausage Biscuit  
  
**Lunch**  
 Chicken Tenders  
 PBJ/Cheese Stick  
**Sides**  
 Cole Slaw  
 Baked Beans  
 Apples



**What's orange, sweet, AND good for you?**

Sweet potatoes are naturally sweet, candy-colored veggies. And they're fun to make, too! Mash two baked sweet potatoes with a tablespoon of olive oil, a couple tablespoons of OJ, and half a teaspoon of a spice called garam masala (Google it!). Try this sweet, healthy treat in October, and you'll want to gobble it all winter long!



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 28**  
**BREAKFAST**  
 Grab-n-Go or Breakfast Pizza  
  
**Lunch**  
 Big Daddy Pepperoni Pizza  
 PBJ/Cheese Stick  
**Sides**  
 California Blend  
 Corn  
 Oranges

**Tuesday, October 29**  
**BREAKFAST**  
 Grab-n-Go or Pancakes  
  
**Lunch**  
 Chicken Tenders  
 PBJ/Cheese Stick  
**Sides**  
 Fresh Garden Salad  
 Mashed Potatoes  
 Pineapple Tidbits  
 Fresh Fruit

**Wed., October 30**  
**BREAKFAST**  
 Grab-n-Go or Egg and Cheese  
  
**Lunch**  
 Grilled Cheese  
 PBJ/Cheese Stick  
**Sides**  
 Fries  
 Coleslaw  
 Vegetable Soup  
 Apples


**Thursday, October 31**  
**BREAKFAST**  
 Grab-n-Go or Sausage Biscuit  
  
**Lunch**  
 Chicken Fajita  
 PBJ/Cheese Stick  
**Sides**  
 Refried Beans  
 Veggie Cups  
 Fresh Fruit

**STAY ALERT & BE SAFE!**



**YOU NEVER KNOW WHAT YOU MIGHT RUN INTO OUT THERE!**

**OUR NATION'S HISTORY**



October brings the 120th renewal of the Baseball World Series. One of the greatest hitters ever, Ted Williams of the Boston Red Sox, only played in the World Series once during his long career from 1939 to 1960. During the prime of his career, however, Williams spent the better part of five baseball seasons serving as a fighter pilot in World War II and the Korean War, flying dozens of combat missions and earning 3 Air Medals.

**WITH LIBERTY & JUSTICE FOR ALL**