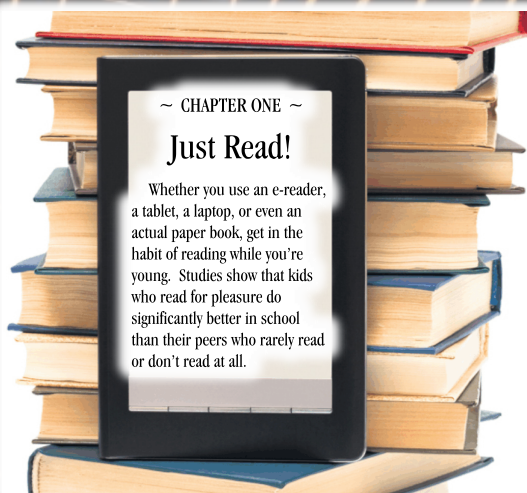


MENUS FOR OCTOBER 2024



YOU'RE GOOD

**ALL STUDENTS EAT
ALL MEALS @NO COST
AGAIN THIS YEAR**

Dry Creek Joint Elementary School District

Tuesday, October 1

Breakfast
CHEESY BREADSTICKS
OR
CONTINENTAL BREAKFAST

Lunch
BEAN & CHEESE EMPANADA
OR
BEEF TACO

Wednesday, October 2

Breakfast
BREAKFAST
SANDWICH
OR
CONTINENTAL BREAKFAST

Lunch
CHEESE PIZZA
OR
CHEESEBURGER & FRIES

Thursday, October 3

Breakfast
MINI PANCAKES
OR
CONTINENTAL BREAKFAST

Lunch
CHEESY BREADSTICKS
OR
TERIYAKI CHICKEN BOWL

Friday, October 4

Breakfast
CINNAMON ROLL
OR
CONTINENTAL BREAKFAST

Lunch
BEAN AND CHEESE BURRITO
OR
CRUNCHY FISH STICKS &
CHIPS

COOKIE

Monday, October 7

Breakfast
BREAKFAST PIZZA
OR
CONTINENTAL BREAKFAST

Lunch
BREAKFAST FOR LUNCH (MINI
PANCAKES, HASHBROWN &
YOGURT)
OR
PASTA WITH MEAT SAUCE

Tuesday, October 8

Breakfast
YOGURT PARFAIT
OR
CONTINENTAL BREAKFAST

Lunch
GRILLED CHEESE SANDWICH
OR
BEEF TACO

Wednesday, October 9

Breakfast
MINI WAFFLES
OR
CONTINENTAL BREAKFAST

Lunch
CHEESE PIZZA
OR
CHICKEN PATTY SANDWICH

Thursday, October 10

Breakfast
CINNI MINI
OR
CONTINENTAL BREAKFAST

Lunch
CHEESY BREADSTICKS
OR
ORANGE CHICKEN BOWL

Friday, October 11

Breakfast
FRENCH TOAST STICKS OR
CONTINENTAL BREAKFAST

Lunch
CHEF'S CHOICE

COOKIE

Monday, October 14

Breakfast
SCONE
OR
CONTINENTAL BREAKFAST

Lunch
BREAKFAST FOR LUNCH (MINI
PANCAKES, HASHBROWN &
YOGURT)
OR
TURKEY & CHEESE
SANDWICH

Tuesday, October 15

Breakfast
CHEESY BREADSTICKS
OR
CONTINENTAL BREAKFAST

Lunch
BEAN & CHEESE EMPANADA
OR
BEEF TACO

Wednesday, October 16

Breakfast
BREAKFAST
SANDWICH
OR
CONTINENTAL BREAKFAST

Lunch
CHEESE PIZZA
OR
CHEESEBURGER
& FRIES

Thursday, October 17

Breakfast
MINI PANCAKES
OR
CONTINENTAL BREAKFAST

Lunch
CHEESY BREADSTICKS
OR
TERIYAKI CHICKEN BOWL

Friday, October 18

Breakfast
CINNAMON ROLL
OR
CONTINENTAL BREAKFAST

Lunch
BEAN AND CHEESE BURRITO
OR
CRUNCHY FISH STICKS &
CHIPS

COOKIE



TRICK.

No matter the time of year, a big old bucket, bag, or pillow case full of all-you-can-eat sugar is never a treat -- for kids or adults. For those who feel they MUST collect candy, pick out a couple of favorite pieces and then toss the rest.

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



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 or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, October 21 Breakfast BREAKFAST PIZZA OR CONTINENTAL BREAKFAST Lunch BREAKFAST FOR LUNCH(MINI PANCAKES, HASHBROWN & YOGURT) OR PASTA WITH MEAT SAUCE	Tuesday, October 22 Breakfast YOGURT PARFAIT OR CONTINENTAL BREAKFAST Lunch GRILLED CHEESE SANDWICH OR BEEF TACO	Wednesday, October 23 Breakfast MINI WAFFLES OR CONTINENTAL BREAKFAST Lunch CHEESE PIZZA OR CHICKEN PATTY SANDWICH	Thursday, October 24 Breakfast CINNI MINI OR CONTINENTAL BREAKFAST Lunch CHEESY BREADSTICKS OR ORANGE CHICKEN BOWL	Friday, October 25 Breakfast FRENCH TOAST STICKS OR CONTINENTAL BREAKFAST Lunch MACARONI AND CHEESE OR CHICKEN TENDERS COOKIE
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Monday, October 28 Breakfast SCONE OR CONTINENTAL BREAKFAST Lunch BREAKFAST FOR LUNCH(MINI PANCAKES, HASHBROWN & YOGURT) OR TURKEY & CHEESE SANDWICH	Tuesday, October 29 Breakfast CHEESY BREADSTICKS OR CONTINENTAL BREAKFAST Lunch BEAN & CHEESE EMPANADA OR BEEF TACO	Wednesday, October 30 Breakfast BREAKFAST SANDWICH OR CONTINENTAL BREAKFAST Lunch CHEESE PIZZA OR CHEESEBURGER & FRIES	Thursday, October 31 Breakfast MINI PANCAKES OR CONTINENTAL BREAKFAST Lunch CHEESY BREADSTICKS OR TERIYAKI CHICKEN BOWL
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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 ★