

**MENUS FOR  
MIDDLE SCHOOL  
OCTOBER 2024**

**Available  
Daily**

**Every complete meal  
we serve comes with  
the choice of entrée,  
fruit or vegetable  
sides and your choice  
of low fat white or  
chocolate milk.**

**Other daily  
LUNCH options:  
DELI SANDWICH  
LARGE SALAD  
PIZZA  
(select varieties)**

**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**  
MACARONI AND CHEESE  
OR  
CHICKEN TENDERS  
  
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](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 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

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

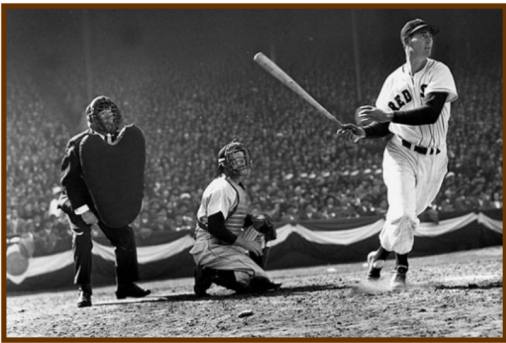
**Lunch**  
CHEESY BREADSTICKS  
OR  
TERIYAKI CHICKEN BOWL

# 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