



This institution
is an equal
opportunity
provider.

| Tuesday, October 1 | Wednesday, October 2 | Thursday, October 3 | Friday, October 4 |
|--|--|---|---|
| Choice of One Entrée: Chicken & Cheese Quesadilla w/ Brown Rice Corn Or ♦ Boars Head Deli Bar ♦ Chef Salads ♦ Pizza Vegetable Dragon Juice Assorted Fresh Vegetables Fruit and milk Choices | Choice of One Entrée: Mozzarella Sticks w/ Marinara Sauce Fresh Steamed Green Beans Or ♦ Boars Head Deli Bar ♦ Chef Salads ♦ Pizza Assorted Fresh Vegetables Fruit and milk Choices | Choice of One Entrée: Popcorn Chicken Mashed Potatoes, Gravy Green Beans & Corn Muffin Or ♦ Boars Head Deli Bar ♦ Chef Salads ♦ Pizza Assorted Fresh Vegetables Fruit and milk Choices | Choice of One Entrée: Philly Steak w/cheese Onions & Peppers Oven Fries Or ♦ Boars Head Deli Bar ♦ Chef Salads ♦ Pizza Vegetable Dragon Juice Assorted Fresh Vegetables Fruit and milk Choices |

Food Service Position Available
Chatfield-LoPresti School
For More Information
Contact Cindy Brooks
cbrooks@seymourschools.org

Daily Offerings

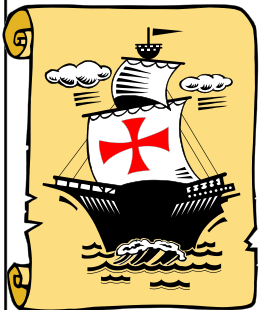
Breakfast Menu

Assorted Cereal, Breakfast Sandwich
Assorted Muffins or Cinnamon Buns
Fruit Juice & Milk Included

Your Complete Lunch will Include:

1. Start with at least One Fruit or Vegetable
 - Assorted Fresh & Canned Fruit
 - Fresh Rainbow Vegetable Tray
 - Baby Carrots
 - Hot Vegetable of the Day
2. Choose One Daily Menu Entrée Items:
In addition offered daily:
 - Chef Salad
 - Boars Head Deli Bar
 - Variety of Pizza
3. Choose One 8 oz. Milk
 - Low-Fat White or Flavored Milk

| Monday, October 7 | Tuesday, October 8 | Wednesday, October 9 | Thursday, October 10 | Friday, October 11 |
|---|--|--|--|---|
| Choice of One Entrée: Cheeseburger on bun Sweet Potato Fries Lettuce, Tomato, Pickles Or ♦ Boars Head Deli Bar ♦ Chef Salads ♦ Pizza Assorted Fresh Vegetables Fruit and milk Choices | Choice of One Entrée: Tacos w/ Lettuce, Tomato, Cheese, Salsa Corn Or ♦ Boars Head Deli Bar ♦ Chef Salads ♦ Pizza Vegetable Dragon Juice Assorted Fresh Vegetables Fruit and milk Choices | Choice of One Entrée: Meatball Grinder w/ mozzarella cheese Steamed Broccoli Or ♦ Boars Head Deli Bar ♦ Chef Salads ♦ Pizza Assorted Fresh Vegetables Fruit and milk Choices | Choice of One Entrée: Chicken Filet on bun Lettuce, Tomato, Pickles Oven Fries Or ♦ Boars Head Deli Bar ♦ Chef Salads ♦ Pizza Assorted Fresh Vegetables Fruit and milk Choices | Choice of One Entrée: Dutch Waffle w/syrup Hash Brown & Chicken Sausage Patty Or ♦ Boars Head Deli Bar ♦ Chef Salads ♦ Pizza Vegetable Dragon Juice Assorted Fresh Vegetables Fruit and milk Choices |

| Monday, October 14 | Tuesday, October 15 | Wednesday, October 16 | Thursday, October 17 | Friday, October 18 |
|--|--|---|--|---|
| Columbus Day  No School | Choice of One Entrée: Chicken & Cheese Quesadilla w/ Brown Rice Corn Or ♦ Boars Head Deli Bar ♦ Chef Salads ♦ Pizza Vegetable Dragon Juice Assorted Fresh Vegetables Fruit and milk Choices | Choice of One Entrée: Cheese Pizza Crunchers w/ Marinara Sauce Steamed Broccoli Or ♦ Boars Head Deli Bar ♦ Chef Salads ♦ Pizza Assorted Fresh Vegetables Fruit and milk Choices | Choice of One Entrée: Boneless Chicken Wings Oven Fries Or ♦ Boars Head Deli Bar ♦ Chef Salads ♦ Pizza Assorted Fresh Vegetables Fruit and milk Choices | Choice of One Entrée: Philly Steak w/cheese Onions & Peppers Or ♦ Boars Head Deli Bar ♦ Chef Salads ♦ Pizza Vegetable Dragon Juice Assorted Fresh Vegetables Fruit and milk Choices |

NUTRITION *TO GO*

Microwaved foods may actually retain more nutrients than foods cooked by traditional methods. For example, spinach retains all of its folate (a B vitamin) when microwaved, but only 70% when boiled. Food that's cooked for less time (and in less water) generally keeps more of the good stuff. And always use a microwave-safe container!

A QUICK BITE FOR PARENTS



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 | Tuesday, October 22 | Wednesday, October 23 | Thursday, October 24 | Friday, October 25 |
|--|--|---|--|--|
| Choice of One Entrée: | Choice of One Entrée: | Choice of One Entrée: | Choice of One Entrée: | Choice of One Entrée: |
| Chicken Filet on bun Oven Fres | Beef Nachos w/Lettuce, Tomatoes, Cheese. Salsa & Corn | Cheese Breadsticks Dunkers w/Marinara Sauce & Green Beans | Mandarin Orange Chicken Brown Rice & Broccoli | Cheeseburger on bun Lettuce, Tomato, Pickles Sweet Potato Fries |
| Or | Or | Or | Or | Or |
| ◆ Boars Head Deli Bar | ◆ Boars Head Deli Bar | ◆ Boars Head Deli Bar | ◆ Boars Head Deli Bar | ◆ Boars Head Deli Bar |
| ◆ Chef Salads | ◆ Chef Salads | ◆ Chef Salads | ◆ Chef Salads | ◆ Chef Salads |
| ◆ Pizza | ◆ Pizza | ◆ Pizza | ◆ Pizza | ◆ Pizza |
| Assorted Fresh Vegetables Fruit and milk Choices | Vegetable Dragon Juice Assorted Fresh Vegetables Fruit and milk Choices | Assorted Fresh Vegetables Fruit and milk Choices | Assorted Fresh Vegetables Fruit and milk Choices | Vegetable Dragon Juice Assorted Fresh Vegetables Fruit and milk Choices |

| Monday, October 28 | Tuesday, October 29 | Wednesday, October 30 | Thursday, October 31 |
|---|--|--|--|
| Choice of One Entrée: | Choice of One Entrée: | Choice of One Entrée: | Choice of One Entrée: |
| Dutch Waffle w/syrup Hash Brown & Chicken Sausage Patty | Chicken & Cheese Quesadilla w/ Brown Rice Corn | Mozzarella Sticks w/ marinara sauce Broccoli | Popcorn Chicken Mashed Potatoes, Gravy Green Beans & Corn Muffin |
| Or | Or | Or | Or |
| ◆ Boars Head Deli Bar | ◆ Boars Head Deli Bar | ◆ Boars Head Deli Bar | ◆ Boars Head Deli Bar |
| ◆ Chef Salads | ◆ Chef Salads | ◆ Chef Salads | ◆ Chef Salads |
| ◆ Pizza | ◆ Pizza | ◆ Pizza | ◆ Pizza |
| Assorted Fresh Vegetables Fruit and milk Choices | Vegetable Dragon Juice Assorted Fresh Vegetables Fruit and milk Choices | Vegetable Dragon Juice Assorted Fresh Vegetables Fruit and milk Choices | Vegetable Dragon Juice Assorted Fresh Vegetables Fruit and milk Choices |

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



**STAY ALERT
& BE SAFE!**

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