

Menus for OCTOBER 2024

Students:

Breakfast-No Charge

Lunch-No Charge

Daily Options:

(Kindergarten)

Protein Power Pack

with Yogurt,

String Cheese,

Grain, &

Fruit/Veggie

All meals include milk choice:

Fat Free Flavored,

Skim, and 1% milk

Harvest of the Month

Squash



Market conditions, delivery, and availability of food may require changes in menu.



Break begins at the end of classes:

Friday, October 4

Classes Resume:

Monday, October 14



Tuesday, October 1

Breakfast

Sausage
Biscuit

Lunch

Beef Taco
w/Salsa, Lettuce,
Cheese
Corn
Pinto Beans
Fruit

Wednesday, October 2

Breakfast

Cinni
Minni

Lunch

Steak Fingers
w/Roll
Mashed Potatoes
Green Beans
Fruit

Thursday, October 3

Breakfast

Pancake
Pup

Lunch

Pizza
Garden Salad
Corn
Fruit

Friday, October 4

Breakfast

Egg Cheese
Biscuit

Lunch

Turkey Sandwich
Veggie Dippers
Baked Chips
Fruit
Mini RKT

Monday, October 14

Breakfast

Toaster
Pastry

Lunch

Pirate Plank Mini
Corn Dogs
Baked Beans
Tator Tots
Fruit

Tuesday, October 15

Breakfast

Sausage
Biscuit

Lunch

Treasure Taco
Quesadilla
w/Salsa, Cheese
Black Beans
Corn
Fruit

Wednesday, October 16

Breakfast

Muffin

Lunch

Sailor's Spaghetti
& Meat Sauce
Garlic Knot
Captain's Garden
Greens
Fruit

Thursday, October 17

Breakfast

Breakfast
Strudel

Lunch

High Seas Fish
Sticks
Hushpuppies
Black Eyed Peas
Mac N Cheese
Fruit

Friday, October 18

Breakfast

Chicken
Biscuit

Lunch

Shipwrecked
Sandwich
Veggie Dippers
Pirate's Booty
Popcorn
Fruit
Mini RKT

KIDS! Please join us to celebrate National School Lunch Week, October 14-18!



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
Cereal
w/Milk

Lunch
Hamburger
Baked Beans
French Fries
Fruit

Tuesday, October 22

Breakfast
Sausage
Biscuit

Lunch
Walking Taco
w/Salsa, Lettuce/
Cheese
Pinto Beans
Broccoli
Fruit

Wednesday, October 23

Breakfast
Cereal
Bar

Lunch
Popcorn Chicken
w/ Asian Rice
Spring Roll
Veggie Blend
Fruit

Thursday, October 24

Breakfast
Fruit Smoothie
w/Cracker

Lunch
BBQ Sandwich
Baked Beans
Potato Smiles
Applesauce

Friday, October 25

Breakfast
Egg Cheese
Biscuit

Lunch
Pizza Bites
w/Marinara
Garden Salad
Corn
Fruit

Monday, October 28

Breakfast
Breakfast
Pullapart Bread

Lunch
Brunch
for
Lunch

Tuesday, October 29

Breakfast
Sausage
Biscuit

Lunch
Pizza Quesadilla
Veggie Dippers
Corn
Fruit

Wednesday, October 30

Breakfast
French Toast
Stix

Lunch
Chicken Drumstick
w/Roll
Broccoli
Mashed Potatoes
Fruit

Thursday, October 31

Breakfast
Waffles

Lunch
Halloweenie w/Bun
Baked Boo Beans
Trick or Treat Tots
Frightful Fruit
Jello Treat

Halloween

**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