

# Menus for OCTOBER 2024

## Students:

Breakfast-No Charge  
Lunch-No Charge

## Daily Options:

PBJ Sandwich,  
String Cheese &  
Daily Fruit/Veggie Choices  
or  
Protein Power Pack  
with Yogurt,  
String Cheese,  
Grain, & Daily  
Fruit/Veggie Choices

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.

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

Chili w/Beans  
Breadstick  
Baked Potato  
Broccoli  
Fruit

Friday, October 4

## Breakfast

Egg Cheese  
Biscuit

## Lunch

French Bread  
Pizza  
w/Marinara  
Veggie Dipper  
Glazed Carrots  
Fruit



Break begins at the end of classes:  
Friday, October 4

Classes Resume:  
Monday, October 14



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](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 Bread

**Lunch**  
Hamburger  
Baked Beans  
French Fries  
Fruit

Tuesday, October 22

**Breakfast**  
Sausage Biscuit

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

Wednesday, October 23

**Breakfast**  
Pancake Bites

**Lunch**  
Popcorn Chicken w/ Asian Rice  
Spring Roll  
Broccoli  
Fruit  
Fortune Cookie

Thursday, October 24

**Breakfast**  
Fruit Smoothie w/Cracker

**Lunch**  
BBQ Sandwich  
Baked Beans  
Potato Smiles  
Applesauce

Friday, October 25

**Breakfast**  
Egg Cheese Biscuit

**Lunch**  
Rippinz Pizza  
Pullapart  
Garden Salad  
Corn  
Fruit

Monday, October 28

**Breakfast**  
Breakfast Pullapart Bread

**Lunch**  
Brunch for Lunch

Tuesday, October 29

**Breakfast**  
Sausage Biscuit

**Lunch**  
Ranchero Pizza  
Veggie Dippers  
Black Beans  
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