

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
Breakfast
Variety

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

Wednesday, October 2

Breakfast
Breakfast
Variety

Lunch
Steak Fingers
w/Roll
Mashed Potatoes
Green Beans
Fruit

Thursday, October 3

Breakfast
Breakfast
Variety

Lunch
Chili w/Beans
Breadstick
Baked Potato
Broccoli
Fruit

Friday, October 4

Breakfast
Breakfast
Variety

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
Breakfast
Variety

Lunch
Pirate Plank Mini
Corn Dogs
Baked Beans
Tator Tots
Fruit

Tuesday, October 15

Breakfast
Breakfast
Variety

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

Wednesday, October 16

Breakfast
Breakfast
Variety

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

Thursday, October 17

Breakfast
Breakfast
Variety

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

Friday, October 18

Breakfast
Breakfast
Variety

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 oil, 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
Variety

Lunch
Hamburger
Baked Beans
French Fries
Fruit

Tuesday, October 22

Breakfast
Breakfast
Variety

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

Wednesday, October 23

Breakfast
Breakfast
Variety

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

Thursday, October 24

Breakfast
Breakfast
Variety

Lunch
BBQ Sandwich
Baked Beans
Potato Smiles
Applesauce

Friday, October 25

Breakfast
Breakfast
Variety

Lunch
Rippinz Pizza
Pullapart
Garden Salad
Corn
Fruit

Monday, October 28

Breakfast
Breakfast
Variety

Lunch
Brunch
for
Lunch

Tuesday, October 29

Breakfast
Breakfast
Variety

Lunch
Ranchero Pizza
Veggie Dippers
Black Beans
Corn
Fruit

Wednesday, October 30

Breakfast
Breakfast
Variety

Lunch
Chicken Drumstick
w/Roll
Broccoli
Mashed Potatoes
Fruit

Thursday, October 31

Breakfast
Breakfast
Variety


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

**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