

SCMS &
5GA

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

Lunch

Cowboy Nachos
w/Salsa, Cheese
Spanish Rice
Black Beans
Corn
Fruit

Wednesday, October 2

Lunch

Country Fried
Steak
w/Roll
English Peas
Mashed Potatoes
Fruit

Thursday, October 3

Lunch

Mini Corn Dogs
Baked Beans
Potato Smiles
Fruit

Friday, October 4

Lunch

Rippinz Pizza
Pullapart
w/Marinara
Garden Salad
Corn
Fruit



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

Classes Resume:
Monday, October 14



Monday, October 14

Lunch

Pirate Plank Patty
w/ Bun
Baked Beans
Tator Tots
Fruit

Tuesday, October 15

Lunch

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

Wednesday, October 16

Lunch

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

Thursday, October 17

Lunch

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

Friday, October 18

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

Lunch
Chicken Sandwich
Veggie Dippers
Tator Tots
Fruit

Tuesday, October 22

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

Wednesday, October 23

Lunch
Rotini Pasta
w/ Meat Sauce
Garlic Bread
Glazed Carrots
Garden Salad
Fruit

Thursday, October 24

Lunch
General Tso's
Chicken
w/ Asian Rice
Spring Roll
Veggie Blend
Fruit
Fortune Cookie

Friday, October 25

Lunch
Pizza Variety
Garden Salad
Corn
Fruit

Monday, October 28

Lunch
Brunch
for
Lunch

Tuesday, October 29

Lunch
Ranchero Pizza
Veggie Dippers
Corn
Fruit

Wednesday, October 30

Lunch
Chicken Drumstick
w/Roll
Squash Casserole
Broccoli
Mashed Potatoes
Fruit

Thursday, October 31

Lunch
Halloweenie w/Run
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