

# SCHS

## Menus for

# OCTOBER 2024

Students join us!

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

or

Chef Salad w/Protein, 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

Chicken Fajita Nachos

w/Topping Bar

Chips & Queso

Spanish Rice

Refried Beans

Corn

Fruit

Wednesday, October 2

Lunch

Cheeseburger

Or

Meatball Sub

Lettuce, Tomato,

Pickles

Baked Beans

Veggie Dippers

Fruit

Thursday, October 3

Lunch

Brunch

for

Lunch

Friday, October 4

Lunch

Chicken Sandwich

(Regular/Spicy)

Pizza Variety

Lettuce, Tomato, Pickles

Potato Smiles

Garden Salad

Fruit



Break begins at the end of classes:

Friday, October 4

Classes Resume:

Monday, October 14



Monday, October 14

Lunch

Captain's Chicken

Sandwich

Or

Buffalo Chicken Stuffed

Sandwich

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 Breadstick

Captain's Garden

Greens

Glazed Carrots

Fruit

Thursday, October 17

Lunch

Sea Dragon Chicken

w/ Asian Rice

Sunken Spring Roll

Veggie Blend

Fruit

Fortune Cookie

Friday, October 18

Lunch

Shipwrecked Subs

Or

Chicken 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

### Lunch

BBQ Sandwich or  
Chicken Sandwich  
Lettuce/ Tomato/  
Pickles  
French Fries  
Baked Beans  
Coleslaw  
Fruit

Tuesday, October 22

### Lunch

Beef Nachos  
w/Topping Bar  
Chips & Queso  
Spanish Rice  
Black Beans  
Corn  
Fruit

Wednesday, October 23

### Lunch

Country Fried Steak  
w/Biscuit & Gravy  
Baked Squash  
Mashed Potatoes  
Fruit

Thursday, October 24

### Lunch

Rotini Pasta w/  
Meatsauce or  
Rippinz Pizza Pullapart  
w/Marinara  
Garlic Toast  
Glazed Carrots  
Broccoli

Friday, October 25

### Lunch

Chicken Sandwich  
(Regular/Spicy)  
Pizza Variety  
Lettuce/Tomato/Pickles  
Roasted Potatoes  
Veggie Dippers  
Fruit

Monday, October 28

### Lunch

Sub Your Way or  
Chicken Sandwich  
Lettuce/Tomato/Pickles  
Veggie Dippers  
Tator Tots  
Fruit

Tuesday, October 29

### Lunch

Cowboy Nachos w/  
Topping Bar  
Spanish Rice  
Pinto Beans  
Corn Cob  
Fruit

Wednesday, October 30

### Lunch

Chicken Strip Basket  
w/Roll  
Green Beans  
Mac N Cheese  
Fruit

Thursday, October 31

### Lunch

Halloweenie w/Bun  
Baked Boo Beans  
Trick or Treat Tots  
Chilling Coleslaw  
Frightful Fruit  
Jello Treat  
*Halloween*

# STAY ALERT & BE SAFE!



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

## OUR NATION'S HISTORY

## WITH LIBERTY & JUSTICE FOR ALL

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.