

Blairsville &
Saltsburg
Elementary

This institution
is an equal
opportunity
provider.

Menus for OCTOBER 2024



Monday, October 7

Breakfast
Super Bakery
Blueberry Munchkins
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch
Rodeo burger or
Cheeseburger
W.G. Corn Dog
Homemade Baked
Beans
Baby Whole Peeled
Carrots

Tuesday, October 8

Breakfast
Mini Cini
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch
Italian Combo Platter
W Garlic Bread Stick
Juicy Chicken Patty
Garden Salad w Lite
Dressing
Sliced Beets

Wednesday, October

Breakfast
Super Bakery Pull
Apart Daisey
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch
All Beef Hot Dog on
Bun w Fixings
Boneless Wing Boat
w Garlic Bread
Tater Tots
Three Bean Salad

Thursday, October 10

Breakfast
Celebration Benefit Bar
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch
Cherry Blossom Chicken
over Rice
W.G. Dinner Roll
Wow Butter Jammer w
Cheese Stick
& Crackers
Steamed Broccoli
Fresh Red Pepper Strips

Friday, October 11

Breakfast
Belgian Maple Waffle
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch
Stuffed Crust Pizza
W or W out Pepperoni
Crispy Fish Sticks
Garden Salad w Lite
Dressing
Tender Green Beans

Monday, October 14

In Service Day

No School

Tuesday, October 15

Breakfast
W.G. Cherry Muffin
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch
Cheese Ravioli w
Meat & or Marinara
w Garlic Bread Stick
Juicy Chicken Patty
Garden Salad Lite
Dressing
Fresh Broccoli Florets

Wednesday, October

Breakfast
Sky B. Coffee Cake
Choice of Fruit & or Fruit
Juice Milk

Lunch
Hot Italian Hoagie w
Dressing & Pickle
Boneless Wing Boat
w Garlic Bread Stick
Golden Kernal Corn
Fresh Celery Sticks

Thursday, October 17

Breakfast
Banana Choc Chip
Benefit Bar
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch
Sloppy Joe on Bun
Wow Butter Jammer w
Cheese Stick &
Crackers
Tender Green Beans

Friday, October 18

Breakfast
Strawberry Cream
Cheese Bagel Stick
Choice of Fruit & or
Fruit Juice Milk Choice

Lunch
French Bread Pizza
Crispy Fish Sticks
Garden Salad w Lite
Dressing
Fresh Cucumber &
Grape Tomatoes &

**NATIONAL SCHOOL LUNCH WEEK
OCTOBER 14-18, 2024**

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

*ASSORTED CEREAL, WHOLE GRAIN CRACKERS & FRUIT CHOICE AVAILABLE DAILY AS A BREAKFAST ALTERNATE *



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

Banana Bread Slice
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Rib Bar Bee Que
Sandwich w BBQ Sauce
W.G. Corn Dogs
Homemade Baked Beans
Tender Green Beans

Tuesday, October 22

Breakfast

Dinner Roll &
Cheese Stick
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

French Toast Slices w
Warm Syrup & Ember
Farms Sausage Link
Juicy Chicken Patty
Baked Hash Browns
Baby Whole Peeled Carrots

Wednesday, October

Breakfast

Plain Yogurt w Granola
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Walking Taco w Cheese
Lettuce Salsa Sour
Cream w W.G.
Dinner Roll
Refried Beans
Boneless Wing Boat
w Garlic Bread Stick
Fresh Celery Sticks

Thursday, October 24

Breakfast

Apple Frudel
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Chicken Tenders Basket
w Garlic Bread Stick
& Ranch
Wow Butter Jammer w
Cheese Stick & Crackers
Glazed Carrots
Fresh Broccoli Florets

Friday, October 25

Breakfast

Strawberry Strudel
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Homestyle Mozzarella
Bread Sticks w Side of
Marinara Sauce
Crispy Fish Sticks
Garden Salad w Lite
Dressing
Seasoned Peas

Monday, October 28

Breakfast

Blueberry Bread Slice
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Chicken Nuggets w
Dipping Sauce
W.G. Corn Dogs
Golden Kernel Corn
Homemade Baked Beans

Tuesday, October 29

Breakfast

Goody Breakfast Ring
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Meatballs & Gravy over
Buttered Noodles
W.G. Dinner Roll
Juicy Chicken Patty
Fluffy Whipped Potatoes
Fresh Broccoli Florets

Wednesday, October

Breakfast

Mini French Toast
Squares
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Rigatoni w Meat Sauce
& Garlic Bread Stick
Boneless Wing Boat
w Garlic Bread Stick
Garden Salad w Lite
Dressing
Three Bean Salad

Thursday, October 31

Breakfast

Pumpkin Bread
Choice of Fruit & or
Fruit Juice Milk

Lunch

Haunted Mansion Mandarin
Orange Chicken Over Rice
W.G. Dinner Roll
Werewolf Wow Butter
Jammer w Cheese Stick &
Creepy Crackers
Spooky Steamed Broccoli
Frankenstein's
Fresh Red Pepper Strips

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.