



This institution is an equal opportunity

Available Daily

Grab n Go Salad & Hoagie Meals, Smart Snacks Asst. Drinks Daily

Monday's Primo Four Cheese Pizza or Cheeseburger or Oven Breaded Chicken Breast

Tuesday's Homestyle Pizza or Deluxe Chicken Sandwich or Hot Italian Hoagie

Wednesday's Homestyle Mozzarella Bread Sticks Or Cheeseburger or Cobb Salad

Thursday's Specialty Pizza, Cheeseburger

Friday's Deluxe Chicken or Spicy Chicken Sandwich or Italian or Hot Roast Beef & Cheddar Hoagie

Daily Fruit Choices may include: Apples, Oranges, Bananas, Mandarin Oranges, Peaches, Pineapples, Strawberries, Blueberries, Fruit Cocktail, Cranberries 100% fruit Juice Available, Orange Apple Grape (One serving of Juice if you are taking two fruit choices) Vegetable Choices Include: Romaine Lettuce, Baby Carrots, Broccoli Florets, Celery Sticks, Red Pepper Strips, Tomatoes, Chick Pea Salad Cup. Lite Ranch Dip Available w/ Fresh Veggies. Some entrees May include Shredded Lettuce, Tomatoes. Locally Sourced items include: Milk from Western PA and Mainly Indiana County! Produce may include Tomatoes, Cucumbers and Peppers from Yarnick's farm. Our milk is from cows not treated with the growth hormone RBST, Skim, 1% white, 1% Chocolate, 1% Vanilla

Featured Specials of the Day

Tuesday, October 1

Grilled Cheese Sandwich w
Creamy Tomato Soup & Fresh Veggies
Fruit Choices

Wednesday, October 2

Rigatoni Pasta w Meat Sauce,
Garlic Bread Stick Garden Salad w lite
Dressing, Fresh Veggies & Fruit Choices

Thursday, October 3

Popcorn Chicken Mashed Potato Cheese
& Gravy Bowl W.G. Dinner Roll Golden Kernel Corn &
Fresh Veggies & Fruit Choices

Friday, October 4

Stuffed Chicken Breast w Cheeses & Ham
w Garlic Bread Stick Fluffy Mashed Potatoes
& Fresh Veggies & Fruit Choices

Monday, October 7

Vegetable Egg Rolls w Rice & Duck Sauce w &
Fish Sticks Seasoned Mixed Vegetables
Fresh Veggies & Fruit Choices

Tuesday, October 8

Italian Combo Platter w Garlic Bread Stick
Tender Gr. Beans & Fresh Veggies
Fruit Choices

Wednesday, October 9

Beef & Cheese Nachos Grande w Salsa
& Sour Cream W.G. Dinner Roll
Refried Beans & Fresh Veggies
Fruit Choices

Thursday, October 10

Honey Siracha Chicken over Rice
W.G. Dinner Roll Steamed Broccoli
& Fresh Veggies Fruit Choices

Friday, October 11

Oven Rising Assorted Pizzas-Vegetable, Sausage
or Pepperoni Deluxe Chicken Patty or
Spicy Chicken Patty Seasoned Mixed Vegetables
Fresh Veggies & Fruit Choices

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 little kids, adults, OR TEENS. 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!

★ OUR NATION'S HISTORY ★

October brings the 110th 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 ★

DON'T LET THIS HAPPEN TO YOU!!!

SOME OF HIS CLASSMATES THOUGHT JACKSON WAS WEARING A **FRIGHT MASK**. NOPE. HE ALWAYS LOOKED LIKE THIS WHEN HE **DIDN'T EAT A HEALTHY LUNCH**.

Featured Specials of the Day

Monday, October 14

In-Service Day
No School.

Tuesday, October 15

BBQ Bacon Chicken Quesadilla Sandwich
Golden Corn Fresh Veggies & Fruit Choices

Wednesday, October 16

Chicken Parmesan over Spaghetti w Shredded
Mozzarella & Marinara Sauce
& Garlic Bread Stick Garden Salad w
Lite Dressing & Fresh Veggies & Fruit Choices

Thursday, October 17

Sloppy Joe on Bun (May Take Three)
Seasoned Green Beans & Fresh Veggies
& Fruit Choices

Friday, October 18

Rib Bar Bee Que Sandwich
Homemade Baked Beans
Deluxe Chicken Patty or Spicy Chicken Patty
Villa Pizza Seasoned Mixed Veggies
& Fruit choices

Featured Specials of the Day

Monday, October 21

Deluxe Chicken Nugget Basket w
Garlic Bread Stick & Ranch & Fresh Veggies
Fruit Choices

Tuesday, October 22

French Toast Slices w Syrup w Ember Farms
Sausage Link Baked Hash Browns &
Fresh Veggies & Fruit Choices

Wednesday, October 23

Walking Taco w Cheese, Salsa, lettuce
Sour Cream & Dinner Roll Refried Beans
Fresh Veggies & Fruit Choices

Thursday, October 24

Deluxe Ribeye Steak Sandwich on
Cellones Roll w Provolone or American
Whole Kernel Corn & Fresh Veggies

Friday, October 25

Bacon Cheeseburger Deluxe Chicken Patty or
Spicy Chicken Patty Villa Pizza
& Fresh Veggies & Fruit Choices

Monday, October 28

Buffalo Chicken with Corn Tortilla Chips
Salsa w W.G Dinner Roll Refried Beans &
Fresh Veggies & Fruit Choices

Tuesday, October 29

Swedish Meatballs over Buttered Noodles
w Garlic Bread Stick Glazed Carrots &
Fresh Veggies & Fruit Choices

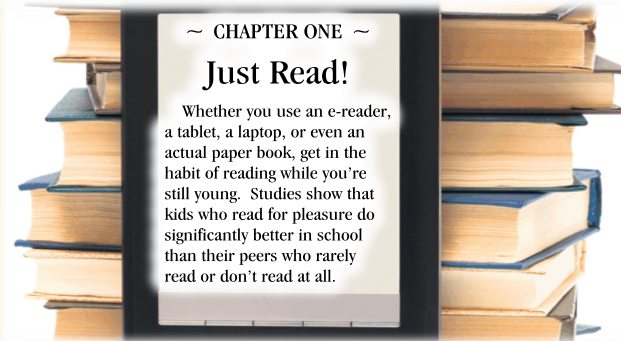
Wednesday, October 30

Rotini Pasta w Meat Sauce,
Garlic Bread Stick Garden Salad w lite
Dressing, Fresh Veggies & Fruit Choices

Thursday, October 31

Mandarin Orange Chicken over Rice
W.G. Dinner Roll Steamed Broccoli
Fresh Veggies & Fruit Choices

30 BY THE NUMBERS
PERCENTAGE OF AMERICAN TEENS
WHO REPORT THAT THEY RARELY
SEE THEIR PARENTS READING.



29 BY THE NUMBERS
PERCENTAGE OF AMERICAN TEENS
WHO REPORT SEEING BOTH
PARENTS READING FREQUENTLY.

eat fit
wanna stay fit?
gotta eat right!



item:
avocado
verdict:
eat fat

tip: Inflammation is the enemy of your good health. The fat in avocados has been shown to fight inflammation as well as to help your body absorb 200-400% more of key nutrients called "carotenoids" from veggies like romaine lettuce, spinach, and carrots.



Please join us to celebrate National School Lunch Week,



OCTOBER IS
Breast Cancer
AWARENESS MONTH