

OCTOBER PRE-KINDER

Milk will be offered with every meal.

Monday	Tuesday	Wednesday	Thursday	Friday
September 30 Pizza Cucumber Salad Fruit Dessert	1 Quesadillas Pinto Beans Seasoned Corn Fruit Cup	2 Popcorn Chicken Fried Rice Seasoned Vegetables Fruit Salad	3 Chicken Strips with Hot Roll Mashed Potatoes Sauteed Vegetables Mixed Fruit Cup	4 Chicken Sandwich Basket with Fries Lettuce and Pickles Fresh Baked Cookie Fresh Fruit
7 Spaghetti with Meat Sauce Garlic Toast Seasoned Corn Fruit Cup	8 Nachos Refried Beans Tossed Salad Spanish Rice Fresh Apple	9 Ham & Cheese Croissants Macaroni & Cheese Carrot Dippers Fruit Medley	10 Chicken & Waffles Mashed Potatoes Steamed Vegetables Peaches	11 Bacon Cheese Burger Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Baked Cookie Fresh Fruit
14 ENJOY YOUR DAY OFF!	15 Tacos Lettuce & Tomatoes Pinto Beans Spanish Rice Pineapple	16 Loaded Mac & Cheese Bowl Garlic Knot Carrot Dippers Fluffy Fruit Salad	17 Steak Fingers Hot Roll Mashed Potatoes Seasoned Green Beans Cinnamon Apples	18 Chicken Sandwich Basket with Fries Lettuce & Pickles Fresh Baked Cookie Fresh Fruit
21 ENJOY YOUR DAY OFF!	22 Crispitos Spanish Rice Pinto Beans Lettuce & Tomato Fruit Cup	23 Popcorn Chicken Fried Rice Steamed Baby Carrots Fruit Salad	24 Chicken Strips Hot Roll Mashed Potatoes Green Beans Orange Smiles	25 GRAB N' GO SACK LUNCH
28 Spaghetti with Meat Sauce & Garlic Toast Seasoned Vegetables Side Salad Fruit Dessert	29 Nachos Tossed Salad Refried Beans Spanish Rice Homemade Salsa Fresh Apples	30 Sausage Link on Bun Pasta Salad Carrot Dippers Tortilla Chips Fruit Cup	31 Popcorn Chicken Mashed Potatoes Seasoned Corn Hot Roll Fruit Cup	November 1 Chicken Sandwich Basket with Fries Lettuce and Pickles Fresh Baked Cookie Fresh Fruit

MOVE & GROOVE

Did you know it is recommended for someone your age to participate in light to Intense activity at least 60 minutes a day. It may sound SCARY, but you don't have to do it all at once. You can spread it out over the day and make a game of it! See the chart below for some different activity ideas!

LIGHT	INTENSE
WALKING FAST	STAR JUMPS
BIKE RIDING	SWIMMING
PLAYING AT PARK	PLAYING TAG
CASUAL DANCING	SKIPPING

BREAKFAST

An option of fresh fruit or fruit cup and a choice of juice and milk are also offered every day.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week of 9/30, 10/14, 10/28	Breakfast Pizza	Pancakes	Pig in a Blanket	Biscuits & Gravy	Pancake Wrap
Week of 10/7 & 10/21	Waffles	Breakfast Roll	Breakfast Sandwich	Banana Bread	Breakfast Tacos