

OCTOBER ELEMENTARY

Milk and a Grab N' Go will be offered with every meal.

Monday	Tuesday	Wednesday	Thursday	Friday
September 30 Chicken Parmesan Garlic Toast or Choice of Pizza Steamed Vegetables Cucumber Salad Fruit Dessert	1 Quesadillas or Crispito Spanish Rice Pinto Beans Seasoned Corn Homemade Salsa Fruit Cup	2 Asian Bowl with Fried Rice or Popcorn Chicken Seasoned Vegetables Steamed Baby Carrots Fruit Salad	3 Smothered Steak or Chicken Strips w/ Roll Mashed Potatoes Sautéed Vegetables Mixed Fruit Cup	4 BBQ Sub or Chicken Sandwich Basket with Fries Lettuce, Pickle, Tomato Fresh Baked Cookie Fresh Fruit
7 Spaghetti w/ Meat Sauce and Garlic Toast or Choice of Pizza Seasoned Corn Side Salad Fruit Cup	8 Nachos Refried Beans Tossed Salad Spanish Rice Homemade Salsa Fresh Apple	9 Stuffed Baked Potato with Hot Roll or Ham & Cheese Croissants Macaroni & Cheese Steamed Broccoli Carrot Dippers Fruit Medley	10 Chicken & Waffles or Chicken Strips with Hot Roll Mashed Potatoes Steamed Vegetables Peach Crisp	11 Bacon Cheese Burger or Joe 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 Homemade Salsa Pineapple	16 Loaded Mac & Cheese Bowl Garlic Knot Carrot Dippers Sautéed Squash Fluffy Fruit Salad	17 Steak Fingers or Boneless Wings Hot Roll Mashed Potatoes Seasoned Green Beans Cinnamon Apples	18 Chicken Sandwich or Chili Dog Basket with Fries Lettuce, Pickle, Tomato Fresh Baked Cookie Fresh Fruit
21 ENJOY YOUR DAY OFF!	22 Enchiladas or Crisпитos Rice & Beans Shredded Lettuce Chopped Tomatoes Homemade Salsa Fruit Cup	23 Asian Bowl with Fried Rice or Popcorn Chicken Broccoli Normandy Steamed Baby Carrots Fruit Salad	24 Crispy Chicken Drumstick or Chicken Strips w/ Roll Mashed Potatoes Seasoned Green Beans Orange Smiles	25 GRAB N' GO SACK LUNCH
28 Spaghetti with Meat Sauce & Garlic Toast or Choice of Pizza Seasoned Vegetables Side Salad Fruit Dessert	29 Nachos Tossed Salad Refried Beans Spanish Rice Homemade Salsa Fresh Apples	30 Crispy Chicken Wrap or Sausage Link on Bun Choice of Chips Pasta Salad Carrot Dippers Fruit Cup	31 Country Bowl or Country Bucket Hot Roll Steamed Vegetables Fruit Cup	November 1 Pizza Burger or Chicken Sandwich Basket with Fries Lettuce & Pickles Sliced Tomatoes 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