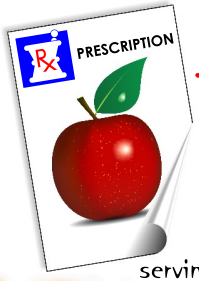
Liberty October 2026

USDA is an equal opportunity provider, employer, and lender.

Thursday, October 1	Friday, October 2
Breakfast Breakfast Variety **Lunch** Pizza Garden Salad Corn Fruit Frozen Fruit Treat	**Breakfast** Breakfast Variety **Lunch** Deli Sandwich Veggie Dippers Pretzels Fruit



JUST WHAT THE DOCTOR ORDERED.

Experts urge that we eat 5-9 servings of fruits and vegetables every day – and a growing number of American doctors are putting that advice in writing by actually prescribing fruits and vegetables for their patients.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, October 5	Tuesday, October 6	Wednesday, October 7	Thursday, October 8	Friday, October 9
Breakfast Breakfast Variety **Lunch** Rotini Pasta w/ Meat Sauce Breadstick Carrot Dipper California Blend Veggies Fruit	**Breakfast** Breakfast Variety **Lunch** Chicken Fajita Nachos w/Salsa, Lettuce/Cheese Refried Beans Corn Cilantro Lime Rice Fruit	**Breakfast** Breakfast Variety **Lunch** Popcorn Chicken w/ Asian Rice Spring Roll Broccoli Fruit Fortune Cookie	**Breakfast** Breakfast Variety **Lunch** Pizza Garden Salad Potato Smiles Fruit Frozen Fruit Treat	**Breakfast** Breakfast Variety **Lunch** Cheeseburger Lettuce, Pickles Baked Beans French Fries Fruit Fresh Baked Cookie

Monday, October 12	Tuesday, October 13	Wednesday, October 14	Thursday, October 15	Friday, October 16
FALL BREAK Columbus Day	FALL BREAK	FALL BREAK	FALL BREAK	FALL BREAK

Students:
Breakfast-No Charge
Lunch-No Charge

Daily Options:
PBJ Sandwich,
String Cheese, Grain,
Daily Fruit/Veggie Choices
Or
Protein Power Pack
w/Yogurt, String Cheese,
Grain, & Daily Fruit/Veggie Choices

Breakfast includes assorted fruit/juice
All meals include milk choice

Harvest of the Month

GEORGIA grown

Squash

Market conditions, delivery, and availability of food may require changes in menu.

What's on YOUR plate?

What food isn't so nutty after all?

Nuts and seeds are an incredible snack, full of protein, fiber, and great taste! But one popular treat that you might think belongs with the nuts on this list isn't really a nut at all. To discover the answer, find and color all of the letters in each word on the list, and then unscramble the leftover letters to learn the name of the nutty food that's not really a nut!

Walnut
Pecan
Almond
Chestnut
Sunflower Seeds

ANSWER: _____

These "nuts" are actually a "legume" or type of bean. They contain more protein than true nuts, plus lots of vitamins, minerals, and fiber. So whatever you call them, go ahead and go nuts!

Learn more at www.MYPLATE.gov or https://kidshealth.org/en/kids/nutrition/food/

Monday, October 19	Tuesday, October 20	Wednesday, October 21	Thursday, October 22	Friday, October 23
Breakfast Breakfast Variety **Lunch** Mini Corn Dogs Baked Beans Tator Tots Fruit	**Breakfast** Breakfast Variety **Lunch** Beef & Cheese Quesadilla w/Queso Black Beans Spanish Rice Fruit	**Breakfast** Breakfast Variety **Lunch** Chicken Tenders w/roll Green Beans Mashed Potatoes Baked Squash Fruit	**Breakfast** Breakfast Variety **Lunch** Pizza Garden Salad Corn Fruit Frozen Fruit Treat	**Breakfast** Breakfast Variety **Lunch** BBQ Sandwich Coleslaw Broccoli Dippers Baked Chips Fruit RKT
Monday, October 26	**Tuesday, October 27**	**Wednesday, October 28**	**Thursday, October 29**	**Friday, October 30**
Breakfast Breakfast Variety **Lunch** Chicken Sandwich Lettuce, Pickles Baked Beans Roasted Potatoes Fruit	**Breakfast** Breakfast Variety **Lunch** Beef Nachos w/Salsa, Lettuce/Cheese Pinto Beans Corn Cilantro Lime Rice Fruit	**Breakfast** Breakfast Variety **Lunch** Brunch for Lunch	**Breakfast** Breakfast Variety **Lunch** Pizza Garden Salad Potato Smiles Fruit Frozen Fruit Treat	**Breakfast** Breakfast Variety **Lunch** Spooky Spaghetti & Meat Sauce Garlic Knot Glazed Carrots Broccoli Fruit Jello Treat

STRANGE BUT TRUE!

HORSESHOE CRABS HAVE EXISTED FOR 450 MILLION YEARS AND ARE CONSIDERED TO BE **LIVING FOSSILS!** THEY AREN'T REALLY CRABS, OR EVEN CRUSTACEANS - THEY'RE RELATED TO **SPIDERS!** HORSESHOE CRABS HAVE BEEN OVERFISHED FOR USE AS BAIT AND FERTILIZER, BUT THEY MIGHT BE MISSED: TURNS OUT THAT AT LEAST ONE SPECIES OF ENDANGERED MIGRATING SHORE BIRD TIMES ITS TRIP TO **EXACTLY** WHEN THE HORSESHOE CRABS' NUTRIENT-RICH EGGS ARE AVAILABLE TO FUEL ITS LONG-DISTANCE FLIGHT. NO CRABS, NO EGGS, **NO BIRDS**. AND, **OH YEAH**, IT ALSO TURNS OUT THE CRABS' **BLUE BLOOD** CONTAINS A SUBSTANCE THAT IS INCREDIBLY USEFUL IN MEDICAL APPLICATIONS FOR US HUMANS, TOO. **MIGHT BE GOOD** IF THEY STUCK AROUND AWHILE!