

This institution is an equal opportunity provider. Menus are subject to change.

MENUS FOR OCTOBER 2018

AVAILABLE DAILY

Alternate Meals
Sunbutter & Jelly Sandwich With Cheese Stick
OR
Chef Salad Bowls

All meals include fresh fruit & veggie options & low-fat milk



TAKE A HIKE?

Lots of kids (and adults!) are probably feeling a candy binge coming on this month. OK. But for every 2 little "fun size" candies you eat, you need to hike 30 minutes to work off the calories. So take it easy - or take a hike!



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

Monday, October 1

Breakfast
 Whole Grain Cereal w/ Low-fat Cheese Stick
 100% Juice or Fruit

Lunch
 Chicken & Gravy Over Mashed Potatoes With "Candy Corn" (Corn, Carrot & Bean Medley)
 Whole Wheat Dinner Roll
 Assorted Fresh Fruits

Tuesday, October 2

Breakfast
 Low-Fat Yogurt & Granola With Assorted Fruit

Lunch Nachos!
 Seasoned Turkey or Beans With Cheese over Corn Tortilla Chips w/ Corn, Salsa & Sour Cream
 Assorted Fresh Fruits

Wednesday, October 3

Breakfast
 Sweet Potato Cinnamon Bun With Low-Fat Cheese Stick
 Assorted Fruit

Lunch Half Day Lunch!
 Sunbutter & Jelly w/ Cheese Stick
OR
 Yogurt Cup & Grahams w/ Fresh Veggie Medley & Dip & Assorted Fruits

Thursday, October 4

Breakfast
 Whole Grain Fruit Bread With Low-Fat Yogurt
 Assorted Fruit

Lunch
 Soft Pretzel w/ Low-Fat Cheese Stick
 Carrot & Cucumber Sticks w/ Low-Fat Ranch Dip or Hummus
 Assorted Fresh Fruits

Friday, October 5

Breakfast
 Whole Grain Muffin With Low-Fat Cheese Stick
 Assorted Fruit

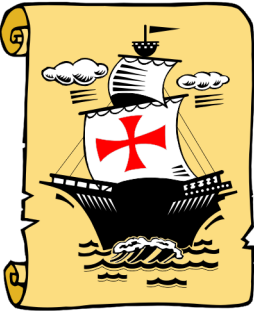
Lunch Pizza Variety Day!
 Cheese or Pepperoni Pizza Sticks
 w/ Marinara Dipping Sauce
 Side Salad
 Roasted Chick Peas
 Assorted Fresh Fruits

WORLD'S LARGEST CORN MAZE

It's in Spring Grove, Illinois and features 10 miles of trails making up 5 connected mazes on 28 acres of live corn!

Monday, October 8

Columbus Day



No School

Tuesday, October 9

Breakfast
 Low-Fat Yogurt & Granola With Assorted Fruit

Lunch Taco Tuesday!
 Seasoned Chicken or Beans with Cheese in a Wheat Soft Tortilla Wrap w/ Corn, Salsa & Sour Cream
 Assorted Fresh Fruits

Wednesday, October 10

Breakfast
 Sweet Potato Cinnamon Bun With Low-Fat Cheese Stick
 Assorted Fruit

Lunch Grilled Cheese & Soup!
 Grilled Cheese on Whole Wheat Bread w/ Soup of the Day
 Fresh Veggie Medley w/ Dip
 Assorted Fresh Fruits

Thursday, October 11

Breakfast
 Whole Grain Fruit Bread With Low-Fat Yogurt
 Assorted Fruit

Lunch
 Ham & Cheese on Wheat **OR**
 Chicken Salad on Wheat w/ Lettuce & Tomato
 Cucumber Sticks w/ Low-Fat Ranch Dip or Hummus
 Assorted Fresh Fruits

Friday, October 12

Breakfast
 Whole Grain Muffin With Low-Fat Cheese Stick
 Assorted Fruit

Lunch Pizza Variety Day!
 Stuffed Crust Cheese Pizza w/ variety of toppings
 Side Salad
 Roasted Chick Peas
 Fresh Broccoli w/ Low-Fat Ranch or Hummus

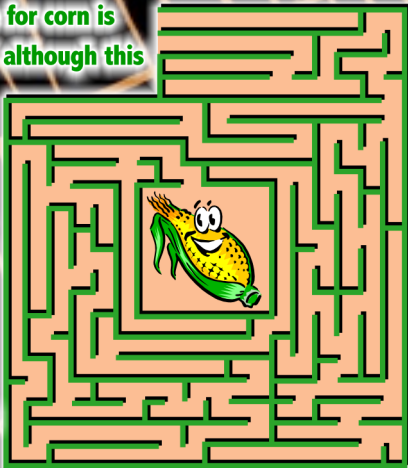




What's on **YOUR** plate?

Can you solve the Amazing Maze o' Maize?

Another name for corn is "maize," and although this may not be the biggest maize maze in the world, it's still **FUN!** Can you find your way to the delicious ear of corn in the center?



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, October 15

Breakfast

Whole Grain Cereal w/
Low-fat Cheese Stick
100% Juice or Fruit

Lunch

Mac & Cheese!

Made w/ Whole Wheat Pasta
& Reduced Fat Cheese
Seasoned Carrots
Whole Wheat Dinner Roll
Assorted Fresh Fruits

Tuesday, October 16

Breakfast

Low-Fat Yogurt & Granola
With Assorted Fruit

**Lunch
Nachos!**

Seasoned Beef or Beans
w/ Cheese
Over Corn Tortilla Chips
w/ Corn, Salsa & Sour Cream
Assorted Fresh Fruits

Wednesday, October 17

Breakfast

Sweet Potato Cinnamon Bun
With Low-Fat Cheese Stick
Assorted Fruit

Lunch

Chicken Patty on a
Whole Wheat Bun
w/ Lettuce & Tomato
Smiley Fries
Assorted Fresh Fruits

Thursday, October 18

Breakfast

Whole Grain Fruit Bread
With Low-Fat Yogurt
Assorted Fruit

Lunch

Turkey & Cheese on Wheat
OR
Tuna Salad on Wheat
w/ Lettuce & Tomato
Cucumber Sticks
w/ Low-Fat Ranch Dip
Assorted Fresh Fruits

Friday, October 19

Breakfast

Whole Grain Muffin
With Low-Fat Cheese Stick
Assorted Fruit

Lunch

Pizza Variety Day!
Personal Cheese Pizza
w/ Variety of Toppings
Side Salad
Roasted Chick Peas

Monday, October 22

Breakfast

Whole Grain Cereal w/
Low-fat Cheese Stick
100% Juice or Fruit

Lunch

Chicken & Gravy
Over Mashed Potatoes
With "Candy Corn"
(Corn, Carrot & Bean Medley)
Whole Wheat Dinner Roll
Assorted Fresh Fruits

Tuesday, October 23

Breakfast

Low-Fat Yogurt & Granola
With Assorted Fruit

Lunch

Seasoned Turkey or Beans
With Cheese
over Corn Tortilla Chips
w/ Corn, Salsa & Sour Cream
Assorted Fresh Fruits

Wednesday, October 24

Breakfast

Sweet Potato Cinnamon Bun
With Low-Fat Cheese Stick
Assorted Fruit

Lunch

Half Day Lunch!

Sunbutter & Jelly
w/ Cheese Stick
OR
Yogurt Cup & Grahams
w/ Fresh Veggie Medley & Dip
& Assorted Fruits

Thursday, October 25

Breakfast

Whole Grain Fruit Bread
With Low-Fat Yogurt
Assorted Fruit

Lunch

Soft Pretzel w/
Low-Fat Cheese Stick
Carrot & Cucumber Sticks
w/ Low-Fat Ranch Dip
or Hummus
Assorted Fresh Fruits

Friday, October 26

Breakfast

Whole Grain Muffin
With Low-Fat Cheese Stick
Assorted Fruit

Lunch

Pizza Variety Day!
Stuffed Crust Cheese Pizza
w/ variety of toppings
Side Salad
Roasted Chick Peas
Assorted Fresh Fruits

Monday, October 29

Breakfast

Whole Grain Cereal w/
Low-fat Cheese Stick
100% Juice or Fruit

Lunch

Chicken Drumsticks
w/ Tater Tots
Carrot & Celery Sticks
w/ Low-Fat Ranch Dip
Whole Wheat Dinner Roll
Assorted Fresh Fruits

Tuesday, October 30

Breakfast

Low-Fat Yogurt & Granola
With Assorted Fruit

Lunch

Seasoned Chicken or Beans
with Cheese in a
Wheat Soft Tortilla Wrap
w/ Corn, Salsa & Sour Cream
Assorted Fresh Fruits

Wednesday, October 31

Breakfast

Sweet Potato Cinnamon Bun
With Low-Fat Cheese Stick
Assorted Fruit

Lunch

**Ghouled Cheese
Sand-WITCH &
Vampire Soup!**

Fresh Veggie Medley w/ Dip
Assorted Fresh Fruits

FUN, FUN, FUN! (& FOOD)

OPEN HOUSE!!

Thursday October 11 @ 5:00 pm

TASTE TESTS!!

Kids will get a chance to try a new menu item & tell us what they think!

**NATIONAL SCHOOL LUNCH WEEK
OCTOBER 15-19, 2018**