

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

# MENUS FOR OCTOBER 2018

## 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!**

## AVAILABLE DAILY

**Fresh Fruit & Veggie Snack**

**Monday: Fresh Pears**

**Tuesday: Cucumber Wheels**

**Wednesday: Fresh Apples**

**Thursday: Orange Halves**

**Friday: Carrot Sticks**



**Monday, October 1**

**Breakfast**  
Cinnamon Bun  
(Guess what! It's made from Sweet Potatoes!)  
100% Juice  
Or Assorted Fruits

**Lunch**  
**Chicken & Potatoes!**  
Yummy Chicken Drumsticks  
w/ Dipping Sauce  
Mashed Potatoes  
Four Bean Salad  
Assorted Fruits

**Tuesday, October 2**

**Breakfast**  
Whole Grain Muffin  
Low-Fat Cheese Stick  
Assorted Fruits

**Lunch** ★  
**Grilled Cheese & Soup!**  
Grilled Cheese Sandwich  
Soup of the Day  
Fresh Broccoli Trees  
w/ Low-Fat Ranch Dip  
Carrot-Raisin Salad  
Assorted Fruits

**Wednesday, October 3**

**Breakfast**  
Maple Burst Pancakes  
Assorted Fruits

**Lunch**  
**Half-Day Lunch!**  
Warm Soft Pretzel  
w/ Low-Fat Cheesestick  
Whole Grain Snack  
Carrot & Cucumber Sticks  
w/ Low-Fat Ranch Dip  
or Hummus  
Assorted Fruits

**Thursday, October 4**

**Breakfast**  
Whole Grain Crumb Cake  
Low-Fat Yogurt  
Assorted Fruits

**Lunch** ★  
**Cheeseburger Day!**  
Hamburger w/ Cheese  
On a Whole Wheat Bun  
w/ Lettuce & Tomato  
Happy Smiley Fries  
Assorted Fruits

**Friday, October 5**

**Breakfast**  
Whole Grain Fruit Bread  
100% Juice or  
Assorted Fruits

**Lunch**  
**Pizza Party!**  
Stuffed Crust Cheese Pizza  
Parmesan-Cheesy Kale Chips  
Bean & Veggie Variety  
Assorted Fruits

**Monday, October 8**

**Columbus Day**

**No School**

**Tuesday, October 9**

**Breakfast**  
Whole Grain Muffin  
Low-Fat Cheese stick  
Assorted Fruits

**Lunch** ★  
**Build-a-Taco!**  
Seasoned Turkey  
w/ Cheese  
In a Corn Taco Shell  
Buttery Corn  
Baked Beans  
Salsa & Sour Cream  
Assorted Fruits

**Wednesday, October 10**

**Breakfast**  
Maple Burst Pancakes  
Assorted Fruits

**Lunch**  
Ham & Cheese Sandwich  
On Whole Wheat Bread  
w/ Lettuce & Tomato  
Sliced Cucumbers w/  
Low-Fat Ranch Dip or  
Hummus  
Snack Cracker  
Assorted Fruits

**Thursday, October 11**

**Breakfast**  
Whole Grain Crumb Cake  
Low-Fat Yogurt  
Assorted Fruits

**Lunch** ★  
**Breakfast for Lunch!**  
French Toast Sticks  
w/ Maple Syrup  
Sausage Patty  
Happy Smiley Fries  
Buttery Carrots  
Assorted Fruits

**Friday, October 12**

**Breakfast**  
Whole Grain Fruit Bread  
100% Juice or  
Assorted Fruits

**Lunch**  
**Pizza Party!**  
Cheese Pizza  
Fresh Broccoli Trees  
w/ Low-Fat Ranch Dip  
Or Hummus  
Bean & Veggie Variety  
Assorted Fruits

## WORLD'S LARGEST CORN MAZE

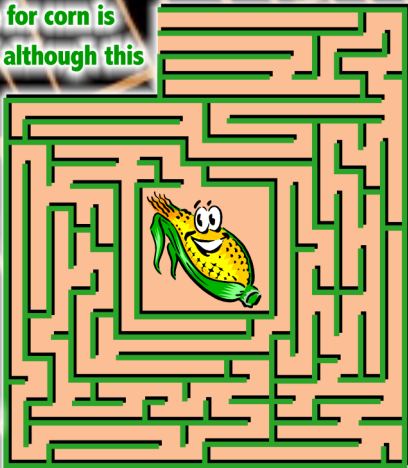
It's in Spring Grove, Illinois and features 10 miles of trails making up 5 connected mazes on 28 acres of live corn!





## 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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**Monday, October 15**

**Breakfast**  
Sweet Potato Cinnamon Bun  
100% Juice or Assorted Fruits

**Lunch**  
**Mac & Cheese!**  
Made w/ Whole Wheat Pasta & Low-Fat Cheese  
Diced Carrots  
Seasoned Green Beans  
Whole Wheat Dinner Roll  
Assorted Fruits

**Tuesday, October 16**

**Breakfast**  
Whole Grain Muffin  
Low-Fat Cheese stick  
Assorted Fruits

**Lunch**  
**Nachos!**  
Seasoned Beef w/ Cheese over Corn Tortilla Chips w/ Buttery Corn Salsa & Sour Cream  
Assorted Fruits

**Wednesday, October 17**

**Breakfast**  
Maple Burst Pancakes  
Assorted Fruits

**Lunch**  
Turkey & Cheese On Whole Wheat Bread  
Lettuce & Tomato Cucumber Slices w/ Low-Fat Ranch Dip or Hummus  
Snack Chip Assorted Fruits

**Thursday, October 18**

**Breakfast**  
Whole Grain Crumb Cake  
Low-Fat Yogurt  
Assorted Fruits

**Lunch**  
Chicken Patty On a Whole Wheat Bun  
Lettuce & Tomato Smiley Fries  
Baked Beans  
Assorted Fruits

**Friday, October 19**

**Breakfast**  
Whole Grain Fruit Bread  
100% Juice or Assorted Fruits

**Lunch**  
**Pizza Party!**  
Cheese Pizza Stick w/ Marinara Dipping Sauce  
Steamed Broccoli Trees  
Baked Beans  
Assorted Fruits

**Monday, October 22**

**Breakfast**  
Sweet Potato Cinnamon Bun  
100% Juice or Assorted Fruits

**Lunch**  
**Chicken & Potatoes!**  
Yummy Chicken Drumsticks w/ Dipping Sauce  
Mashed Potatoes  
Four Bean Salad  
Assorted Fruits

**Tuesday, October 23**

**Breakfast**  
Whole Grain Muffin  
Low-Fat Cheese stick  
Assorted Fruits

**Lunch**  
**Grilled Cheese & Soup!**  
Grilled Cheese Sandwich  
Soup of the Day  
Fresh Broccoli Trees w/ Low-Fat Ranch Dip  
Carrot-Raisin Salad  
Assorted Fruits

**Wednesday, October 24**

**Breakfast**  
Maple Burst Pancakes  
Assorted Fruits

**Lunch**  
**Half-Day Lunch!**  
Warm Soft Pretzel w/ Low-Fat Cheesestick  
Whole Grain Chip Carrot & Cucumber Sticks w/ Low-Fat Ranch Dip or Hummus  
Assorted Fruits

**Thursday, October 25**

**Breakfast**  
Whole Grain Crumb Cake  
Low-Fat Yogurt  
Assorted Fruits

**Lunch**  
**Cheeseburger Day!**  
Hamburger w/ Cheese On a Whole Wheat Bun w/ Lettuce & Tomato  
Happy Smiley Fries  
Assorted Fruits

**Friday, October 26**

**Breakfast**  
Whole Grain Fruit Bread  
100% Juice or Assorted Fruits

**Lunch**  
**Pizza Party!**  
Stuffed Crust Cheese Pizza  
Parmesan-Cheesy Kale Chips  
Bean & Veggie Variety Assorted Fruits

**Monday, October 29**

**Breakfast**  
Sweet Potato Cinnamon Bun  
100% Juice or Fruit

**Lunch**  
Breaded Chicken Nuggets w/ Dipping Sauce  
Crispy Tater Tots  
Peas & Carrots  
Whole Wheat Dinner Roll  
Assorted Fruits

**Tuesday, October 30**

**Breakfast**  
Whole Grain Muffin  
Low-Fat Cheese stick  
Assorted Fruit

**Lunch**  
**Build-a-Taco!**  
Seasoned Turkey w/ Cheese In a Corn Taco Shell  
Buttery Corn Baked Beans  
Salsa & Sour Cream  
Assorted Fruits

**Wednesday, October 31**

**Breakfast**  
Maple Burst Pancakes  
Assorted Fruits

**Lunch**  
Spooky Ham Sand-WITCHES w/ Lettuce & Tomato Cucumber Stakes w/ Low-Fat Ranch Dip or Hummus  
Graham Cracker Bones

**FUN, FUN, FUN! (& FOOD)**

Join us at Open House!! Oct. 10 @ 5:30  
National School Lunch Week  
Taste Tests!!  
Kids get a chance to try new menu items & tell us what they think!

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