

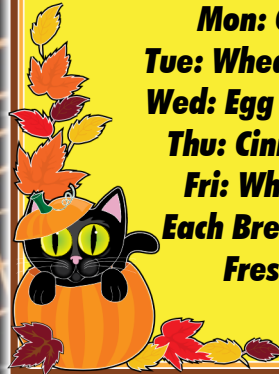
This institution is an equal opportunity provider. Menus are subject to change.



**MENUS FOR
OCTOBER 2018**


BREAKFAST

Mon: Cereal & Yogurt
Tue: Wheat Bagel & toppings
Wed: Egg & Cheese Sandwich
Thu: Cinnamon/Apple Roll
Fri: Whole Grain Muffin
Each Breakfast comes with Fresh Fruit & 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
Low-Fat Yogurt
100% Juice or Assorted Fruit

Lunch
Chicken Patty
On a Whole Wheat Bun
Smiley Fries
Seasoned Green Beans
Assorted Fruits

Tuesday, October 2

Breakfast
Whole Grain Bagel
w/ Cream Cheese & assorted toppings & Fresh Fruit

Lunch
Taco Tuesday!
Seasoned Beef or Beans
w/ Cheese, Tomatoes, Lettuce, Salsa & Sour Cream
In a Soft Tortilla Shell
Seasoned Rice
Assorted Fruits

Wednesday, October 3

Breakfast
Egg & Cheese Breakfast Sandwich
Assorted Fruits

Half-Day Lunch
Sunbutter & Jelly Sandwich
Fresh Veggie Medley
w/ Low-Fat Ranch Dip
Or Hummus
Snack Chip
Assorted Fruits

Thursday, October 4

Breakfast
Sweet Potato Cinnamon or Apple Roll
Low-Fat Cheesestick
Assorted Fruits

Lunch
Meatballs in Tomato Sauce
Over Pasta
Whole Grain Breadstick
Garlic-Parmesan Broccoli
Assorted Fruits

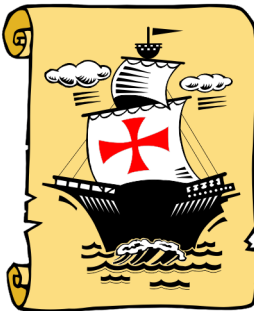
Friday, October 5

Breakfast
Whole Grain Muffin
w/ Low-Fat Yogurt
Assorted Fruits

Lunch
Pizza Variety Day!
Cheese Pizza w/ a Variety of Toppings
Fresh Veggie Medley
w/ Low-Fat Ranch Dip
or Hummus
Roasted Chick Peas
Assorted Fruits

Monday, October 8

Columbus Day



No School

Tuesday, October 9

Breakfast
Whole Grain Bagel
w/ Cream Cheese & assorted toppings & Fresh Fruit

Lunch
Taco Tuesday!
Seasoned Chicken or Beans
w/ Cheese, Tomatoes, Lettuce, Salsa & Sour Cream
In a Soft Tortilla Shell
Seasoned Rice
Assorted Fruits

Wednesday, October 10

Breakfast
Egg & Cheese Breakfast Sandwich
Assorted Fruits

Lunch
Breakfast for Lunch!
French Toast Sticks
w/ Warm Fruit Topping or Maple Syrup
Sausage
Smiley Fries
Carrots
Assorted Fruits

Thursday, October 11

Breakfast
Sweet Potato Cinnamon or Apple Roll
Low-Fat Cheesestick
Assorted Fruits

Lunch
Chicken Parm
Breaded Chicken & Mozzarella
Cheese with Tomato Sauce
over Pasta
Garlic-Parm Broccoli
Fresh Veggie Medley
Assorted Fruits

Friday, October 12

Breakfast
Whole Grain Muffin
w/ Low-Fat Yogurt
Assorted Fruits

Lunch
Pizza Variety Day!
Cheese Pizza w/ a Variety of Toppings
Fresh Veggie Medley
w/ Low-Fat Ranch Dip
or Hummus
Roasted Chick Peas
Assorted Fruits

**WORLD'S LARGEST
CORN
MAZE**

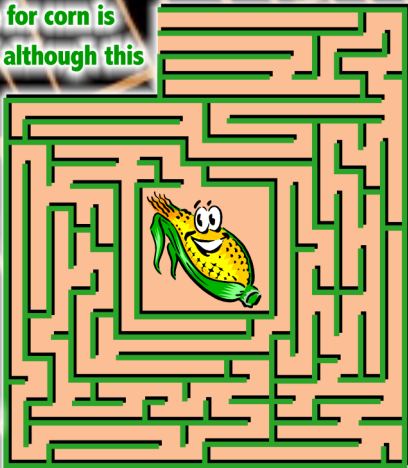
It's in Spring Grove, Illinois and features 10 miles of trails making up 5 connected mazes on 28 acres of live corn!





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 or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, October 15

Breakfast
Whole Grain Cereal
Low-Fat Yogurt
100% Juice or Assorted Fruit

Lunch
Breaded Chicken Fingers
w/ Dipping Sauce
Baked French Fries
Seasoned Green Beans
Assorted Fruits

Tuesday, October 16

Breakfast
Whole Grain Bagel
w/ Cream Cheese & assorted toppings & Fresh Fruit

Lunch Nachos!
Seasoned Turkey or Beans
w/ Cheese, Tomatoes, Lettuce, Salsa & Sour Cream
Over Tortilla Chips
Seasoned Rice
Assorted Fruits

Wednesday, October 17

Breakfast
Egg & Cheese Sandwich
Assorted Fruits

Lunch Build-a-Sandwich!
Choose from a variety of ingredients such as Sliced Turkey or Ham, Tuna or Chicken Salad
w/ Cheese, Lettuce, Tomato
Cucumber Wheels w/ Low-Fat Ranch or Hummus
Chips & Assorted Fruits

Thursday, October 18

Breakfast
Sweet Potato Cinnamon or Apple Roll
Low-Fat Cheesestick
Assorted Fruits

Lunch
Chicken & Broccoli Alfredo
Seasoned Chicken & Broccoli in a Creamy Cheese Sauce
Over Pasta
Seasoned Carrots
Garlic Knot
Assorted Fruits

Friday, October 19

Breakfast
Whole Grain Muffin
w/ Low-Fat Yogurt
100% Juice or Assorted Fruits

Lunch Pizza Variety Day!
Cheese Pizza w/ a Variety of Toppings
Fresh Veggie Medley
w/ Low-Fat Ranch Dip or Hummus
Roasted Chick Peas
Assorted Fruits

Monday, October 22

Breakfast
Whole Grain Cereal
Low-Fat Yogurt
100% Juice or Assorted Fruit

Lunch
Chicken Patty
On a Whole Wheat Bun
Smiley Fries
Seasoned Green Beans
Assorted Fruits

Tuesday, October 23

Breakfast
Whole Grain Bagel
w/ Cream Cheese & assorted toppings & Fresh Fruit

Lunch
Seasoned Beef or Beans
w/ Cheese, Tomatoes, Lettuce, Salsa & Sour Cream
In a Soft Tortilla Shell
Seasoned Rice
Assorted Fruits

Wednesday, October 24

Breakfast
Egg & Cheese Breakfast Sandwich
Assorted Fruits

Lunch Half-Day!
Sunbutter & Jelly Sandwich
Fresh Veggie Medley
w/ Low-Fat Ranch Dip
Or Hummus
Snack Chip
Assorted Fruits

Thursday, October 25

Breakfast
Sweet Potato Cinnamon or Apple Roll
Low-Fat Cheesestick
Assorted Fruits

Lunch
Meatballs in Tomato Sauce
Over Pasta
Whole Grain Breadstick
Garlic-Parmesan Broccoli
Assorted Fruits

Friday, October 26

Breakfast
Whole Grain Muffin
w/ Low-Fat Yogurt
Assorted Fruits

Lunch Pizza Variety Day!
Cheese Pizza w/ a Variety of Toppings
Fresh Veggie Medley
w/ Low-Fat Ranch Dip or Hummus
Roasted Chick Peas
Assorted Fruits

Monday, October 29

Breakfast
Whole Grain Cereal
Low-Fat Yogurt
100% Juice or Assorted Fruit

Lunch KFC Bowl!
Popcorn Chicken w/ Mashed Potatoes & Gravy
Corn
Whole Wheat Dinner Roll
Assorted Fruits

Tuesday, October 30

Breakfast
Whole Grain Bagel
w/ Cream Cheese & assorted toppings & Fresh Fruit

Lunch Taco Tuesday!
Seasoned Chicken or Beans
w/ Cheese, Tomatoes, Lettuce, Salsa & Sour Cream
In a Soft Tortilla Shell
Seasoned Rice
Assorted Fruits

Wednesday, October 31

Breakfast
Egg & Cheese Breakfast Sandwich
Assorted Fruits

Lunch Breakfast for Lunch!
French Toast Tombstones
With Warm Fruit Topping
Or Maple Syrup
Sausage Bones
Spooky Fries
Buttery Carrots
Assorted Fruits

FUN, FUN, FUN! (& FOOD)

TASTE TESTS!!!
Students will get a chance to try new menu items and tell us what they think!

NATIONAL SCHOOL LUNCH WEEK
OCTOBER 15-19, 2018