

Menus for OCTOBER 2023

Roslyn Public Schools

This institution is an equal opportunity provider.

Many Moons

Native Americans had special names for every full moon of the year. One name for the October full moon is the "Yellow Leaf Moon," as the changing colors of the leaves signal a new season!

The current record for the world's heaviest pumpkin is 2702 pounds!



DON'T GET!

Take at least ONE

FRUIT or VEGGIE

and at least THREE

items total so your meal counts as a complete lunch!

Monday, October 2

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk

Middle & High School

Elementary
Cin. French Toast &
Egg Omelet

Tuesday, October 3

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/
Yogurt/ Yogurt Parfait
Jr. Salad w/ Tuna /Egg
Salad/ or Turkey/
Cheese or Plain
Vegetable/ Fruit/Milk
HS & MS &
Elementary

The chicken item maybe
One of the following
Popcorn, Tenders or
Patty

Wednesday, Oct 4

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk
Middle & High School
Elementary
Plain Pasta or Pasta with
Protein

Thursday, October 5

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/
Yogurt/ Yogurt Parfait
Jr. Salad w/ Tuna /Egg
Salad/ or Turkey/
Cheese or Plain
Vegetable/ Fruit/Milk
HS & MS & Elementary
The chicken item maybe
One of the following
Popcorn, Tenders or
Patty

Friday, October 6

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk

High School Tangerine
Chicken w/ Rice

Elementary & MS
Pizza

TAKE YOUR HEALTH TO THE NEXT LEVEL

LEVEL UP

With School Lunch!

JOIN US FOR NATIONAL
SCHOOL LUNCH WEEK
OCTOBER 9-13, 2023

Monday, October 9



Tuesday, October 10

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/
Yogurt/ Yogurt Parfait
Jr. Salad w/ Tuna /Egg
Salad/ or Turkey/
Cheese or Plain
Vegetable/ Fruit/Milk
HS & MS &
Elementary

The chicken item maybe
One of the following
Popcorn, Tenders or
Patty

Wednesday, Oct 11

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk
Middle & High School
Elementary
Plain Pasta or Pasta with
Protein

Thursday, October 12

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/
Yogurt/ Yogurt Parfait
Jr. Salad w/ Tuna /Egg
Salad/ or Turkey/
Cheese or Plain
Vegetable/ Fruit/Milk
HS & MS & Elementary
The chicken item maybe
One of the following
Popcorn, Tenders or
Patty

Friday, October 13

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk

High School Tangerine
Chicken w/ Rice

Elementary & MS
Pizza

OCTOBER

The name "October" comes from the Latin word for "eight" -- but it's the tenth month! What gives? In the Roman calendar, it WAS the eighth month, but then January and February were added when the calendar was revised, and October kept its name.



Lepidopterist

A "Lepidopterist" is someone who collects or studies butterflies.

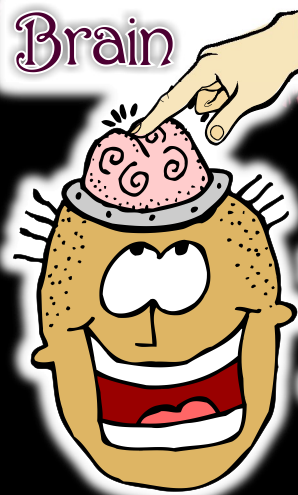


Brain Ticklers

What gets wetter and wetter the more it dries?

(Hold the page upside down and read it in a mirror for the answer!)

4 10W51j



Monday, October 16

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk

Middle & High School

Elementary
Cin. French Toast &
Egg Omelet

Tuesday, October 17

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/
Yogurt/ Yogurt Parfait
Jr. Salad w/ Tuna /Egg
Salad/ or Turkey/
Cheese or Plain
Vegetable/ Fruit/Milk

HS & MS & Elementary
The chicken item maybe
One of the following
Popcorn, Tenders or
Patty

Wednesday, Oct 18

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk
Middle & High School
Elementary
Plain Pasta or Pasta with
Protein

Thursday, October 19

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/
Yogurt/ Yogurt Parfait
Jr. Salad w/ Tuna /Egg
Salad/ or Turkey/
Cheese or Plain
Vegetable/ Fruit/Milk
HS & MS & Elementary
The chicken item maybe
One of the following
Popcorn, Tenders or
Patty

Friday, October 20

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk

High School Tangerine
Chicken w/ Rice

Elementary & MS
Pizza

Monday, October 23

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk

Middle & High School

Elementary
Cin. French Toast &
Egg Omelet

Tuesday, October 24

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/
Yogurt/ Yogurt Parfait
Jr. Salad w/ Tuna /Egg
Salad/ or Turkey/
Cheese or Plain
Vegetable/ Fruit/Milk

HS & MS &
Elementary
The chicken item maybe
One of the following
Popcorn, Tenders or
Patty

Wednesday, Oct 25

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk
Middle & High School
Elementary
Plain Pasta or Pasta with
Protein

Thursday, October 26

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/
Yogurt/ Yogurt Parfait
Jr. Salad w/ Tuna /Egg
Salad/ or Turkey/
Cheese or Plain
Vegetable/ Fruit/Milk
HS & MS & Elementary
The chicken item maybe
One of the following
Popcorn, Tenders or
Patty

Friday, October 27

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk

High School Tangerine
Chicken w/ Rice

Elementary & MS
Pizza

Monday, October 30

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk

Middle & High School

Elementary
Cin. French Toast &
Egg Omelet

Tuesday, October 31

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/
Yogurt/ Yogurt Parfait
Jr. Salad w/ Tuna /Egg
Salad/ or Turkey/
Cheese or Plain
Vegetable/ Fruit/Milk

HS & MS &
Elementary
The chicken item maybe
One of the following
Popcorn, Tenders or
Patty

this month: olives

There are some foods that most kids don't like, but most adults do. Why? It's a mystery! Take olives, for instance. If you're a kid, chances are that

you won't touch them.

And no wonder -- they have a strong

flavor and are also quite salty. But some grocery stores sell dozens of different kinds. SOMEBODY must be eating all those olives. Guess who? ADULTS!

