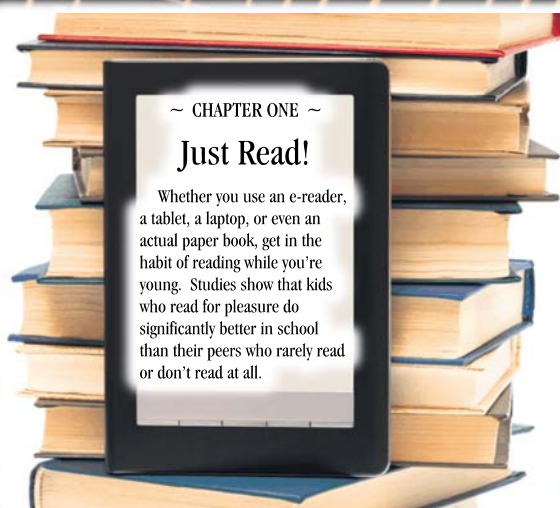


This institution
is an equal
opportunity
provider.
Menus are

Menus for OCTOBER 2024



NUTRITION TO GO

Microwaved foods may actually retain more nutrients than foods cooked by traditional methods. For example, spinach retains all of its folate (a B vitamin) when microwaved, but only 70% when boiled. Food that's cooked for less time (and in less water) generally keeps more of the good stuff. And always use a microwave-safe container!

A QUICK BITE FOR PARENTS

Tuesday, October 1

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

Chicken Tenders
Vegetable/
Fruit/ Milk

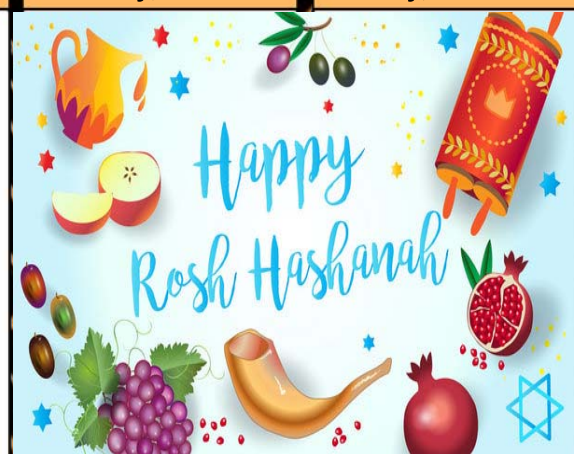
Wednesday, October

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

Pizza
Vegetable/ Fruit/ Milk

Thursday, October 3



Friday, October 4

Monday, October 7

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

Grilled Cheese
Vegetable/
Fruit/ Milk

Tuesday, October 8

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

Chicken Tenders
Vegetable/
Fruit/ Milk

Wed, October 9

Lunch

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

Plain Pasta or Pasta with
Protein
Vegetable
Fruit/ Milk

Thurs, 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

Popcorn Chicken
Vegetable/
Fruit/ Milk

Friday, October 11

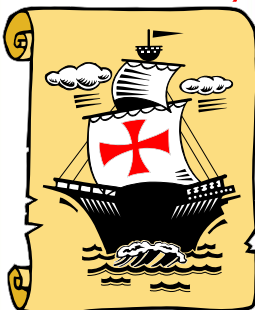
Lunch

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

Pizza
Vegetable/ Fruit/ Milk

Monday, October 14

Columbus Day



No School

Tuesday, October 15

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

Chicken Tenders
Vegetable/
Fruit/ Milk

Wed, 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

Plain Pasta or Pasta with
Protein
Vegetable

Thurs 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

Chicken Patty on a Bun
Vegetable/
Fruit/ Milk

Friday, October 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

Pizza
Vegetable/ Fruit/ Milk

KIDS! Please join us to celebrate National School Lunch Week, October 14-18!



TRICK.

No matter the time of year, a big old bucket, bag, or pillow case full of all-you-can-eat sugar is never a treat -- for kids or adults. For those who feel they MUST collect candy, pick out a couple of favorite pieces and then toss the rest.

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



What's orange, sweet, AND good for you?

Sweet potatoes are naturally sweet, candy-colored veggies. And they're fun to make, too! Mash two baked sweet potatoes with a tablespoon of olive oil, a couple tablespoons of OJ, and half a teaspoon of a spice called garam masala (Google it!). Try this sweet, healthy treat in October, and you'll want to gobble it all winter long!



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

Monday, October 21

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

Mozzarella Sticks
 Vegetable/
 Fruit/ Milk

Tuesday, October 22

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

Chicken Tenders
 Vegetable/
 Fruit/ Milk

Wed, 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

Plain Pasta or Pasta with
 Protein
 Vegetable
 Fruit/ Milk

Thurs, 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

Popcorn Chicken
 Vegetable/
 Fruit/ Milk

Friday, October 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

Pizza
 Vegetable/
 Fruit/ Milk

Monday, October 28

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

Grilled Cheese
 Vegetable/
 Fruit/ Milk

Tuesday, October 29

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

Chicken Tenders
 Vegetable/
 Fruit/ Milk

Wed, 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

Plain Pasta or Pasta with
 Protein
 Vegetable
 Fruit/ Milk

Thurs, 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

Chicken Patty on a Bun
 Vegetable/
 Fruit/ Milk

STAY ALERT & BE SAFE!



YOU NEVER KNOW WHAT YOU MIGHT RUN INTO OUT THERE!

OUR NATION'S HISTORY

WITH LIBERTY & JUSTICE FOR ALL

October brings the 120th renewal of the Baseball World Series. One of the greatest hitters ever, Ted Williams of the Boston Red Sox, only played in the World Series once during his long career from 1939 to 1960. During the prime of his career, however, Williams spent the better part of five baseball seasons serving as a fighter pilot in World War II and the Korean War, flying dozens of combat missions and earning 3 Air Medals.