

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

**MENUS FOR
OCTOBER 2019**

NUTRITION TO GO

The "Fresh Mex" chain restaurants generally offer a healthier range of food choices than typical fast food joints. Salads, grilled veggies, beans, and even fresh tacos and burritos can be quite healthy - but check the numbers. An order of Quesadillas at one "Fresh Mex" place delivers a day-and-a-half's worth of saturated fat!

A QUICK BITE FOR PARENTS

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!**

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!



Tuesday, October 1

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Sausage and Cheese Muffin

Taco Tuesday Lunch

Beef and Cheese Soft Shell Taco
Beef and Cheese with Taco Chips
PB & J Kit (Graham Crackers)
Chef Salad with Graham Crackers
Sides:
Black Bean Salsa
Golden Corn / Lettuce and
Tomato
Fruit and Milk

Wednesday, October 2

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Bagel with Cream Cheese

Lunch

Pasta with Meat Sauce and
Bread Stick
Chicken Patty on Wheat Roll
PB & J Kit (Graham Crackers)
Chef Salad with Graham Crackers
Sides:
Cesar Salad/ Fresh Veggies
Fruit and Milk

Thursday, October 3

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Funnel Cake

Brunch for Lunch

3 French Toast Sticks / Sausage
Hot Ham and Cheese Bagel
PB & J Sandwich
Chef Salad with Round Roll
Sides:
Tater Tots/ Garbanzo Beans
Fruit Juice and Milk

Friday, October 4

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Mini Waffles

Lunch

Cheesy Pizza
Bloom Lunchable
PB & J Sandwich
Chef Salad with Round Roll
Sides:
Cooked Carrots/ Fresh Veggies
Fruit and Milk

Monday, October 7

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Blueberry Muffin with Toast

Lunch

Cheese Stuffed Pretzel Sticks
Grilled Chicken Sandwich
PB & J Sandwich
Chef Salad with Round Roll
Sides:
Emoji Potatoes / Fresh Veggies
Fruit Ice and Milk

Tuesday, October 8

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Ham and Cheese Bagel

Lunch

3 Pierogis with Roll
Cheeseburger on a Roll
PB & J Sandwich
Chef Salad with Round Roll
Sides:
Green Beans /Fresh Veggies
Fruit and Milk

Wednesday, October 9

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or *NEW* Cereal Bar

Lunch

Lasagna Roll up with Sauce and
Garlic Bread Stick
Hot Dog on a Roll
PB & J Sandwich
Chef Salad with Round Roll
Sides:
Cesar Salad/ Fresh Veggies
Fresh Baked Cookie
Fruit and Milk

Thursday, October 10

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Scrambled Eggs and Toast

Lunch

Popcorn Chicken Mashed Potato
Bowl with Roll
Fish Sandwich
PB & J Uncrustable
Chef Salad with Dinner Roll
Sides:
Golden Corn
Baked Fruit Crisp and Milk

Friday, October 11

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Cinnamon Roll

Panther Pride Lunch

Funnel Cake with Sausage
Yogurt Cup with Graham
Crackers
PB & J Sandwich
Chef Salad with Round Roll
Sides: Zesty Baked Beans /Fresh
Veggies
Fruit and Milk



Monday, October 14

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Breakfast Pizza

Lunch

Chicken Sticks with Pretzel
Pulled Pork Sandwich
PB & J Sandwich
Chef Salad with Round Roll
Sides:

Bean Salad / Cesar Salad

Soft Pretzel

Fruit and Milk

Tuesday, October 15

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Sausage and Cheese Bagel

Lunch

5 Corn Dog Nuggets with Roll
Cheese Steak Hoagie
PB & J Uncrustable
Chef Salad with Dinner Roll
Sides:

Steamed Broccoli / Fresh Veggies
Fruit and Milk

Wednesday, October 16

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Egg and Cheese on a Muffin

Lunch

Ham and Cheese Stromboli with
Sauce
Deli Turkey on a Croissant
PB & J Sandwich
Chef Salad with Round Roll

Sides: Mixed Vegetable / Fresh
Veggies

Fruit and Milk

Thursday, October 17

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Funnel Cake

Lunch

Turkey and Waffles
Hot Dog on a Roll
PB & J Sandwich
Chef Salad with Dinner Roll
Sides: Creamy Mashed Potatoes/
Fresh Veggies

Pudding Cup!

Fruit and Milk

Friday, October 18

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Mini Waffles

Lunch

French Bread Pizza
Yogurt Cup with Graham
Crackers
PB & J Sandwich
Chef Salad with Round Roll
Sides:

Garbanzo Beans / Fresh Veggies
Fruit and Milk

National School Lunch Week – October 14 through 18th

Monday, October 21

Act 80 Day

**No School for
Students!**



Tuesday, October 22

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Sausage and Cheese Bagel

Lunch

Salisbury Steak with Roll
Breaded Chicken Sandwich
PB & J Uncrustable
Chef Salad with Dinner Roll
Sides:

Creamy Mashed Potatoes / Fresh
Veggies
Fruit and Milk

Wednesday, October 23

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Cinnamon Roll

Breakfast for Lunch

2 Pancakes with Sausage w/ Syrup
Ham and Cheese Croissant
PB & J Sandwich
Chef Salad with Round Roll
Sides:
Tater Tots / Fresh Veggies
Fruit Juice and Milk

Thursday, October 24

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Scrambled Eggs / Toast

Apple Crunch -Lunch

Toasted Cheese Sandwich
Deli Hoagie
PB & J Kit (Graham Crackers)
Chef Salad with Graham Crackers
Sides:
Tomato Soup with Crackers
Baby Carrots / Fresh Veggies
Apples and Milk

Friday, October 25

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or French Toast Sticks

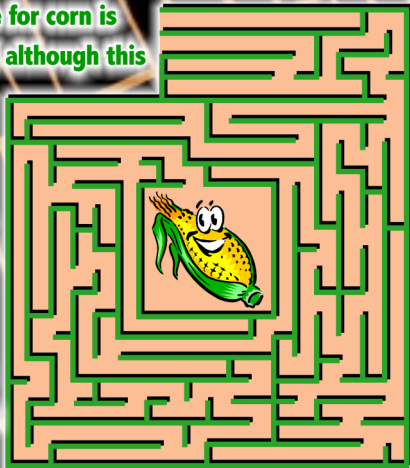
Lunch

Stuffed Crust Pizza Sticks with
Sauce
Bloom Lunchable
PB & J Sandwich
Chef Salad with Round Roll
Sides:
Steamed Broccoli/ Fresh Veggies
Fruit and Milk



**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?



Monday, October 28

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Cereal Bar

Lunch

Popcorn Chicken with Roll
Sloppy Joe on a Bun
PB & J Sandwich
Chef Salad with Round Roll
Sides:

Zesty Baked Beans / Fresh
Veggies
Fruit and Milk

Tuesday, October 29

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Ham and Cheese Muffin

Lunch

Nacho Chips with Cheese and Chili
Turkey and Cheese on Pretzel
Roll

PB & J Sandwich
Chef Salad with Round Roll
Sides:
Salsa / Lettuce and Tomato /
Corn
Fruit Ice and Milk

Wednesday, October 30

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Egg and Cheese Bagel

Lunch

Creamy Macaroni and Cheese
with Roll
Hot Dog on Bun
PB & J Kit (Graham Crackers)
Chef Salad with Graham Crks
Sides:
Steamed Broccoli / Fresh Veggies
Fruit and Milk

Thursday, October 31

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Cinnamon Roll

Fall Fun Lunch

Funnel Cake with Sausage
Hamburger on Bun
PB & J Sandwich
Chef Salad with Round Roll
Sides:
Candied Carrots / Fresh Veggies
Ice Cream!
Fruit and Milk

**HAVE FUN
AND STAY
SAFE!
AND WHATEVER
YOU DO,
DON'T MAKE
FUN OF FRANK'S
COSTUME!**



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