

MENUS FOR OCTOBER 2018

AVAILABLE DAILY



MILK CHOICES:
1% WHITE
FF STRAWBERRY
FF CHOCOLATE

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

Cereal, Fruit or Juice,
Milk Choice

Lunch

Sloppy Joe/ WG Roll or
Sunbutter & Jelly
Baked French Fries
Crunchy Cucumbers
Fruit Choice
Milk Choice

Tuesday, October 2

Breakfast

Warm Bagel or Cereal,
Fruit or Juice, Milk Choice

Lunch

Soft Turkey Taco w/Fixins
Or Tuna Sandwich
Seasoned WG Rice
Corn
Fruit Choice
Milk Choice

Wednesday, October 3

Breakfast

Bagel w/ Egg & Cheese or
Cereal, Fruit or Juice,
Milk Choice

Lunch

Stuffed Crust Pizza or
Sunbutter & Jelly
Fresh Tossed Salad
Fruit Choice
Milk Choice

Thursday, October 4

Breakfast

Cinnamon Roll or Cereal,
Fruit or Juice, Milk Choice

Lunch

Meatballs in Sauce/ Roll
Or Tuna Sandwich
Buttered Noodles
Green Beans
Fruit Choice
Milk Choice

Friday, October 5

Breakfast

Double Chocolate Muffin or
Cereal, Fruit or Juice,
Milk Choice

Lunch

Chicken Nuggets/ WG Roll
Or Yogurt Fun Meal
Caesar Salad
Baby Carrots
Fruit Choice
Milk Choice

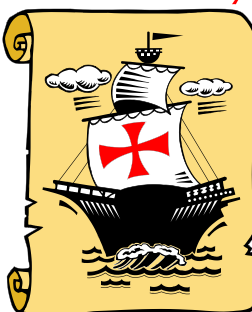
WORLD'S LARGEST

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!

Monday, October 8

Columbus Day



No School

Tuesday, October 9

Breakfast

Warm Bagel or Cereal,
Fruit or Juice, Milk Choice

****Lunch****

PATTERN CHANGE
FREMONT PIZZA OR
SUNBUTTER & JELLY
Caesar Salad
Crunchy Cucumbers
Fruit Choice
Milk Choice

Wednesday, October 10

Breakfast

Bagel w/ Egg & Cheese or
Cereal, Fruit or Juice,
Milk Choice

EARLY RELEASE

****Lunch****

YOGURT
CHEESE STICK
GOLDFISH
BABY CARROTS
APPLE JUICE
MILK CHOICE

Thursday, October 11

Breakfast

Cinnamon Roll or Cereal,
Fruit or Juice, Milk Choice

Lunch

Chicken Teriyaki / Roll
Or Tuna Sandwich
WG Rice
Broccoli
Celery, Hummus
Fruit Choice
Milk Choice

Friday, October 12

Breakfast

Double Chocolate Muffin or
Cereal, Fruit or Juice,
Milk Choice

Lunch

Mini Pancakes/ Sausage or
Yogurt Fun Meal
Hash Brown
Fruit Choice
Milk Choice



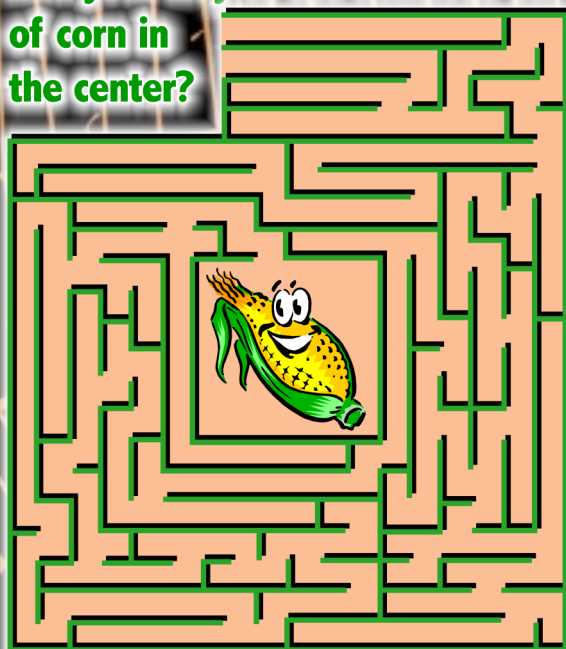


**What's on
YOUR
plate?**



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

Cereal, Fruit or Juice, Milk
Choice

Lunch

Chicken Salad Ciabatta or
Sunbutter & Jelly
Homemade Chicken Soup
Crunchy Cucumbers
Fruit Choice
Milk Choice

Tuesday, October 16

Breakfast

Warm Bagel or Cereal, Fruit
or Juice, Milk Choice

Lunch

Cheeseburger/ WG Roll or
Chicken Salad Sandwich
Baked French Fries
Corn
Fruit Choice
Milk Choice

Wednesday, October 17

Breakfast

Bagel w/ Egg & Cheese or
Cereal, Fruit or Juice,
Milk Choice

Lunch

Big Daddy Pizza
Or Sunbutter & Jelly
Fresh Tossed Salad
Fruit Choice
Milk Choice

Thursday, October 18

Breakfast

Cinnamon Roll or Cereal,
Fruit or Juice, Milk Choice

Lunch

Ham & Cheese Flatbread
Or Chicken Salad Sandwich
Roasted Butternut Squash
Fresh Pepper Strips
Fruit Choice
Milk Choice

Friday, October 19

Breakfast

Double Chocolate Muffin or
Cereal, Fruit or Juice,
Milk Choice

Lunch

Pizza Sticks/ Sauce
Or Yogurt Fun Meal
Powerful Kale
Broccoli Dippers
Fruit Choice
Milk Choice

Monday, October 22

Breakfast

Cereal, Fruit or Juice, Milk
Choice

Lunch

Pasta w/ Garlic Breadstick
Sauce Choice
Or Sunbutter & Jelly
Roasted Broccoli
Fruit Choice
Milk Choice

Tuesday, October 23

Breakfast

Warm Bagel or Cereal, Fruit
or Juice, Milk Choice

Lunch

Popcorn Chicken or
Turkey Sandwich
Baked French Fries
Baby Carrots/ Hummus
Fruit Choice
Milk Choice

Wednesday, October 24

Breakfast

Bagel w/ Egg & Cheese or
Cereal, Fruit or Juice,
Milk Choice

Lunch

Fremont Pizza or
Sunbutter & Jelly
Caesar Salad
Fruit Choice
Milk Choice

Thursday, October 25

Breakfast

Cinnamon Roll or Cereal,
Fruit or Juice, Milk Choice

Lunch

Roast Pork w/ Gravy & Roll
Or Turkey Sandwich
Mashed Potato
Green Peas
Fruit Choice
Milk Choice

Friday, October 26

Breakfast

Double Chocolate Muffin or
Cereal, Fruit or Juice,
Milk Choice

Lunch

Gr Cheese Flatbread or
Yogurt Fun Meal
Tomato Soup
Goldfish
Celery Sticks
Fruit Choice
Milk Choice

Monday, October 29

Breakfast

Cereal, Fruit or Juice, Milk
Choice

Lunch

Corn Dog or Hot Dog
Or Sunbutter & Jelly
Boston Baked Beans
Baked French Fries
Fruit Choice
Milk Choice

Tuesday, October 30

Breakfast

Warm Bagel or Cereal, Fruit
or Juice, Milk Choice

Lunch

Turkey Ciabatta or
Ham Sandwich
Homemade Vegetable Soup
Broccoli Dippers
Carrot Sticks
Fruit Choice
Milk Choice

Wednesday, October 31

Breakfast

Bagel w/ Egg & Cheese or
Cereal, Fruit or Juice,
Milk Choice

Lunch

Stuffed Crust Pizza or
Sunbutter & Jelly
Fresh Tossed Salad
Spooky Sundae
Fruit Choice
Milk Choice

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

