

# OCTOBER

## Breakfast Lunch

### Tuesday, October 1st

Scrambled Eggs	Cheesy, Beefy Macaroni
Biscuit w/ Jelly	Green Beans, Corn, Biscuit
	Honey Mustard Chicken Sandwich
	Chicken Salad Sandwich

### Wednesday, October 2nd

Blueberry Muffin	Chicken Stewed Thigh w/ Gravy, Brown Rice, Mixed Salad w/ Carrots
	Hamburger & Dressing Cup
	Garden Salad w/ Ham

### Thursday, October 3rd

Breakfast Sausage Sandwich	Turkey Nachos - Turkey Meat, Lettuce, Cheese, Pinto Beans, Salsa, Chips
	Cheeseburger
	Chicken Parm Panini

### Friday, October 4th

French Toast Sticks	Pepperoni Pizza, Mixed Salad w/ Carrots, Corn
	Turkey & Cheese Ciabatta
	Southwest Salad



## Healthier Trick-Or-Treating!

Halloween marks the official kick-off of the holiday season. It's important to be mindful that while Halloween involves spooky decorations and plenty of fun costumes, it also involves lots and lots of candy. Here are a few important tips for providing a healthier Halloween for you and your children!



- Be Aware of Calories:** Watching what we eat is especially hard during the holidays. It's key to remember when trick-or-treating that even just nibbling on candy will add up to extra calories if it's done frequently throughout the night. These candies are of the highest calories when consumed: Reese's Peanut Butter Cups – 110 calories, Peanut M&M's – 90 calories and Butterfingers – 85 calories.
- Wait to Buy Halloween Candy:** If you wait to buy Halloween candy until the day of the event, you will be less tempted to indulge in your purchases. If you still have a hard time kicking your sweet tooth, purchase non-candy items like spider rings or Halloween pencils to pass out when children arrive at your door.
- Eat Before You Trick-or-Treat:** Eating dinner before going trick-or-treating will stop you from over-indulging in candy throughout the night. Make a plan with your kids that they can eat one or two pieces when they get home as dessert before bed time.
- Stay Active:** Trick-or-treating is a great way to get your kids moving. Walking around the neighborhood will help balance out the calories from the few pieces of candy your child will consume

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

## Available Daily

### All Meals Served With:

Low Fat White Milk  
Or Non Fat Chocolate Milk  
And Fresh Fruit or Fruit Juice  
**Cereal & Cheese String Served  
Everyday as Alternate Breakfast**

## Breakfast Lunch

### Monday, October 7th

Yogurt Parfait w/ Granola	White Beans and Rice
	Green Beans, Cornbread
	Cheese Pizza
	California Salad

### Tuesday, October 8th

Scrambled Eggs	Chili w/ Cheese, Rice
Sausage Link, Toast	Sour Cream, Corn, Biscuit
	Chicken Ranch Sandwich
	Hot Dog w/ Chili

### Wednesday, October 9th

Banana Muffin	Oven Fried Chicken
	Tator Tots w/ Ketchup
	Broccoli, Biscuit
	Pepperoni Pizza
	Chicken Ranch Sandwich

### Thursday, October 10th

Chicken & Maple Waffles	Turkey Tacos w/ Chili, Salsa
	Cheese, Lettuce, Corn, Rice
	Meatball Sub Ciabatta
	Honey Mustard Chicken Sandwich

### Friday, October 11th

Cinnamon Rolls w/ Icing	Hot Dog w/ Chili, Cheese
	French Fries w/ Ketchup
	Turkey & Cheese Ciabatta
	Southwest Salad

► **Available Daily**

**All Meals Served With:**

Low Fat White Milk  
Or Non Fat Chocolate Milk  
And Fresh Fruit or Fruit Juice

**Cereal & Cheese String Served Everyday as Alternate Breakfast**

**Breakfast Lunch**

**Monday, October 14th**

Egg & Cheese Muffin	Meatball Marinara on Ciabatta, Steamed Corn Chicken Ranch Salad Baked Potato w/ Chili & Sour Cream
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**Tuesday, October 15th**

Scrambled Eggs Biscuit w/ Jelly	Chicken Tenders, Potato Wedges w/ Ketchup Carrots w/ Ranch, Biscuit Turkey & Cheese Panini Garden Salad w/ Ham
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**Wednesday, October 16th**

Blueberry Muffin	BBQ Chicken Thigh Mac & Cheese, Baked Beans, Green Beans Hamburger, Dressing Cup Hot Dog w/ Chili
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**Thursday, October 17th**

Maple Pancake Chicken Sausage Sandwich	Spaghetti and Meat Sauce Green Beans, Breadstick Honey Mustard Chicken Sandwich Chicken Parm Panini
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**Friday, October 18th**

French Toast Sticks	Chicken & Sausage Gumbo Brown Rice, Mixed Salad w/ Tomatoes, Wheat Crackers Pepperoni Pizza Buffalo Chicken Wrap
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**Breakfast Lunch**

**Monday, October 21st**

Yogurt Parfait w/ Granola	Red Beans & Rice Carrots w/ Ranch, Cornbread Cheese Pizza California Salad
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**Tuesday, October 22nd**

Chicken and Maple Waffles	Hamburger w/ French Fries, Dressing Cup Turkey & Cheese Panini Chicken Ranch Wrap
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**Wednesday, October 23rd**

Banana Muffin	Herb Roasted Chicken w/ Rice and Gravy, Peas Salad w/ Carrots, Biscuit Hamburger Dressing Cup Hot Dog w/ Chili & Cheese
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**Thursday, October 24th**

Grits w/ Butter Sausage Patty	Frito Pie - Chili, Cheese, Lettuce, Sour Cream, Chips Steamed Corn, Salsa BBQ Chicken Sandwich Meatball Sub Ciabatta
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**Friday, October 25th**

Cinnamon Rolls w/ Icing	Lasagna, Green Beans Pepperoni Pizza Chicken Caesar Salad
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**What's In Season: Pumpkin**

When we think of fall, one of the first things that come to mind are pumpkins. But did you know that pumpkins have several health benefits that we may be missing out on?



Pumpkins are:

1. Rich in vitamin A and carotenoids
2. A great way to lower cholesterol and improve heart health
3. Great sources of zinc and fiber
4. Excellent for skin health and protection
5. Loaded with potassium for refueling
6. Known to boost mood and aid in sleeping patterns

**Breakfast Lunch**

**Monday, October 28th**

Chicken Maple Waffle	Spaghetti and Meatballs Green Beans, Corn Honey Mustard Chicken Sandwich Chicken Salad Sandwich
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**Tuesday, October 29th**

Breakfast Sausage Sandwich	BBQ Chicken Sandwich Tator Tots w/ Ketchup Baked Beans Turkey & Cheese Ciabatta Southwest Salad
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**Wednesday, October 30th**

Blueberry Muffin	Salisbury Steak w/ Gravy Rice, Steamed Broccoli, Green Beans, Biscuit Cheese Burger Chicken Salad Sandwich
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**Thursday, October 31st**

Maple Pancake Chicken Sandwich	Cheeseburger Mac, Corn, Carrots w/ Ranch Hamburger, Dressing Cup Hot Dog w/ Chili
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**National School Lunch Week:  
October 14th - October 18th**



The National School Lunch Program (NSLP) serves more than 30 million children every school day. President John F. Kennedy created National School Lunch Week (NSLW) in 1962 to promote the importance of a healthy school lunch in a child's life and the impact it has inside and outside of the classroom. The National School Lunch Week 2019 theme is "School Lunch: What's on Your Playlist?" which spotlights the wide variety of flavors, dishes, delivery options and tastes that can be customized in today's school lunch. Be sure to incorporate this year's theme with your students this October.