



*Breakfast Lunch*

*Tuesday, October 1st*

Scrambled Eggs    Cheesy, Beefy Macaroni  
Biscuit w/ Jelly    Green Beans, Steamed Corn

*Wednesday, October 2nd*

Blueberry Muffin    Chicken Stewed Thigh w/  
Gravy, Brown Rice, Mixed  
Salad w/ Carrots

*Thursday, October 3rd*

Breakfast Sausage    Turkey Nachos - Turkey  
Sandwich    Meat, Lettuce, Cheese,  
Pinto Beans, Salsa, Chips

*Friday, October 4th*

French Toast    Pepperoni Pizza, Mixed  
Sticks    Salad w/ Carrots



**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.

**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    White Beans and Rice  
w/ Granola    Green Beans, Cornbread

*Tuesday, October 8th*

Scrambled Eggs    Chili w/ Cheese, Rice  
Sausage Link, Toast    Sour Cream, Corn

*Wednesday, October 9th*

Banana Muffin    Oven Fried Chicken  
Tator Tots w/ Ketchup  
Broccoli, Dinner Roll

*Thursday, October 10th*

Chicken & Maple    Turkey Tacos w/ Chili, Salsa  
Waffles    Cheese, Lettuce, Corn

*Friday, October 11th*

Cinnamon Rolls    Hot Dog w/ Chili, Cheese  
w/ Icing    French Fries w/ Ketchup



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 14th**

Egg & Cheese Muffin      Meatball Marinara on Ciabatta, Steamed Corn

**Tuesday, October 15th**

Scrambled Eggs Biscuit w/ Jelly      Chicken Tenders, Potato Wedges w/ Ketchup Carrots w/ Ranch

**Wednesday, October 16th**

Blueberry Muffin      BBQ Chicken Thigh Mac & Cheese, Baked Beans, Green Beans

**Thursday, October 17th**

Maple Pancake Chicken Sausage Sandwich      Spaghetti and Meat Sauce Green Beans, Breadstick

**Friday, October 18th**

French Toast Sticks      Chicken & Sausage Gumbo Brown Rice, Mixed Salad w/ Tomatoes, Wheat Crackers



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**Breakfast Lunch**

**Monday, October 21st**

Yogurt Parfait w/ Granola      Red Beans & Rice Carrots w/ Ranch, Cornbread

**Tuesday, October 22nd**

Chicken and Maple Waffles      Hamburger w/ French Fries, Dressing Cup

**Wednesday, October 23rd**

Banana Muffin      Herb Roasted Chicken w/ Rice and Gravy, Peas Salad w/ Carrots

**Thursday, October 24th**

Grits w/ Butter Sausage Patty      Frito Pie - Chili, Cheese, Lettuce, Sour Cream, Chips Steamed Corn, Salsa

**Friday, October 25th**

Cinnamon Rolls w/ Icing      Lasagna, Green Beans

**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 cholesterols 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 effective sleeping patterns

**Breakfast Lunch**

**Monday, October 28th**

Chicken Maple Waffle      Spaghetti and Meatballs Green Beans, Corn

**Tuesday, October 29th**

Breakfast Sausage Sandwich      BBQ Chicken Sandwich Tator Tots w/ Ketchup Baked Beans

**Wednesday, October 30th**

Blueberry Muffin      Salisbury Steak w/ Gravy Rice, Steamed Broccoli, Green Beans, Salad w/ Carrots

**Thursday, October 31st**

Maple Pancake Chicken Sandwich      Cheeseburger Mac, Corn, Carrots w/ Ranch

**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.