

MENUS FOR OCTOBER 2026



FSD5 Johnsonville Elementary School and PDCAP Headstart

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



Break begins at the end of classes:

Friday, October 2

Classes Resume:

Monday, October 12

Monday, October 12

Breakfast

Mini Waffles
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Sloppy Joes on Bun
Fries, Celery Sticks
Fruit & Milk Choice

Tuesday, October 13

Breakfast

Sausage Biscuit
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Mexican Pizza
Pinto Beans
Salad w/ Ranch
Fruit & Milk Choice

Wednesday, October 14

Breakfast

Pancake Pup
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Chicken Bog
Lima Beans
Salad w/ Ranch
Fruit & Milk Choice

Thursday, October 15

Breakfast

Biscuits and Gravy or Cereal
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Chicken Nuggets
Mac n Cheese
Salad w/ Ranch
Fruit & Milk Choice

Friday, October 16

Breakfast

Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Hot Dog,
Chips,
Veg Sticks
Fruit & Milk Choice

Thursday, October 1

Breakfast

Eggs & Grits or Cereal
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Garlic Parm Wings
Mac n Cheese, Carrots w/
Ranch, Roll
Fruit & Milk Choice

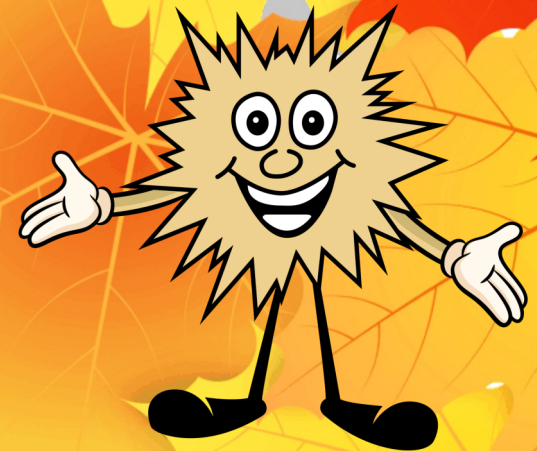
Friday, October 2

Breakfast

Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Pizza
Corn
Salad w/ Ranch
Fruit & Milk Choice



OCTOBER IS

*Breast
Cancer*

AWARENESS
MONTH

★OUR NATION'S HISTORY★

The United States National Park Service was created 110 years ago in 1916. One year later, Yellowstone National Park became the first park managed by the new service. In 2025, recreation visits to all 400+ Park Service sites topped 320 million!



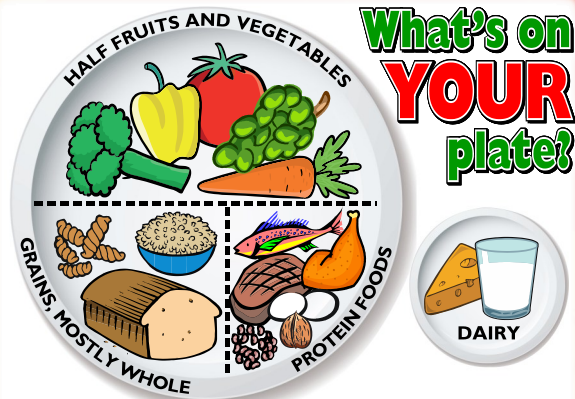
★WITH LIBERTY & JUSTICE FOR ALL★



**JUST WHAT
THE DOCTOR
ORDERED.**

Experts urge that we eat 5-9 servings of fruits and vegetables every day – and a growing number of American doctors are putting that advice in writing by actually prescribing fruits and vegetables for their patients.

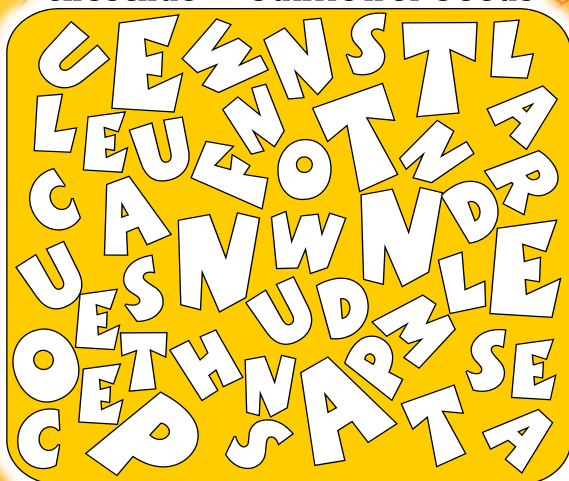
**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**



What food isn't so nutty after all?

Nuts and seeds are an incredible snack, full of protein, fiber, and great taste! But one popular treat that you might think belongs with the nuts on this list isn't really a nut at all. To discover the answer, find and color all of the letters in each word on the list, and then unscramble the leftover letters to learn the name of the nutty food that's not really a nut!

Walnut Pecan Almond
Chestnut Sunflower Seeds



ANSWER:

These "nuts" are actually a "legume" or type of bean. They contain more protein than true nuts, plus lots of vitamins, minerals, and fiber. So whatever you call them, go ahead and go nuts!

Learn more at www.MYPLATE.gov or <https://kidshealth.org/en/kids/nutrition/food/>

Monday, October 19

Breakfast

Breakfast Pizza
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Cheeseburger
Fries
Lettuce / Tomato / Mayo
Fruit & Milk Choice

Tuesday, October 20

Breakfast

Mini Pancakes
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Walking Taco
Black Beans
Salad w/ Ranch
Fruit & Milk Choice

Wednesday, October 21

Breakfast

French Toast Sticks
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Steak & Gravy
Mashed Potatoes
Broccoli w/ Cheese
Roll
Fruit & Milk Choice

Thursday, October 22

Breakfast

Eggs & Grits or Cereal
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Teriyaki Chicken w/ Rice
Glazed Carrots,
Celery Sticks, Roll
Fruit & Milk Choice

Friday, October 23

Breakfast

Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Pizza
Corn
Salad w/ Ranch
Fruit & Milk Choice

Monday, October 26

Breakfast

Mini Waffles
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Chicken Sandwich
French Fries, Lettuce and
Tomato
Fruit & Milk Choice

Tuesday, October 27

Breakfast

Sausage Biscuit
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Mexican Pizza
Pinto Beans
Salad w/ Ranch
Fruit & Milk Choice

Wednesday, October 28

Breakfast

Pancake Pup
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Spaghetti w/ Meat Sauce
Green Beans
Carrots w/ Ranch
Breadsticks
Fruit & Milk Choice

Thursday, October 29

Breakfast

Biscuits and Gravy or Cereal
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Popcorn Chicken
Green Beans, Roll
Fruit & Milk Choice

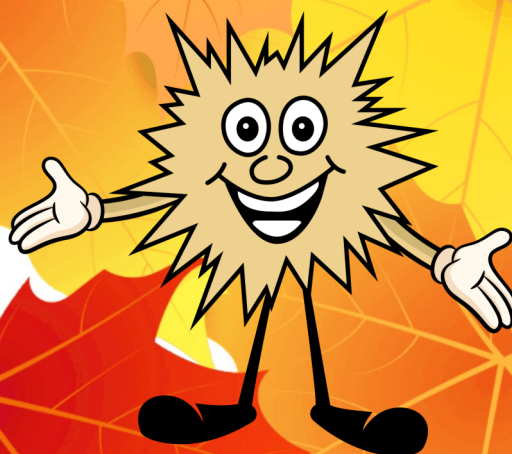
Friday, October 30

Breakfast

Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Corn Dog,
Chips
Veg Sticks
Fruit & Milk Choice



Word of the Month

tol·er·ance

n. 1. willingness to recognize and respect the beliefs or practices of others 2. understanding of those who are different from oneself

VEGETABLE

Cauliflower



Cauliflower loses some of its fantastic nutrients when it's boiled.

Instead, steam it or cut it into small florets and roast it in the oven sprinkled with a little olive oil and salt.

OF THE MONTH