

Menus for October 2025



FSD5 Johnsonville Elementary and PDCAP Headstart

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

**YOU NEVER
KNOW WHAT YOU
MIGHT RUN INTO
OUT THERE!**



**STAY ALERT
& BE SAFE!**

Wednesday, October 1

Breakfast

Pancake Pup
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
BBQ on Bun
Fries, Carrot Sticks
Fruit & Milk Choice

Thursday, October 2

Breakfast

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

Lunch

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

Word of the Month mor·al

adj. 1. Conforming to standards of what is right or just in behavior; virtuous 2. Arising from conscience or the sense of right and wrong: a *moral* obligation 3. Ethical



MONTANA
"Big Sky Country"
Admitted to the Union November 8, 1889 as the 41st State
State Capital: Helena

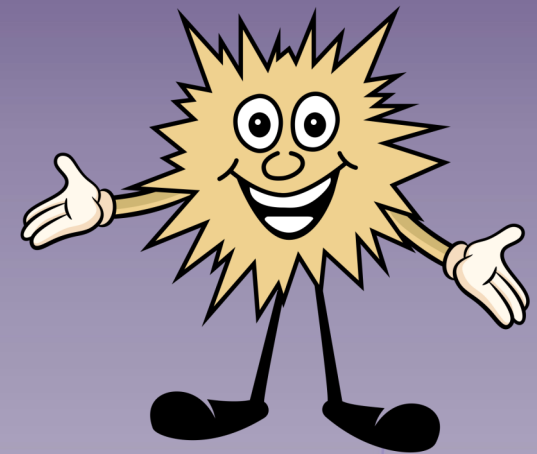


Break begins at the end of classes:

Thursday, October 2

Classes Resume:

Monday, October 13



**ARE YOU
READY FOR
THIS GUY?**



The flu bug makes the scene in October and can stick around until May!
The flu vaccine can keep the bug at bay, help limit the spread of the flu in our community, and make the illness less severe if you do come down with it.

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

Monday, October 13

Breakfast

Breakfast Pizza
Fruit, Juice, & Milk Choice

Lunch

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

Tuesday, October 14

Breakfast

Mini Pancakes
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Beef Tacos
Pinto Beans
Let/Tom
Fruit & Milk Choice

Wednesday, October 15

Breakfast

French Toast Sticks
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Shepherd's Pie
Mixed Vegetables
Mashed Potatoes
Roll
Fruit & Milk Choice

Thursday, October 16

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 17

Breakfast

Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch

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



**What's on
YOUR
plate?**

Fruits and Veggies can help you make MAGIC!

Try to eat 5-10 servings of Fruits and Veggies every day to make MAGIC on your plate!

1. Write the total number of fruit and veggie servings you eat on an average day _____
2. Multiply your average servings by 2 _____
3. Add 5 to the number on line 2 _____
4. Multiply line 3 by 50 _____
5. Write 1765 if you've had your birthday this year or 1764 if you haven't _____
6. Add lines 4 and 5 together _____
7. Write the year you were born _____
8. Subtract line 7 from line 6 _____

The first digit on line 8 is your number of servings from line 1, and the remaining digits are your age. Now, increase your daily servings of fruits and veggies today and try it again!

It works like MAGIC!



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



**ALL STUDENTS EAT ALL MEALS @
NO COST ALL YEAR LONG**

FSD5 Johnsonville Elementary School

WHAT'S WRONG WITH THIS PICTURE? IN REAL LIFE, **ELEPHANTS ARE INCAPABLE OF JUMPING!** KEEP THAT IN MIND IF YOU'RE EVER PUTTING TOGETHER AN ALL-ANIMAL BASKETBALL TEAM!

STRANGE BUT TRUE!



Monday, October 20	Tuesday, October 21	Wednesday, October 22	Thursday, October 23	Friday, October 24
Breakfast Mini Waffles Fruit, Juice, & Milk Choice	Breakfast Sausage Biscuit Fruit, Juice, & Milk Choice	Breakfast Pancake Pup Fruit, Juice, & Milk Choice	Breakfast Biscuits and Gravy or Cereal Fruit, Juice, & Milk Choice	Breakfast Cereal Bar or Cereal Fruit, Juice, & Milk Choice
Lunch Chef Salad w/ Ham Or Sloppy Joes on Bun Fries, Celery Sticks Fruit & Milk Choice	Lunch Southwest Salad w/ Chicken Or Mexican Pizza Pinto Beans Salad w/ Ranch Fruit & Milk Choice	Lunch Chef Salad w/ Ham Or Beefy Macaroni Corn Salad w/ Ranch Breadstick Fruit & Milk Choice	Lunch Southwest Salad w/ Chicken Or Chicken Nuggets Mac n Cheese, Carrots w/ Ranch, Roll Fruit & Milk Choice	Lunch Chef Salad w/ Ham Or Hot Dog, Chips, Carrot w/ Ranch Fruit & Milk Choice
Monday, October 27	Tuesday, October 28	Wednesday, October 29	Thursday, October 30	Friday, October 31
Breakfast Breakfast Pizza Fruit, Juice, & Milk Choice	Breakfast Mini Pancakes Fruit, Juice, & Milk Choice	Breakfast French Toast Sticks Fruit, Juice, & Milk Choice	Breakfast Eggs & Grits or Cereal Fruit, Juice, & Milk Choice	Breakfast Cereal Bar or Cereal Fruit, Juice, & Milk Choice
Lunch Chef Salad w/ Ham Or Cheeseburger Sweet Potato Fries Lettuce / Tomato / Mayo Fruit & Milk Choice	Lunch Southwest Salad w/ Chicken Or Walking Taco Black Beans Salad w/ Ranch Fruit & Milk Choice	Lunch Chef Salad w/ Ham Or Steak & Gravy Mashed Potatoes Broccoli w/ Cheese Roll Fruit & Milk Choice	Lunch Southwest Salad w/ Chicken Or Teriyaki Chicken w/ Rice Glazed Carrots, Celery Sticks, Roll Fruit & Milk Choice	Lunch Chef Salad w/ Ham Or Pizza Corn Salad w/ Ranch Fruit & Milk Choice