

Menus for October 2025

FSD5 Johnsonville High School

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

ARE YOU READY FOR THIS GUY?



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

The flu bug makes the scene in October and can hang around until May! Protect yourself. 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.

Featured Specials of the Day

Wednesday, October 1

Pork Carnitas or Fried Shrimp
Cheese Grits, Biscuit
Mix Vegetables

Thursday, October 2

Turkey & Cheese Croissant
Let/Tom, Dill Pickle Chips

Friday, October 3

Teacher Work Day

October 6-10

Fall Break!!

Featured Specials of the Day

Monday, October 13

BBQ Sandwich
French Fries
Cucumber Slices

Tuesday, October 14

South of the Border Nachos
Beans, Shredded Let and Tom

Wednesday, October 15

Chick-Filet Sandwich or Fish Sticks
Mashed Potatoes, Roll
Mix Vegetables

Thursday, October 16

Popcorn Chicken
Tater Tots, Cherry Tomatoes
Roll

Friday, October 17

Pizza
Corn, Sun Chips

BREAKFAST DAILY

Monday/Wednesday - *Grits and Eggs*

Tuesday/Thursday - *Biscuits and Gravy*

Friday - *Breakfast Sandwich*

Fruit and Milk Choice Available Daily

LUNCH DAILY

Salad Bar

Uncrustable

Fruit and Milk Choice



THE Top 10 Artists
September 2025
Source: Billboard

LIST

- 1/Morgan Wallen
- 2/Taylor Swift
- 3/Conan Gray
- 4/HUNTR/X: EIAE, Audrey Nuna & REI AMI
- 5/Billie Eilish
- 6/Alex Warren
- 7/Sabrina Carpenter
- 8/Kendrick Lamar
- 9/Benson Boone
- 10/Drake

eatfit

wanna stay fit?
gotta eat right!

There's magic at
the produce
stand!



Try to eat 5-10 servings of Fruits and Veggies
every day to make sure you **EAT FIT!**

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 1775 if you've had your birthday
this year or 1774 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!

PLEASE
SEE OTHER
PAGE FOR ITEMS
AVAILABLE DAILY

Featured Specials of the Day

Monday, October 20

Cheeseburger
French Fries
Beans, Let & Tom

Tuesday, October 21

Chicken Enchiladas
Pinto Beans
Shredded Let and Tom

Wednesday, October 22

Spaghetti in Meat Sauce
Green Beans, Bosco Stick
Small Salad

Thursday, October 23

Chicken Tenders
French Fries, Celery Sticks

Friday, October 24

Hot Dog, Beef Chili
Beans, Chips, Dill Pickle Chips

Brain Ticklers



The word "candy" can be
spelled using just two letters.
What are the two letters?

(Hold the page upside down
and read it in airror for the answer!)

C. auy n'

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!



ST R A N G E
BUT TRUE!

Featured Specials of the Day

Monday, October 27

Chick-Filet Sandwich
French Fries
Let & Tom

Tuesday, October 28

Hard Taco or Walking Taco
Black Beans, Shredded Let & Tom
Salsa, Sour Cream & Cheese

Wednesday, October 29

Teriyaki Chicken w/ Rice
Broccoli w/ Cheese,
Carrots w/ Ranch

Thursday, October 30

Garlic Parm Wings
Small Salad, Veggie Sticks

Friday, October 31

Corn Dog
Chips, Carrots w/ Ranch