

Tuesday, October I

Breakfast

Mini Pancakes
Fruit, Juice, & Milk Choice

Lunch

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

Wednesday, October 2

Breakfast

Pop Tart and Yogurt Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham Or Beefy Macaroni Corn Salad w/ Ranch Breadstick Fruit & Milk Choice Thursday, October 3

Breakfast

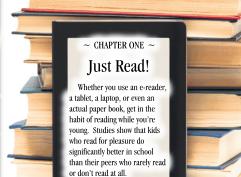
French Toast Sticks
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken Or Grilled Cheese Chips Carrots w/ Ranch Fruit & Milk Choice No School Today

Friday, October 4

Teacher Work Day



Break

Break begins Mondey, October 7

Classes Resume

Monday, October 14



AWARENESS MONTH



CALIFORNIA

"The Golden State"
Admitted to the Union September 9, 1850 as the 31st State
State Capital: Sacramento

Monday, October 14

Breakfast

Blueberry Muffin Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham Or Pork Chop Sandwich Let/Tom French Fries Fruit & Milk Choice Tuesday, October 15

Breakfast

Mini Pancakes
Fruit, Juice, & Milk Choice

<u>Lunch</u>

Southwest Salad w/ Chicken Or Mexican Pizza Pinto Beans Salad w/ Ranch Fruit & Milk Choice Wednesday, October 16

<u>Breakfast</u>

Pop Tart and Yogurt Fruit, Juice, & Milk Choice

<u>Lunch</u>

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

Thursday, October 17

Breakfast

Breakfast Pizza Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
BBQ Chicken
Broccoli w/ Cheese
Mashed Potatoes
Roll
Fruit & Milk Choice

Friday, October 18

Breakfast

Cereal Bar or Cereal Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Hot Dog w/ Chili
French Fries
Beans
Fruit & Milk Choice

TRICK

No matter the time of year, a big old bucket, bag, or pillow case full of all-you-can-eat sugar is never a treat -- for kids or adults. For those who feel they MUST collect candy, pick out a couple of favorite pieces and then toss the rest.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!



What's orange, sweet, AND good for you?

Sweet potatoes are naturally sweet, candy-colored veggies. And they're fun to make, too! Mash two baked sweet potatoes with a tablespoon of olive oil, a couple tablespoons of OJ, and half a teaspoon of a spice called garam masala (Google it!). Try this sweet, healthy treat in October, and you'll want to gobble it all winter long!



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

Monday, October 21

Breakfast

Cinnamon Roll Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Rib Sandwich
Sweet Pot Fries
Broccoli w/ Cheese
Fruit & Milk Choice

Tuesday, October 22

Breakfast

Sausage Biscuit Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken Or Chicken Empanadas Corn Salad w/ Ranch Fruit & Milk Choice

Wednesday, October 23 Breakfast

Pancake Pup

Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham

Shepherd's Pie

Mixed Vegetables

Mashed Potatoes

Roll

Fruit & Milk Choice

Thursday, October 24

Breakfast

French Toast Sticks
Fruit, Juice, & Milk Choice

<u>Lunch</u>

Southwest Salad w/ Chicken Or Garlic Parm wings Green Beans Macaroni w/ Cheese Carrots w/ Ranch Fruit & Milk Choice

Friday, October 25 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 28

Breakfast

Blueberry Muffin Fruit, Juice, & Milk Choice

Lunch

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

Tuesday, October 29

Breakfast

Mini Pancakes
Fruit, Juice, & Milk Choice

Lunch

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

Wednesday, October 30

Breakfast

Pop Tart and Yogurt Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham Or Beefy Macaroni Corn Salad w/ Ranch Breadstick Fruit & Milk Choice

Thursday, October 31

Breakfast

Breakfast Pizza Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken Or Teriyaki Chicken w/ Rice Steam Broccoli Glazed Carrots Roll Fruit & Milk Choice

Our Nation's History



ctober brings the 120th renewal of the Baseball World Series. One of the greatest hitters ever, Ted Williams of the Boston Red Sox, only played in the World Series once during his long career from 1939 to 1960. During the prime of his career, however, Williams spent the better part of five baseball seasons serving as a fighter pilot in World War II and the Korean War, flying dozens of combat missions and earning 3 Air Medals.

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Know what you might run into