

**FSD5 Johnsonville
Elementary and
Middle, PDCAP
Headstart**

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

MENUS FOR OCTOBER 2024

Tuesday, October 1

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

Friday, October 4

No School Today
Teacher Work Day

~ CHAPTER ONE ~
Just Read!

Whether you use an e-reader, a tablet, a laptop, or even an actual paper book, get in the habit of reading while you're young. Studies show that kids who read for pleasure do significantly better in school than their peers who rarely read or don't read at all.



Break begins
Monday, October 7
Classes Resume:
Monday, October 14

OCTOBER IS
**Breast
Cancer**
AWARENESS
MONTH

OUR 50 STATES

CALIFORNIA REPUBLIC

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

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

Wednesday, October 16

Breakfast
Pop Tart and Yogurt
Fruit, Juice, & Milk Choice

Lunch
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!

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
 Or
 Shepherd's Pie
 Mixed Vegetables
 Mashed Potatoes
 Roll
 Fruit & Milk Choice

Thursday, October 24

Breakfast
 French Toast Sticks
 Fruit, Juice, & Milk Choice

Lunch
 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



What's on YOUR plate?

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 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

STAY ALERT & BE SAFE!



YOU NEVER KNOW WHAT YOU MIGHT RUN INTO OUT THERE!

OUR NATION'S HISTORY



October 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.

WITH LIBERTY & JUSTICE FOR ALL