

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 Uncrustable or Beef Tacos or Chicken Salad Croissant
Broccoli, 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 Uncrustable or Beef Stroganoff or BBQ Pork
Corn, Cole Slaw
Salad w/ Ranch Roll
Fruit & Milk Choice

Thursday, October 3

Breakfast
French Toast Sticks
Fruit, Juice, & Milk Choice

Lunch
Southwest Salad w/ Chicken or Uncrustable or Buffalo Nuggets or BBQ Nuggets
Yams
Green Beans
Roll
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

"The Golden State"

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

Monday, October 14

Breakfast
Mini Waffles
Fruit, Juice, & Milk Choice

Lunch
Chef Salad w/ Ham or Uncrustable or Pork Chop Sandwich or Beef Dipper
Broccoli w/ Cheese, Sweet Potato Fries
Fruit & Milk Choice

Tuesday, October 15

Breakfast
Sausage Biscuit
Fruit, Juice, & Milk Choice

Lunch
Southwest Salad w/ Chicken or Uncrustable or Chicken Caesar Wrap or Mexican Pizza
Corn
Salad w/ Ranch
Fruit & Milk Choice

Wednesday, October 16

Breakfast
Pancake Pup
Fruit, Juice, & Milk Choice

Lunch
Chef Salad w/ Ham or Uncrustable or Beefy Mac or Rib Sandwich
Steamed Broccoli, Salad w/ Ranch
Carrots w/ Ranch, Roll
Fruit & Milk Choice

Thursday, October 17

Breakfast
Breakfast Pizza
Fruit, Juice, & Milk Choice

Lunch
Southwest Salad w/ Chicken or Uncrustable or Buffalo Chicken Nuggets or Mandarin Orange Chicken
Rice, Broccoli w/ Cheese
Roll, Cole Slaw
Fruit & Milk Choice

Friday, October 18

Breakfast
Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch
Chef Salad w/ Ham or Uncrustable or Pizza 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

Smoked Sausage Wrap
 Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham or Uncrustable or Cheese Burger or Ham & Cheese Sammy
 Salad w/ Ranch, Corn, Cucumber Slices
 Fruit & Milk Choice

Tuesday, October 22

Breakfast

Sausage Biscuit
 Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken or Uncrustable or Chicken Empanadas or Turkey
 Cheese Croissant
 Baby Carrots, Beans
 Salad w/ Ranch
 Fruit & Milk Choice

Wednesday, October 23

Breakfast

Pancake Pup
 Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham or Uncrustable or Shrimp n Grits or Pork Carnitas and Grits
 Mixed Vegetables Roll
 Fruit & Milk Choice

Thursday, October 24

Breakfast

French Toast Sticks
 Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken or Uncrustable or White BBQ Chicken Sammy
 Buffalo Wings
 Green Beans, Yams Roll
 Carrots w/ Ranch
 Fruit & Milk Choice

Friday, October 25

Breakfast

Cereal Bar or Cereal
 Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham or Uncrustable or Pizza or Ham and Cheese on Bun
 Corn, Sun Chips
 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 Uncrustable or Baked Spaghetti or Chicken Filet Sandwich
 Lettuce / Tomato / Mayo
 Corn, Garlic Breadstick
 Fruit & Milk Choice

Tuesday, October 29

Breakfast

Mini Pancakes
 Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken or Uncrustable or Beef Tacos or Chicken Salad Croissant
 Broccoli, 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 Uncrustable or Beef Stroganoff or BBQ Pork
 Corn, Cole Slaw
 Salad w/ Ranch Roll
 Fruit & Milk Choice

Thursday, October 31


Breakfast

Breakfast Pizza
 Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken or Uncrustable or Buffalo Nuggets or BBQ Nuggets
 Yams
 Green Beans Roll
 Fruit & Milk Choice

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

STAY ALERT & BE SAFE!



YOU NEVER KNOW WHAT YOU MIGHT RUN INTO OUT THERE!