

Tuesday, October I

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 **BBO 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

OCTOBER IS

Breast

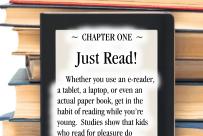
AWARENESS

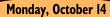
MONTH

ancer

No School Today Teacher Work Day

Friday, October 4





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

Break begins

Nondew October 7

Monday, October 14

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



EN STATES

CALIFORNIA REPUBLIC

CALIFORNIA "The Golden State" Admitted to the Union September 9, 1850 as the 31st State

State Capital: Sacramento

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

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

<u>Lunch</u>

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

<u>Lunch</u>

Chef Salad w/ Ham or Uncrustable or Pizza or Ham and Cheese on Bun Corn, Sun Chips Salad w/ Ranch Fruit & Milk Choice

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

<u>Lunch</u>

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

WITH LIBERTY & JUSTICE FOR AL



Know what you might run into