

OCTOBER HIGH SCHOOL

Milk, Chef Salad, and a Grab N' Go will be offered with every meal.

Monday	Tuesday	Wednesday	Thursday	Friday
September 30 Chicken Parmesan with Garlic Toast or Choice of Pizza Steamed Vegetables Fresh Salad w/ Toppings Fruit Dessert	1 Quesadillas or Crisпитos Pinto Beans Street Corn Homemade Salsa Fresh Salad w/ Toppings Fruit Cup	2 Asian Bowl w/ Fried Rice or Popcorn Chicken Broccoli Normandy Fresh Salad w/ Toppings Fruit Salad	3 Smothered Steak or Chicken Strips w/ Roll Mashed Potatoes Sauteed Vegetables Fresh Salad w/ Toppings Mixed Fruit Cup	4 BBQ Sub or Chicken Sandwich Basket with Fries Lettuce, Pickle, Tomato Fresh Baked Cookie Fresh Fruit
7 Spaghetti w/ Meat Sauce and Garlic Toast or Choice of Pizza Seasoned Corn Fresh Salad w/ Toppings Fruit Cup	8 Nachos Refried Beans Tossed Salad Spanish Rice Homemade Salsa Fresh Salad w/ Toppings Fresh Apple	9 Stuffed Baked Potato with Hot Roll or Ham & Cheese Croissants Macaroni & Cheese Steamed Broccoli Fresh Salad w/ Toppings Fruit Medley	10 ENJOY YOUR DAY OFF!	11 ENJOY YOUR DAY OFF!
14 ENJOY YOUR DAY OFF!	15 Tacos Lettuce & Tomatoes Beans & Rice Homemade Salsa Fresh Salad w/ Toppings Pineapple	16 Loaded Mac & Cheese Bowls Garlic Knot Sauteed Squash Fresh Salad w/ Toppings Fluffy Fruit Salad	17 Steak Fingers or Boneless Wings w/ Roll Mashed Potatoes Seasoned Green Beans Fresh Salad w/ Toppings Cinnamon Apples	18 Chicken Sandwich or Chili Cheese Dog Basket with Fries Lettuce, Pickle, Tomato Fresh Baked Cookie Fresh Fruit
21 Chicken Alfredo with Garlic Bread or Choice of Pizza Seasoned Vegetables Fresh Salad w/ Toppings Fruit Cup	22 Enchiladas or Crisпитos Beans & Rice Fresh Salad w/ Toppings Homemade Salsa Fruit Cup	23 Asian Bowl w/ Fried Rice or Popcorn Chicken Steamed Broccoli Normandy Fresh Salad w/ Toppings Fruit Salad	24 Crispy Chicken Drumstick or Chicken Tenders w/ Roll Mashed Potatoes Green Beans Fresh Salad w/ Toppings Orange Smiles	25 Cheese Burger or Corn Dog Basket w/ Fries Lettuce, Pickle, Tomato Fresh Baked Cookie Fresh Fruit
28 Spaghetti w/ Meat Sauce & Garlic Toast or Choice of Pizza Seasoned Vegetables Fresh Salad w/ Toppings Fruit Dessert	29 Nachos Refried Beans Spanish Rice Homemade Salsa Fresh Salad w/ Toppings Fresh Apples	30 Crispy Chicken Wrap or Sausage Dog Choice of Chips Pasta Salad Fresh Salad w/ Toppings Fruit Cup	31 Mummy Dogs or Corn Dogs Halloween Chips Witch's Beans Goblin Greens Caramel Apples	November 1 Pizza Burger or Chicken Sandwich Basket with Fries Lettuce, Pickle, Tomato Fresh Baked Cookie Fresh Fruit

MOVE & GROOVE

Did you know it is recommended for someone your age to participate in light to intense activity at least 60 minutes a day. It may sound SCARY, but you don't have to do it all at once. You can spread it out over the day and make a game of it! See the chart below for some different activity ideas!

LIGHT	INTENSE
WALKING FAST	STAR JUMPS
BIKE RIDING	SWIMMING
PLAYING AT PARK	PLAYING TAG
CASUAL DANCING	SKIPPING

BREAKFAST

An option of cereal & toast, fresh fruit or fruit cup, and a choice of juice and milk are also offered every day.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week of 9/30, 10/14, 10/28	Breakfast Pizza	Eggs & Bacon w/ Toast	Pig in a Blanket	Biscuits & Gravy	Pancake Wrap
Week of 10/7 & 10/21	Waffles	Eggs & Sausage w/ Toast	Breakfast Sandwich	Banana Bread	Breakfast Tacos