

Menus for October 2021

FLORENCE SCHOOL DISTRICT FIVE

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

OCTOBER IS

Breast Cancer

AWARENESS MONTH

Friday, October 1

Breakfast
Cereal & Graham Crackers
Fruit & Juice Choice
Milk Choice

Lunch
Chef Salad
w/ Ham & Crackers
Or
Ham & Cheese Croissant
Chips
Sliced Tomato
Carrot Sticks w/ Ranch
Fruit & Milk Choice

YOU'RE GOOD

ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

FLORENCE SCHOOL DISTRICT FIVE

Monday, October 4

Breakfast
Blueberry Muffin
Fruit & Juice Choice
Milk Choice

Lunch
Chef Salad
w/ Ham & Crackers
Or
Popcorn Chicken w/ Roll
Green Beans
Yams*
Fruit & Milk Choice

Tuesday, October 5

Breakfast
Sausage Biscuit
Fruit & Juice Choice
Milk Choice

Lunch
Southwest Salad w/
Chicken & Crackers
Or
BBQ on Bun
French Fries
Carrots w/ Ranch
Fruit & Milk Choice

Wednesday, October 6

Breakfast
Cinnamon Roll
Fruit & Juice Choice
Milk Choice

Lunch
Chef Salad
w/ Ham and Crackers
Or
Roasted Chicken w/ Roll
Mashed Potatoes
Broccoli w/ Cheese
Fruit & Milk Choice

Thursday, October 7

Breakfast
Pop Tart & Yogurt
Fruit & Juice Choice
Milk Choice

Lunch
Southwest Salad w/
Chicken & Crackers
Or
Hamburger on Bun
Lettuce / Tomato / Mayo
French Fries
Fruit & Milk Choice

Friday, October 8

Breakfast
Cereal & Graham Crackers
Fruit & Juice Choice
Milk Choice

Lunch
Chef Salad
w/ Ham & Crackers
Or
Corn Dog & Chips
Beans
Carrots w/ Ranch
Fruit & Milk Choice

NO BONES ABOUT IT.

Touch the tip of your nose – that's what bones feel like without calcium. Bones that don't get enough calcium are weaker and more likely to break. Good sources of calcium include milk, yogurt, cheese, and calcium-fortified cereal and orange juice.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!

Monday, October 11

Breakfast
Blueberry Muffin
Fruit & Juice Choice
Milk Choice

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

Tuesday, October 12

Breakfast
Sausage Biscuit
Fruit & Juice Choice
Milk Choice

Lunch
Southwest Salad w/
Chicken & Crackers
Or
Pizza
Corn
Salad w/ Ranch
Fruit & Milk Choice

Wednesday, October 13

Breakfast
Cinnamon Roll
Fruit & Juice Choice
Milk Choice

Lunch
Chef Salad
w/ Ham and Crackers
Or
Steak w/ Gravy & Roll
Mashed Potatoes
Black-Eyed Peas
Fruit & Milk Choice

Thursday, October 14

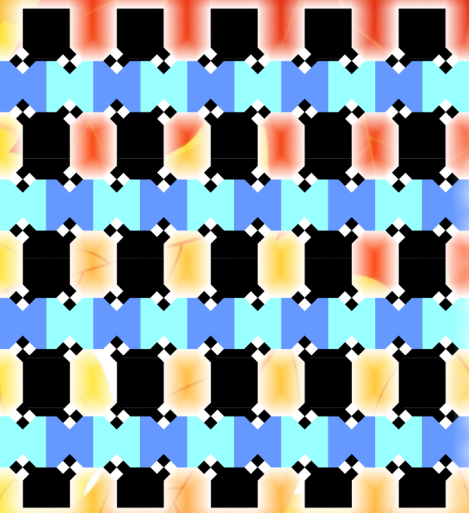
Breakfast
Pop Tart & Yogurt
Fruit & Juice Choice
Milk Choice

Lunch
Southwest Salad w/
Chicken & Crackers
Or
Tacos w/ Cheese
Lettuce / Tomato / Salsa
Pinto Beans
Fruit & Milk Choice

Friday, October 15

Breakfast
Cereal & Graham Crackers
Fruit & Juice Choice
Milk Choice

Lunch
Chef Salad
w/ Ham & Crackers
Or
Ham & Cheese Croissant
Chips
Sliced Tomato
Carrot Sticks w/ Ranch



Only an Illusion

At first glance, the rows of lighter colored squares appear to be slanted – but they're actually parallel to each other. Check it out with a ruler – the distance between the rows of lighter squares is exactly the same on the left and the right!

BEAUTIFUL SWIMMER

The scientific name for the Chesapeake Bay Blue Crab translates to "beautiful swimmer."

Maybe. But their eating habits are hardly pretty. They'll eat just about anything that they can get their claws on – including plants, worms, crustaceans, algae, and any dead stuff they can find in the water!



ANIMAL APPETITES

Monday, October 18

Breakfast

Blueberry Muffin
Fruit & Juice Choice
Milk Choice

Lunch

Chef Salad
w/ Ham & Crackers
Or
Popcorn Chicken w/ Roll
Green Beans
Yams*
Fruit & Milk Choice

Tuesday, October 19

Breakfast

Sausage Biscuit
Fruit & Juice Choice
Milk Choice

Lunch

Southwest Salad w/
Chicken & Crackers
Or
BBQ on Bun
French Fries
Carrots w/ Ranch
Fruit & Milk Choice

Wednesday, October 20

Breakfast

Cinnamon Roll
Fruit & Juice Choice
Milk Choice

Lunch

Chef Salad
w/ Ham and Crackers
Or
Roasted Chicken w/ Roll
Mashed Potatoes
Broccoli w/ Cheese
Fruit & Milk Choice

Thursday, October 21

E-Learning
Day
For Students

Friday, October 22

Teacher
Workday

No School
For Students

Monday, October 25

Breakfast

Blueberry Muffin
Fruit & Juice Choice
Milk Choice

Lunch

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

Tuesday, October 26

Breakfast

Sausage Biscuit
Fruit & Juice Choice
Milk Choice

Lunch

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

Wednesday, October 27

Breakfast

Cinnamon Roll
Fruit & Juice Choice
Milk Choice

Lunch

Chef Salad
w/ Ham and Crackers
Or
Steak w/ Gravy & Roll
Mashed Potatoes
Black-Eyed Peas
Fruit & Milk Choice

Thursday, October 28

Breakfast

Pop Tart & Yogurt
Fruit & Juice Choice
Milk Choice

Lunch

Southwest Salad w/
Chicken & Crackers
Or
Tacos w/ Cheese
Lettuce / Tomato / Salsa
Pinto Beans
Fruit & Milk Choice

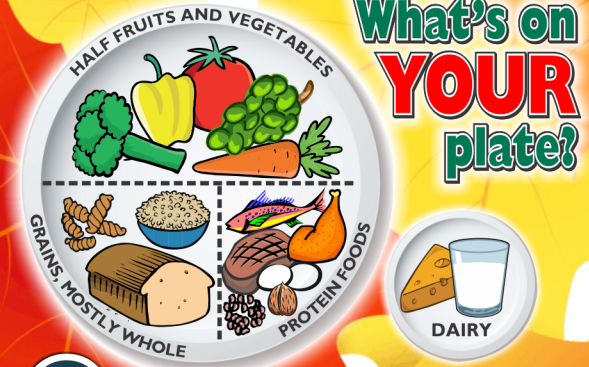
Friday, October 29

Breakfast

Cereal & Graham Crackers
Fruit & Juice Choice
Milk Choice

Lunch

Chef Salad
w/ Ham & Crackers
Or
Ham & Cheese Croissant
Chips
Sliced Tomato
Carrot Sticks w/ Ranch
Fruit & Milk Choice



Q: Besides carving, what else can you POSSIBLY do with a pumpkin?!

A: PLENTY! When the colonists first came to North America, they found Native Americans making mats out of pumpkin strips, using pumpkin as medicine, and also roasting strips and seeds for food. The colonists learned to slice the tops off pumpkins, fill them with milk, spices, and honey and bake them directly in hot ashes. That was the origin of Pumpkin Pie!



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