

PreK to 8th grade Menus for OCTOBER 2024



FUN, FUN, FUN! (& FOOD)

-Pirate's Booty Popcorn offered
with Chicken Drumstick on
Monday
-Fish and Chips on Thursday

NATIONAL SCHOOL LUNCH WEEK
OCTOBER 14-18, 2024

Tuesday, October 1

Breakfast

Chicken Sausage
Biscuit
Banana

Lunch

Scoopin Beef Tacos
with Tortilla Chips &
Queso
Chicken Quesadilla
Salsa
Steamed Corn
Fiesta Black Beans
Fresh Apple

Wednesday, October 2

Breakfast

French Toast Sticks
Craisins

Lunch

Grilled Cheese
Sandwich
Beef Hot Dog on Bun
Deli Roasted Potatoes
Baked Beans
Fruit Crisp

Thursday, October 3

Breakfast

Powdered Mini Donuts
Mandarin Oranges

Lunch

Chicken Chunks
Baked Spaghetti
Dinner Roll
Caesar Salad
Glazed Carrots
Froot Jooce Freeze

Friday, October 4

Breakfast

Turkey Sausage Pizza
Bagel
Tropical Raisels

Lunch

Stuffed Crust
Pepperoni Pizza
Buffalo Fish Dippers
Steamed Broccoli
Sweet Potato Waffle
Fries
Mandarin Oranges

Monday, October 7

NO SCHOOL

Tuesday, October 8

Breakfast

Cinnamon Toast
Crunch Pastry
Fresh Orange

Lunch

Chicken Filet on Bun
Turkey Pot Pie
Candied Yams
Steamed Corn
Fresh Orange

Wednesday, October 9

Breakfast

Mini Pancakes
Craisins

Lunch

Meatballs in Sriracha
Honey Sauce with
Rice
Mini Corn Dogs
Chopped Romaine
Salad
California Blend
Veggies
Spiced Apples

Thursday, October 10

Breakfast

Turkey Pancake
Sausage on a Stick
Mandarin Oranges

Lunch

Chicken Chunks with
Dutch Waffle
Smashburger on Bun
Texas Ranchero
Beans
Mashed Potatoes
Frozen Fruit Cup

Friday, October 11

Breakfast

Froot Loop Waffle
Tropical Raisels

Lunch

Cheese or Pepperoni
Pizza
Chicken Wings with
Dinner Roll
Sweet Potato Waffle
Fries
Broccoli with Cheese
Papaya & Mango Cup

Monday, October 14

Breakfast

Cinnamon Roll
Applesauce Cup

Lunch

Chicken Drumstick
with Pirate's Booty
Popcorn
Morningstar Veggie
Burger with Cheese
Baby Carrots
Mashed Potatoes
Banana

Tuesday, October 15

Breakfast

Turkey Ham &
Cheese Croissant
Fresh Apple

Lunch

Mandarin Orange
Chicken with Chicken
Egg Roll
Mini Corn Dogs
Sweet Potato Soufflé
Broccoli with Cheese
Pineapple Tidbits

Wednesday, October 16

Breakfast

Mini Strawberry
Bagels
Craisins

Lunch

Buffalo Chicken Pasta
with Dinner Roll
Bacon or Regular
Cheeseburger
Lettuce & Tomato
French Fries
Green Beans
Fresh Apple

Thursday, October 17

Breakfast

Fruity Cereal Belgian
Waffle
Mandarin Oranges

Lunch

Buffalo Fish Dipper
with Corn Muffin
Cheese Stix with
Marinara
Deli Roasted Potatoes
Baked Beans
Diced Peaches

Friday, October 18

Breakfast

Super Donut
Tropical Raisels

Lunch

Cheese or Pepperoni
Pizza
Chicken Parmesan
over Spaghetti
Green Peas
Sweet Potato Waffle
Fries
Tropical Fruit

KIDS! Please join us to celebrate National School Lunch Week, October 14-18!



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

Mini Cinnis
Applesauce Cup

Lunch

Baked Mac & Cheese
Teriyaki Chicken
Dumplings with
Chicken Egg Roll
Green Beans
French Fries
Banana

Tuesday, October 22

Breakfast

Chicken Sausage
Biscuit
Banana

Lunch

Scoopin Beef Tacos
with Tortilla Chips and
Queso
Chicken Quesadilla
Steamed Corn
Salsa
Fiesta Black Beans
Fresh Apple

Wednesday, October 23

Breakfast

French Toast Sticks
Craisins

Lunch

Grilled Cheese
Sandwich
Beef Hot Dog on Bun
Deli Roasted Potatoes
Baked Beans
Fruit Crisp

Thursday, October 24

Breakfast

Powdered Mini Donuts
Mandarin Oranges

Lunch

Chicken Chunks
Baked Spaghetti
Dinner Roll
Caesar Salad
Glazed Carrots
Froot Jooce Freeze

Friday, October 25

Breakfast

Turkey Sausage
Breakfast Bagel
Tropical Raisels

Lunch

Stuffed Crust
Pepperoni Pizza
Buffalo Fish Dippers
Steamed Broccoli
Sweet Potato Waffle
Fries
Mandarin Oranges

Monday, October 28

Breakfast

Banana or Berry Bread
Applesauce Cup

Lunch

French Toast Sticks,
Scrambled Eggs, &
Yogurt Cup
General Tso's Chicken
with Rice
Hash Rounds
Green Beans
Banana

Tuesday, October 29

Breakfast

Cinnamon Toast
Crunch Pastry
Fresh Orange

Lunch

Chicken Filet on Bun
Turkey Pot Pie
Candied Yams
Steamed Corn
Fresh Orange

Wednesday, October 30

Breakfast

Mini Pancakes
Craisins

Lunch

Meatballs in Sriracha
Honey Sauce with
Rice
Mini Corn Dogs
California Blend
Veggies
Chopped Romaine
Salad
Spiced Apples

Thursday, October 31

Breakfast

Turkey Sausage
Pancake on a Stick
Mandarin Oranges

Lunch

Stuffed Pepperoni
Pocket
Turkey Ham & Cheese
Anytimer
Mango Punch
Craisins
Mini Rice Krispy Treat

**EARLY RELEASE
HAPPY HALLOWEEN**

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