

Nadaburg Unified School District

Breakfast and Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			1 Bagelful Applesauce, Juice, Milk Bean Burrito Bowl FFV Bar Milk
5 Honey Graham Square Kit w/Apple, Milk Breadstick w/ Marinara FFV Bar Milk	6 Confetti Pancake Applesauce, Juice, Milk Grilled Cheese & Wedges FFV Bar Milk	7 Donut Large Apple, Milk P B & J Sandwich FFV Bar Milk	8 Turkey Ham, Egg Sandwich Applesauce, Juice, Milk Bagel Box FFV Bar Milk
12  13 HAPPY FALL BREAK 14 15			
19 Mini Cinnamon Roll Applesauce, Juice, Milk Chicken Tenders FFV Bar Milk	20 Pancake Wrap Applesauce, Juice, Milk Tostito Scoops w/ Bean Dip FFV Bar Milk	21 Cherry Frudel Applesauce, Juice, Milk Bean Burrito w/ Churro FFV Bar Milk	22 Crescent Roll Applesauce, Juice, Milk Orange Chicken & Rice Bowl FFV Bar Milk
26 Banana Bread Applesauce, Juice, Milk Chicken Nugget w/ Goldfish FFV Bar Milk	27 Mini Waffle Applesauce, Juice, Milk Beef Enchiladas w/ Red Sauce FFV Bar Milk	28 Pancake Bowl Raisels, Milk Meatloaf & Baked Potato FFV Bar Milk	29 French Toast Applesauce, Juice, Milk Bean Tostada FFV Bar Milk
	Nutritional information for lunch: Cycle Week 1: Calories 2163, Sodium 3795 mg, Meat/Meat Alt 8, Grain 6.75 Cycle Week 2: Calories 2343, Sodium 3709 mg, Meat/Meat Alt 7, Grain 7 Cycle Week 3: Calories 2237, Sodium 3624 mg, Meat/Meat Alt 7, Grain 7 Cycle Week 4: Calories 1982, Sodium 2890 mg, Meat/Meat Alt 8, Grain 6.5 Cycle Week 5: Calories 2125, Sodium 3284 mg, Meat/Meat Alt 7, Grain 7		

DID YOU KNOW???

Americans spend about \$2 billion a year on Halloween candy.



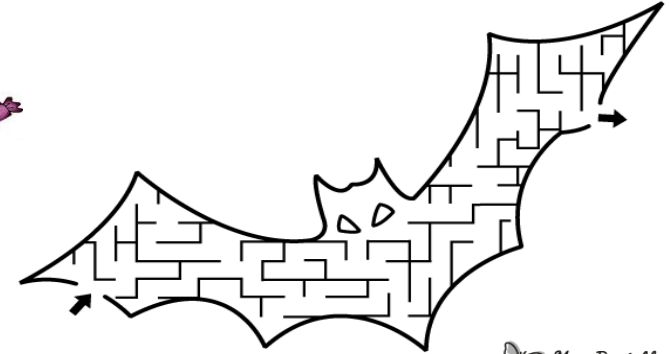
A QUIRKY FACT TO SHARE WITH YOUR CLASS

A bat can hang upside down for as long as it likes. Their toes curl around and lock into place and use no muscles or energy, so a bat can remain upside down and sleep for hours.



treetopdisplays

Bat Maze



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Halloween Treats



N	U	O	I	N	T	A	R	I	N
E	O	T	G	C	A	Z	A	R	E
B	O	S	U	S	W	E	E	T	S
A	P	U	M	P	K	I	N	I	S
D	T	R	E	A	T	S	N	R	M
E	E	C	C	E	R	Y	F	O	I
B	N	P	A	O	I	K	O	Y	R
R	U	F	N	I	C	J	I	Y	N
C	D	L	D	L	K	L	I	E	E
W	A	T	Y	U	M	G	A	T	A

Find the following hidden words:

- candy
- cupcake
- pumpkin
- sweets
- treat
- trick
- yum
- gum
- boo



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