

Menus for OCTOBER 2020

Monday, October 5

Breakfast

Blueberry Muffin
Red Apple
Juice/Milk Choice

Lunch

Chef Salad/Ham
Crackers (2 oz)/
Corn Dog
Mustard/Ketchup
French Fries
Carrot Sticks
FF Ranch (2)
Golden Delicious Apple
or Diced Pears
Milk Choice

Tuesday, October 6

Breakfast

Pop Tart
Yogurt/Diced Pears
Juice/Milk Choice

Lunch

Chef Salad/Chicken/
Crackers (1 oz)
Or Popcorn Chicken
Green Beans
Yams *
Orange Slices or Juice
Milk Choice

Wednesday,

Breakfast

Cinnamon Roll
Orange Wedges
Juice/Milk Choice

Lunch

Chef Salad/Ham
Crackers (2 oz)/
Or Pizza
Corn*
Garden Salad
FF Ranch (2)
Red Apple or Peaches
Milk Choice

Thursday, October 8

Breakfast

Sausage Patty/Biscuit
Diced Peaches
Juice/Milk Choice

Lunch

South Western Salad/
Chicken/Nacho Chips or
Pork Chop/Roll
Mashed Potatoes
Broccoli W/Cheese
Banana or Applesauce
Milk Choice

Friday, October 9

Breakfast

Cereal
Graham Crackers
Apple Sauce
Juice/Milk Choice

Lunch

Chef Salad/Ham/
Crackers (2 oz)
Or Ham & Cheese
Croissant
Mayo/Let/Tom
Corn on the Cob*
Green Lima Beans
Pineapple Cup or Juice
Milk Choice

Thursday, October 1

Breakfast

Sausage Patty/Biscuit
Diced Peaches
Juice/Milk Choice

Lunch

South Western Salad/
Chicken/Nacho Chips or
Spaghetti
Roll
Lima Beans
Garden Salad
FF Ranch Dressing (2)
Banana or Applesauce
Milk Choice

Friday, October 2

Breakfast

Cereal
Graham Crackers
Apple Sauce
Juice/Milk Choice

Lunch

Chef Salad/Ham
Crackers (2 oz) or
Chicken Tenders
Roll
Green Beans
Garden Salad
FF Ranch Dressing (2)
Pineapple Cup or Juice
Milk Choice

**KIDS! Join us daily for
the original value meal!**

All of our complete meals are always

**NO CHARGE
for all students**

with no need to submit an
application, thanks to the
Community Eligibility Program!

STRANGE BUT TRUE!

CHECK **THIS** OUT! A HUMMINGBIRD'S TONGUE IS
ENORMOUS, ESPECIALLY CONSIDERING ITS TINY
OVERALL SIZE! THAT TONGUE IS JUST AS LONG AS ITS
LONG BEAK, AND THE BIRD

USES IT TO

DRINK NECTAR

FROM FLOWERS AND BACKYARD
FEEDERS. WHEN HUMMINGBIRDS
ARE NOT FEEDING, THAT GIANT
TONGUE ROLLS UP LIKE A HOSE

**INSIDE THEIR HEAD
BEHIND THEIR EYES!**

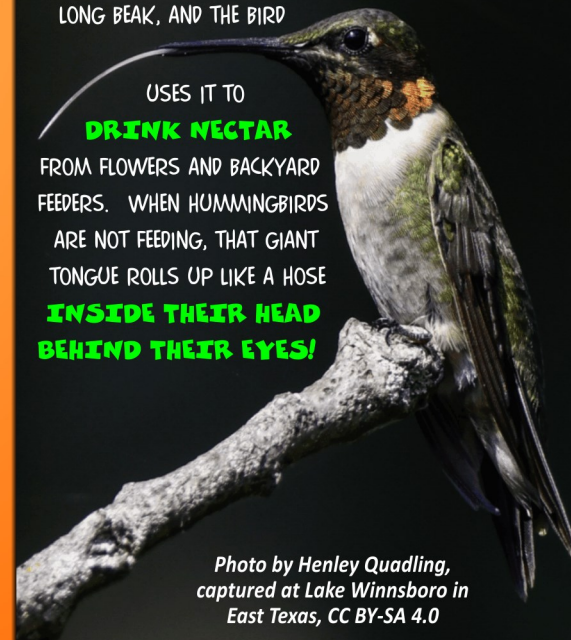


Photo by Henley Quadling,
captured at Lake Winnabow in
East Texas, CC BY-SA 4.0



1 AND ONLY!

The bloodhound is the
only animal that can
give evidence that
can be used in
a court of
law!





Great Pumpkins!

The biggest pumpkin ever recorded weighed over 2,600 pounds! That's like a small car! But wait, it gets better! The largest pumpkin PIE ever made was 20 feet across and weighed 3,699 pounds!



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

NUTRITION TO GO

There may well not be as much trick or treating and other traditional festivities this year – and that could be a good thing! On average this time of year, Americans spend \$9 BILLION on candy, costumes, and decorations. And nutritionists estimate that a kid could eat 7,000 calories worth of candy!

A QUICK BITE FOR PARENTS

Monday, October

Breakfast

Blueberry Muffin
Red Apple
Juice/Milk Choice

Lunch

Chef Salad/Ham
Crackers (2 oz)
Or Chick Fillet Sand/
Mayo
Waffle Fries/Ketchup
Romaine Lettuce Leaf/
Sliced Tomato
Golden Delicious Apple
or Diced Pears
Milk Choice

Tuesday, October 13

Breakfast

Pop Tart
Yogurt/Diced Pears
Juice/Milk Choice

Lunch

Chef Salad/Chicken
Crackers (1 oz)
Or Teriyaki Chicken
W/Rice & Roll
Steamed Broccoli
Garden Salad
FF Ranch Dressing (2)
Orange Slices or Juice
Milk Choice

Wednesday,

Breakfast

Cinnamon Roll
Orange Wedges
Juice/Milk Choice

Lunch

Chef Salad/Ham
Crackers (2 oz)
Or Hamburger on Bun
Mayo (1)/Mus (1)
Ketchup (2)
Romaine Lettuce Leaf/
Sliced Tomato
French Fries/Ketchup
Red Apple or Peaches
Milk Choice

Thursday, October

Breakfast

Sausage Patty/Biscuit
Diced Peaches
Juice/Milk Choice

Lunch

South Western Salad/
Chicken/Nacho Chips or
Spaghetti
Roll
Lima Beans
Garden Salad
FF Ranch Dressing (2)
Banana or Applesauce
Milk Choice

Friday, October 16

Breakfast

Cereal
Graham Crackers
Apple Sauce
Juice/Milk Choice

Lunch

Chef Salad/Ham
Crackers (2 oz) or
Chicken Tenders
Roll
Green Beans
Garden Salad
FF Ranch Dressing (2)
Pineapple Cup or Juice
Milk Choice

Monday, October

Breakfast

Blueberry Muffin
Red Apple
Juice/Milk Choice

Lunch

Chef Salad/Ham
Crackers (2 oz)/
Corn Dog
Mustard/Ketchup
French Fries
Carrot Sticks
FF Ranch (2)
Golden Delicious Apple
or Diced Pears
Milk Choice

Tuesday, October 20

Breakfast

Pop Tart
Yogurt/Diced Pears
Juice/Milk Choice

Lunch

Chef Salad/Chicken/
Crackers (1 oz)
Or Popcorn Chicken
Green Beans
Yams *
Orange Slices or Juice
Milk Choice

Wednesday,

Breakfast

Cinnamon Roll
Orange Wedges
Juice/Milk Choice

Lunch

Chef Salad/Ham
Crackers (2 oz)/
Or Pizza
Corn*
Garden Salad
FF Ranch (2)
Red Apple or Peaches
Milk Choice

Thursday, October

Breakfast

Sausage Patty/Biscuit
Diced Peaches
Juice/Milk Choice

Lunch

South Western Salad/
Chicken/Nacho Chips or
Roasted Chicken/Roll
Mashed Potatoes
Broccoli W/Cheese
Banana or Applesauce
Milk Choice

Friday, October 23

Breakfast

Cereal
Graham Crackers
Apple Sauce
Juice/Milk Choice

Lunch

Chef Salad/Ham/
Crackers (2 oz)
Or Ham & Cheese
Croissant
Mayo/Let/Tom
Corn on the Cob*
Green Lima Beans
Pineapple Cup or Juice
Milk Choice

Monday, October 26

Breakfast

Blueberry Muffin
Red Apple
Juice/Milk Choice

Lunch

Chef Salad/Ham
Crackers (2 oz)
Or Chick Fillet Sand/
Mayo
Waffle Fries/Ketchup
Romaine Lettuce Leaf/
Sliced Tomato
Golden Delicious Apple
or Diced Pears
Milk Choice

Tuesday, October 27

Breakfast

Pop Tart
Yogurt/Diced Pears
Juice/Milk Choice

Lunch

Chef Salad/Chicken
Crackers (1 oz)
Or Teriyaki Chicken
W/Rice & Roll
Steamed Broccoli
Garden Salad
FF Ranch Dressing (2)
Orange Slices or Juice
Milk Choice

Wednesday,

Breakfast

Cinnamon Roll
Orange Wedges
Juice/Milk Choice

Lunch

Chef Salad/Ham
Crackers (2 oz)
Or Hamburger on Bun
Mayo (1)/Mus (1)
Ketchup (2)
Romaine Lettuce Leaf/
Sliced Tomato
French Fries/Ketchup
Red Apple or Peaches
Milk Choice

Thursday, October

Breakfast

Sausage Patty/Biscuit
Diced Peaches
Juice/Milk Choice

Lunch

South Western Salad/
Chicken/Nacho Chips or
Spaghetti
Roll
Lima Beans
Garden Salad
FF Ranch Dressing (2)
Banana or Applesauce
Milk Choice

Friday, October 30

Breakfast

Cereal
Graham Crackers
Apple Sauce
Juice/Milk Choice

Lunch

Chef Salad/Ham
Crackers (2 oz) or
Chicken Tenders
Roll
Green Beans
Garden Salad
FF Ranch Dressing (2)
Pineapple Cup or Juice
Milk Choice