

October



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3 Trix, English Muffin, Banana, Milk</p> <p>Quesadilla, Chicken Noodle Soup, Peas, Apple, Teddy Grahams, Milk</p>	<p>4 Wheaties, String Cheese, Zucchini Bread, Banana, Milk</p> <p>Chef Salad, Roll, Grapes, Rice Crispy Treat, Milk</p>	<p>5 Yogurt Granola Parfait, Raisin Bread, Hard Boiled Egg, Strawberries, Milk</p> <p>Cheeseburger, Green Beans, Pineapple, Milk</p>	<p>6 Cinnamon Toast Crunch, Pumpkin Bread, Orange Juice, Milk</p> <p>Roasted Chicken, Brown Rice, Veggies, Peaches, Milk</p>	<p>7 Rice Crunchies, Banana Bread, Apple, Milk</p> <p>Beef and Bean Tostada, Mixed Veggies, Orange, Brownie, Milk</p>
<p>10 Cinnamon Toast Crunch, Pumpkin Bread, String Cheese, Apple Juice, Milk</p> <p>Chicken Nuggets w/ BBQ Sauce, Sweet Potato Fries, Peas, Roll, Banana, Milk</p>	<p>11 Wheaties, Banana Bread, Apple, Milk</p> <p>Nachos, Salad, Pears, Milk</p>	<p>12 Cheerios, Zucchini Bread, Grapes, Milk</p> <p>Beef and Bean Burrito w/ Salsa, Spanish Rice, Mixed Vegetables, Orange, Milk</p>	<p>13 Oatmeal, Cinnamon Roll, Banana, Milk</p> <p>Fried Chicken, Mashed Potatoes and Gravy, Green Beans, Roll, Grapes, Milk</p>	<p>14 Fruit Yogurt, Raisin Bread w/ Jelly, Strawberries, Milk</p> <p>Hot Dog, Potato Chips, Raw Vegetables, Apple, Milk</p>
<p>17 Cheerios, Pumpkin Bread, Orange Juice, Milk</p> <p>Spaghetti w/ Meatballs, Garlic Bread, Mixed Vegetables, Salad, Peaches, Milk</p>	<p>18 Cinnamon Toast Crunch, Banana Bread, Fruit Yogurt, Strawberries, Milk</p> <p>Beef Teriyaki Bites, Brown Rice, Relish Plate, Orange, Rice Crispy Square, Milk</p>	<p>19 Raisin Bran, Hard Boiled Egg, Zucchini Bread, Apple, Milk</p> <p>Straw Hats w/ Fritos, Corn, Strawberries, Milk</p>	<p>20 Yogurt Granola Parfait, Bagel w/ Cream Cheese, Banana, Milk</p> <p>Sloppy Joes, Raw Vegetables, Applesauce, Brownie, Milk</p>	<p>21 Wheaties, String Cheese, Raisin Bread w/ Jelly, Grapes, Milk</p> <p>Macaroni and Cheese, Green Beans, Fruit Yogurt, Grapes, Milk</p>
<p>24</p> <p>No School</p> <p>Fall Break</p>	<p>25</p> <p>No School</p> <p>Fall Break</p>	<p>26</p> <p>No School</p> <p>Fall Break</p>	<p>27</p> <p>No School</p> <p>Fall Break</p>	<p>28</p> <p>No School</p> <p>Fall Break</p>
<p>31 Mummy Dog (Turkey Dog wrapped in bread), Fingers in Blood (Fries w/ Ketchup), Lungs (Broccoli), Brownie Graveyard (Pumpkin Candy on top), Eyeballs (Grapes in Jello), Milk</p>				





What does a HEALTHY SCHOOL MEAL bring me?



Fill Your Tray the Healthy Way



Do you know how important it is to have a healthy, nutritious lunch at school? A healthy lunch not only provides fuel for the body, it helps keep your mind alert and focused in the classroom.

October is a great time to learn how to fill your tray with a variety of healthier options.



The Lunch Line-Up

Variety gives you more things to taste – and more chances to eat healthy. In the lunch line, choose foods from each line of this line-up:

- * Whole-grain breads, rice, corn or barley
- * Milk for stronger teeth and bones
- * Orange and leafy-green vegetables
- * Fruit for energy throughout the day
- * Muscle-building protein like chicken, turkey, lean-beef or beans



National School Lunch Week Match

Draw lines from the food to the healthy ingredient to the benefit for your body.

- | | | |
|----------------------|--------------|---------------------------|
| 1a Whole Wheat Bread | 1b Protein | 1c Strong teeth and bones |
| 2a Milk | 2b Vitamin C | 2c Healthy immune system |
| 3a Baked chicken | 3b Fiber | 3c Protects eyes and skin |
| 4a Orange slices | 4b Vitamin A | 4c Digestive Health |
| 5a Spinach | 5b Vitamin D | 5c Strong muscles |

Answers: 1a-3b-4c, 2a-5b-1c, 3a-1b-5c, 4a-2b-2c, 5a-4b-3c

Thanks President Truman!

In 1946, President Harry S. Truman started The National School Lunch Program to ensure low cost or free lunches to children across the country. Today, more than 31 million students are eating healthier five days a week. Thanks President Truman!

OUR CAFETERIA BRINGS IT!

Please be aware that our Fall Break is scheduled for the last full week in October. On Monday, October 31st, breakfast will be: Trix, English Muffin, Banana, Milk.

A SPOOKTACULAR LUNCH WILL SERVED THIS DAY FOR HALLOWEEN!

As always, please call the main office if your child will be late and needs a lunch ordered for him/her. Thanks!!



Food and Nutrition Division
3 E'S OF HEALTHY LIVING
Education, Exercise and Eating Right

Find out the amount of healthy food you need each day by getting your personal food guide pyramid at www.mypyramid.gov.

Square Meals is the Texas Department of Agriculture's school nutrition education and outreach program, funded by the U.S. Department of Agriculture, Food and Nutrition Service.

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