

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

**MENUS FOR
OCTOBER 2018**

NUTRITION TO GO

The "Fresh Mex" chain restaurants generally offer a healthier range of food choices than typical fast food joints. Salads, grilled veggies, beans, and even fresh tacos and burritos can be quite healthy - but check the numbers. An order of Quesadillas at one "Fresh Mex" place delivers a day-and-a-half's worth of saturated fat!

A QUICK BITE FOR PARENTS

TAKE A HIKE?

Lots of kids (and adults!) are probably feeling a candy binge coming on this month. OK. But for every 2 little "fun size" candies you eat, you need to hike 30 minutes to work off the calories. So take it easy - or take a hike!



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

WORLD'S LARGEST

CORN MAZE

It's in Spring Grove, Illinois and features 10 miles of trails making up 5 connected mazes on 28 acres of live corn!



Monday, October 1

Breakfast
Choice of Juice, Fruit and Milk
Cold Cereal with Toast or Yogurt with Granola

Lunch
Chicken Nuggets with Roll
Hamburger on Roll
PB & J Uncrustable
Chef Salad with Dinner Roll
Sides:
Mixed Vegetables/ Fresh Veggies
Fruit and Milk

Tuesday, October 2

Breakfast
Choice of Juice, Fruit and Milk
Cold Cereal with Toast or Sausage and Cheese Muffin

Taco Tuesday Lunch
Beef and Cheese Soft Shell Taco
Beef and Cheese with Taco Chips
PB & J Kit (Graham Crackers)
Chef Salad with Graham Crackers
Sides:
Black Bean Salsa
Golden Corn / Lettuce and Tomato
Fruit and Milk

Wednesday, October 3

Breakfast
Choice of Juice, Fruit and Milk
Cold Cereal with Toast or Bagel with Cream Cheese

Lunch
Pasta with Meat Sauce and Bread Stick
Chicken Patty on Wheat Roll
PB & J Kit (Graham Crackers)
Chef Salad with Graham Crackers
Sides:
Cesar Salad/ Fresh Veggies
Fruit and Milk

Thursday, October 4

Breakfast
Choice of Juice, Fruit and Milk
Cold Cereal with Toast or Funnel Cake

Brunch for Lunch
3 French Toast Sticks / Sausage
Hot Ham and Cheese Bagel
PB & J Sandwich
Chef Salad with Round Roll
Sides:
Tater Tots/ Garbanzo Beans
Fruit Juice and Milk

Friday, October 5

Panther Pride Day Breakfast
Choice of Juice, Fruit and Milk
Cold Cereal with Toast or Mini Waffles

Lunch
Cheesy Pizza
Bloom Lunchable
PB & J Sandwich
Sides:
Cooked Carrots/ Fresh Veggies
Fruit and Milk

Monday, October 8

Breakfast
Choice of Juice, Fruit and Milk
Cold Cereal with Toast or Blueberry Muffin with Toast

Lunch
Cheese Stuffed Pretzel Sticks
Grilled Chicken Sandwich
PB & J Sandwich
Chef Salad with Round Roll
Sides:
NEW Emoji Potatoes / Fresh Veggies
Fruit Ice and Milk

Tuesday, October 9

Breakfast
Choice of Juice, Fruit and Milk
Cold Cereal with Toast or Ham and Cheese Bagel

Lunch
3 Pierogies with Roll
Cheeseburger on a Roll
PB & J Sandwich
Chef Salad with Round Roll
Sides:
Green Beans /Fresh Veggies
Fruit and Milk

Wednesday, October 10

Breakfast
Choice of Juice, Fruit and Milk
Cold Cereal with Toast or French Toast Sticks

Lunch
Lasagna Roll up with Sauce and Garlic Bread Stick
Hot Dog on a Roll
PB & J Sandwich
Chef Salad with Round Roll
Sides:
Cesar Salad/ Fresh Veggies
Fresh Baked Cookie
Fruit and Milk

Thursday, October 11

Breakfast
Choice of Juice, Fruit and Milk
Cold Cereal with Toast or Scrambled Eggs and Toast

Lunch
Popcorn Chicken Mashed Potato Bowl with Roll
Fish Sandwich
PB & J Uncrustable
Chef Salad with Dinner Roll
Sides:
Golden Corn
Baked Fruit Crisp and Milk

Friday, October 12

Breakfast
Choice of Juice, Fruit and Milk
Cold Cereal with Toast or Oatmeal Breakfast Cookies

Lunch
Stuffed Crust Pizza Sticks with Sauce
Yogurt Cup with Graham Crackers
PB & J Sandwich
Chef Salad with Round Roll
Sides: Zesty Baked Beans /Fresh Veggies
Fruit and Milk