

OCTOBER

Breakfast Lunch

Thursday, October 1st

Breakfast Sausage Sandwich Nachos-Chips, Meat, Salsa
 Cheese, Lettuce, Corn

Friday, October 2nd

French Toast Sticks Pepperoni Pizza
 Salad w/ Carrots

Monday, October 5th

Cinnamon Toast Cereal, Cheese String White Beans & Rice
 Green Beans, Biscuit

Tuesday, October 6th

Chicken & Maple Sausage Sandwich Frito Pie - Chili, Cheese
 Lettuce, Corn, Sour Cream, Frito Chips

Wednesday, October 7th

Banana Muffin Cheese String Oven Fried Chicken,
 Tator Tots, Ketchup Broccoli, WG Biscuits

Thursday, October 8th

Breakfast Sausage Sandwich Turkey Tacos - Cheese,
 Lettuce, Corn, Salsa

Friday, October 9th

Cinnamon Rolls w/ Icing Hot Dog w/ Chili
 Fries, Ketchup, Mustard

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

HEALTHY HALLOWEEN SNACKS!

When you think of Halloween, you immediately think of candy. But Halloween doesn't have to involve just unhealthy sweets. There are many healthy treats that you can make with your kids and not feel guilty about giving them one or two extra. Try out these recipes this Halloween.

Darkly Delicious Apples

What you'll need: 4 apples and sticks, 1 cup dark-chocolate chips, parchment paper

Directions: Remove the apple stems and insert the sticks into the top of the apples. Melt the dark chocolate chips in a double boiler or microwave. When the chocolate has melted, slowly rotate each apple until all sides are covered in chocolate. Place on a tray lined with parchment or wax paper and set in the fridge to cool.



Witches' Broomsticks

What you'll need: Reduced-fat mozzarella cheese sticks, pretzel sticks, chives

Directions: To make the broom, slice the mozzarella stick across in thirds. Use a knife to make the fringe-shaped pattern on the lower half of the cheese. Insert a pretzel stick into the cheese, making the broomstick, and tie a chive around the top.



Boonanas & Pumpkimas

What you'll need: Satsumas and bananas, a sharpie, mini chocolate chips, regular chocolate chips

Directions: Give your kids an unpeeled satsuma and let them get creative by drawing pumpkin faces. Meanwhile, peel bananas and cut them in half crosswise. Have your kids press two mini chocolate chips into the side of the banana for eyes and a regular-size chocolate chip for a ghost mouth.



Available Daily

All Meals Served With:

Low Fat White Milk
 Or Non Fat Chocolate Milk
 And Fresh Fruit or Fruit Juice

**Cereal & Cheese String Served
 Everyday as Alternate Breakfast**

Breakfast Lunch

Monday, October 12th

Cinnamon Toast Cereal, Cheese String Red Beans & Rice
 Carrots w/ Ranch Cornbread

Tuesday, October 13th

Egg and Cheese Sandwich Chicken Tenders, Potato
 Wedges, Ketchup, Carrots
 w/ Ranch

Wednesday, October 14th

Blueberry Muffin Cheese String Meatball Marinara on
 Ciabatta Bread, Corn

Thursday, October 15th

Breakfast Sausage Sandwich Gumbo w/ Chicken &
 Sausage, Rice, Salad w/
 Tomatoes, WG Crackers

Friday, October 16th

French Toast Sticks BBQ Chicken Thigh, Mac &
 Cheese, BBQ Beans,
 Green Beans



▶ Available Daily

All Meals Served With:

Low Fat White Milk
Or Non Fat Chocolate Milk
And Fresh Fruit or Fruit Juice
**Cereal & Cheese String Served
Everyday as Alternate Breakfast**

Breakfast Lunch

Monday, October 19th

Cinnamon Toast Cereal, Cheese String Spaghetti & Meat Sauce Broccoli, Garlic Breadstick

Tuesday, October 20th

Maple & Chicken Sausage Sandwich Ketchup, Mayo, Dressing Cup Hamburger w/ French Fries

Wednesday, October 21st

Banana Muffin Cheese String Herb Roasted Chicken w/ Rice and Gravy, Peas Salad w/ Carrots, Biscuit

Thursday, October 22nd

Breakfast Sausage Sandwich Lasagna, Green Beans Bread Stick

Friday, October 23rd

Cinnamon Rolls w/ Icing Cheese Pizza Salad w/ Carrots

Healthier Trick-Or-Treating!

Halloween marks the official kick-off of the holiday season. It's important that while Halloween involves spooky decorations and plenty of fun costumes, it also involves lots and lots of candy. Here are a few important tips for providing a healthier Halloween for you and your children!



- 1. Be Aware of Calories:** Watching what we eat is especially hard during the holidays. It's key to remember when trick-or-treating that even just nibbling on candy will add up to extra calories if it's done frequently throughout the night. These candies are of the highest calories when consumed: Reese's Peanut Butter Cups – 110 calories, Peanut M&M's – 90 calories and Butterfingers – 85 calories.
- 2. Wait to Buy Halloween Candy:** If you wait to buy Halloween candy until the day of the event, you will be less tempted to indulge in your purchases. If you still have a hard time kicking your sweet tooth, purchase non-candy items like spider rings or Halloween pencils to pass out when children arrive at your door.
- 3. Eat Before You Trick-or-Treat:** Eating dinner before going trick-or-treating will stop you from over-indulging in candy throughout the night. Make a plan with your kids that they can eat one or two pieces when they get home as dessert before bed time.
- 4. Stay Active:** Trick-or-treating is a great way to get your kids moving. Walking around the neighborhood will help balance out the calories from the few pieces of candy your child will consume.
- 5. Practice Portion Control:** Talk with your kids about how much and how often their trick-or-treat candy will be consumed over the next week. It's important to set boundaries so that your children do not consume too many added calories, sugar and fat.

Breakfast Lunch

Monday, October 26th

Cinnamon Toast Cereal, Cheese String White Beans and Rice Green Beans, WG Biscuit

Tuesday, October 27th

Egg and Cheese Sandwich Cheeseburger, Dressing Cup, French Fries, Ketchup

Wednesday, October 28th

Blueberry Muffin Cheese String Chicken Tenders Potato Wedges, Ketchup Carrots w/ Ranch

Thursday, October 29th

Breakfast Sausage Sandwich Spaghetti and Meatballs Broccoli, Breadstick

Friday, October 30th

French Toast Sticks Salisbury Steak, Rice, Green Beans, Salad w/ Carrots

National School Lunch Week is October 12th - October 16th

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Pumpkin's Health Benefits

When we think of fall, one of the first things that come to mind are pumpkins. But did you know that pumpkins have several health benefits that we may be missing out on? Pumpkins are:



1. Rich in vitamin A and carotenoids
2. A great way to lower cholesterol and improve heart health
3. Great sources of zinc and fiber
4. Excellent for skin health and protection
5. Loaded with potassium for refueling
6. Known to boost mood and aid in effective sleeping patterns