

**Available Daily**

**Breakfast**  
Cereal and Toast

**Lunch**  
Fruit Juice as a Fruit Choice

**Lunch Pre-Payment will be accepted**

October 20th and 21st

Full Pay \$ 37.80

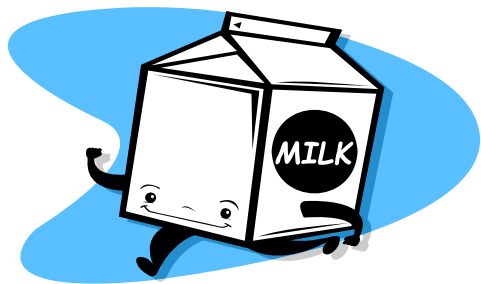
Reduce Pay \$ 7.20

<b>Monday, Oct. 12</b>	<b>Tuesday, Oct. 13</b>	<b>Wed., Oct. 14</b>	<b>Thurs., Oct. 15</b>	<b>Friday, Oct. 16</b>
Chef Salad w/ Wheat Crackers Hot Dog w/ Chill Coleslaw Baked Apples	Chicken Filet Sandwich On Multi Grain Bun Nachos Manager's Choice Pinto Beans Strawberry Cup	Spaghetti w/ Grain Roll Turkey and Cheese Sandwich on Multi Grain Bun Corn Green Peas Seasonal Fresh Fruit	Baked Chicken w/ Grain Roll Cheeseburger on Multi Grain Bun Creamy Creamed Potatoes Green Beans Peach Cup	Pepperoni Pizza Chicken Salad w/ Wheat Thins Corn Cobbett Vegetable Pasta Salad Chilled Pear Cup
<b><u>Breakfast</u></b> Super Donut	<b><u>Breakfast</u></b> Sausage and Toast	<b><u>Breakfast</u></b> Mini Pancakes w/ Sausage	<b><u>Breakfast</u></b> Good Gravy Pizza	<b><u>Breakfast</u></b> Yogurt

**BRAIN FOOD. MIND GAMES.**

It all works together. When you eat right and get a lot of physical activity, you feel better AND you learn better. Kids who are more fit pay attention better in class and score higher on tests. When your body's in good shape, your brain benefits, too!

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



A choice of milk will be offered daily with a complete meal.

<b>Monday, Oct. 19</b>	<b>Tuesday, Oct. 20</b>	<b>Wed., Oct. 21</b>	<b>Thurs., Oct. 22</b>	<b>Friday, Oct. 23</b>
Cheeseburger on Multi Grain Bun BBQ Sandwich on Multi Grain Bun Coleslaw French Fries Chilled Pear Cup	Chicken Tenders w/ Grain Roll Beef Stroganoff w/ Grain roll Green peas Raw Vegetable Cup Manager's Choice Fruit	Macaroni and Cheese w/ Sausage and grain roll Corn Dog Nuggets Green Beans Glazed Carrots Seasonal Fresh Fruit	Turkey and Cheese Sandwich on Multi Grain Bun Mexican Beef Rotini w/ Grain Roll Broccoli and Cheese Sauce Black Eye Peas Very Berry Cup	Cheese Pizza Sloppy Joe on School Made Roll Corn Pinto Beans Applesauce
<b><u>Breakfast</u></b> Pancakes w/ Sausage On a stick	<b><u>Breakfast</u></b> Cheesy Eggs w. Toast	<b><u>Breakfast</u></b> French Toast	<b><u>Breakfast</u></b> Manager's Choice	<b><u>Breakfast</u></b> Blueberry Muffin

Monday, Oct. 26	Tuesday, Oct. 27	Wed., Oct. 28	Thurs., Oct. 29	Friday, Oct. 30
Taco Pie Hot Dog w/ Chill Tossed Salad Tater Tots Fruit Gelatin	Beef Burrito Chicken & Cheese Quesadilla Shredded Lettuce, Tomato & Pickle Manager's Choice Chilled Pear Cup	Open Faced Turkey Sandwich Cheeseburger on Multi Grain Bun Creamy Creamed Potatoes Lima Beans Seasonal Fresh Fruit	Jerry's Chicken Casserole w/ Grain Roll Fish Sandwich on Multi Grain Bun Coleslaw Strawberry Cup	Pepperoni Pizza Chili Beans w/ Wheat Crackers Corn Green Peas Applesauce
<b><u>Breakfast</u></b> Cheese Toast	<b><u>Breakfast</u></b> Good Gravy Pizza	<b><u>Breakfast</u></b> Uncrustable Peanut Butter and Jelly	<b><u>Breakfast</u></b> Pancakes	<b><u>Breakfast</u></b> Manager's Choice



## Snacks

**DID You KNOW** that snacks may be needed to help give you the energy that you need to make it through the day. Make sure to choose healthy snacks from each of the different food groups to increase the nutrients in your diet.

### Healthy Snacks Suggestions:

- Animal Crackers
- Graham Crackers
- Air-Popped Popcorn
- Cheese
- Pudding
- Yogurt
- Any Raw Vegetables
- Fruit juice
- Any Fresh Fruit
- Peanut Butter
- Turkey or Meat Cubes



