

October Menu

Monday

2

Lunch:
Popcorn Chicken &
Ranch

Carrot Coins
Orange Juice

Tuesday

3

Lunch:
Cheese Pizza

Tossed Romaine Salad
Craisins

Wednesday

4

Lunch:
Turkey & Cheese
Wrap

Linnet Roll
French Fries
Blueberries &
Granola

Thursday

5

Lunch:
Meatballs &
Gravy & Rice

Fresh Veggies & Dip
Assorted Fresh Fruit

Friday

6

Lunch:

Italian Sub
Baked Beans
Applesauce Cup

9

Lunch:
Crispy Chicken
Strips

Potato Smiles
Chilled Mixed Fruit

10

Lunch:
Nachos Grande &
Scoobie Doo
Grahams

Refried Beans
Craisins

11

Lunch:

Cheesy Chicken
Fajita

Tossed Romaine Salad
Chilled Peaches

12

Lunch:

Jumbo Cheese
Ravioli

Baby Carrots
Applesauce Cup

13

Lunch:

Pepperoni Pizza

Steamed Broccoli
Assorted Fresh Fruit

Fruit of the Month:

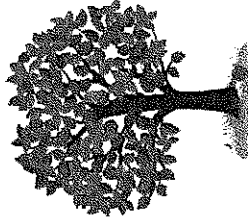
Apples

Fast Facts:

There are over 2,000 varieties of apples grown in the United States!

Apples grow on trees which produce flowers in the spring, and apples in the fall. Each tree produces between 150-350 apples every year.

Recipe Ideas:



Apples are delicious raw on salads, with peanut butter, or simply whole.

Try making your own applesauce, baked apples, or apple bread.

Monday

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Lunch:

Pizza Dippers

Baked Beans

Assorted Fresh Fruit

Tuesday

17

Lunch:

Home-Style Chili & Corn Bread

Tossed Romaine Salad
Blueberries & Cream

Wednesday

18

Lunch:

Hot Turkey & Gravy
& Dinner Roll

Whipped Potatoes
Strawberry Cup

Thursday

19

Lunch:

Mac & Cheese &
Goldfish Crackers

Mini Tomatoes & Dip
Applesauce Cup

Friday

20

Lunch:

Veggie Egg Roll
Brown Rice

Oriental Blend Veggies
Mandarin Oranges

Did You Know?

Apples are 25% air,
so they float in
water!

Challenge

Try 3 different
varieties of apples
this month. Maybe
you will find a new
favorite!

**Garden Joke of
the Month:**

How does a ghost
eat an apple?

By gobbling it



27

No School

26

No School

25

Lunch:

Local Portesi Italian
Flatbread Pizza

Dragon Punch
Assorted Fresh Fruit

24

Lunch:

Cheddar Omelet

Tator Tots
Blueberries & Granola

31

Lunch:

Grilled Cheese
Sandwich

Annie's Bunnies
Steamy Tomato Soup
Strawberry Cup

23

Lunch:

Chicken Nuggets &
BBQ Sauce

Tossed Garden Salad
Apple Slices &
Cinnamon Sugar

30

Lunch:

Crispy Chicken
Sandwich

Fresh Veggies & Dip
Applesauce Cup

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