


**YOU'RE GOOD**   
**ALL STUDENTS EAT ALL MEALS @**  
**NO COST ALL YEAR LONG**

Daily Prepared Breakfast  
 May Include :  
 An assortment of cereals, breakfast entrees, super donuts, pop-tarts, cereal bars, muffins, and pastries  
 Choice of Fruit or 100% Fruit Juice  
 Half Pint Flavored Milk Choice

Daily Prepared Lunch  
 May Include:  
 Entrée, Wrap, or Sandwich Choice  
 Vegetable Choice or Bagged Snack Item  
 Choice of Fruit or 100% Fruit Juice  
 Half Pint Flavored Milk Choice

**Friday, October 1**  
**Breakfast**  
 Cook's Choice Breakfast  
**Lunch**  
 Thick Crust Pizza Slice  
 Ham & Cheese Deli Hoagie

**Brain Ticklers**



How do you spell candy in two letters?  
 (Fold the page upside down and read it in a mirror for the answer!)  
 C a n d y

**Monday, October 4**  
**Breakfast**  
 Cook's Choice Breakfast  
**Lunch**  
 Hot Dog on a Wholegrain Bun  
 Cold Cut Deli Hoagie


**Tuesday, October 5**  
**Breakfast**  
 Cook's Choice Breakfast  
**Lunch**  
 Beef & Cheese Nachos  
 Cold Cut Deli Hoagie

**Wednesday, October 6**  
**Breakfast**  
 Cook's Choice Breakfast  
**Lunch**  
 Chicken Patty Sandwich  
 Cold Cut Deli Hoagie

**Thursday, October 7**  
**Breakfast**  
 Cook's Choice Breakfast  
**Lunch**  
 Cheeseburger Wholegrain Bun  
 Cold Cut Deli Hoagie

**Friday, October 8**  
**Breakfast**  
 Cook's Choice Breakfast  
**Lunch**  
 Thin Crust Pizza Slice  
 Cold Cut Deli Hoagie

**NO BONES ABOUT IT.**



Touch the tip of your nose - that's what bones feel like without calcium. Bones that don't get enough calcium are weaker and more likely to break. Good sources of calcium include milk, yogurt, cheese, and calcium-fortified cereal and orange juice.

**Monday, October 11**  
**Breakfast**  
 Cook's Choice Breakfast  
**Lunch**  
 Chicken Tenders with Dipping Sauces  
 Peanut Butter and Jelly Sandwich

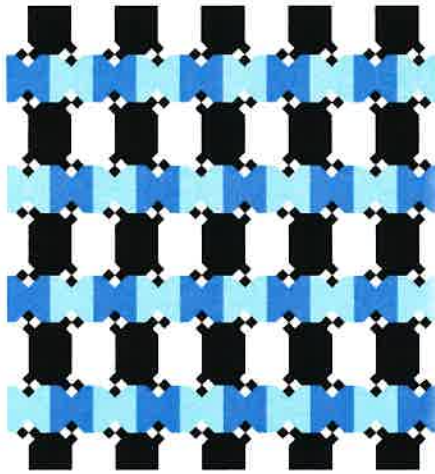
**Tuesday, October 12**  
**Breakfast**  
 Cook's Choice Breakfast  
**Lunch**  
 Meatball Hoagie  
 Peanut Butter and Jelly Sandwich

**Wednesday, October 13**  
**Breakfast**  
 Cook's Choice Breakfast  
**Lunch**  
 Soft Taco with Seasoned Rice  
 Peanut Butter and Jelly Sandwich

**Thursday, October 14**  
**Breakfast**  
 Cook's Choice Breakfast  
**Lunch**  
 Cheese Ravioli with a Garlic Breadstick  
 Peanut Butter and Jelly Sandwich

**Friday, October 15**  
**Breakfast**  
 Cook's Choice Breakfast  
**Lunch**  
 BOSCO Sticks with Pizza Sauce Cup  
 Peanut Butter and Jelly Sandwich

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




## Only an Illusion

At first glance, the rows of lighter colored squares appear to be slanted – but they're actually parallel to each other. Check it out with a ruler – the distance between the rows of lighter squares is exactly the same on the left and the right!

# VEGETABLE

## Corn on the Cob



We think of corn on the cob as a summer thing, but in many areas it's available field-fresh through October. Boiled, steamed, or roasted on the grill, corn is a low-calorie, nutrient-rich food that's good for you AND fun to eat!

# OF THE MONTH

## What's on YOUR plate?



**Monday, October 18**

**Breakfast**  
Cook's Choice  
Breakfast

**Lunch**  
Steak & Cheese  
Hoagie

Turkey & Cheese  
Deli Hoagie

**Tuesday, October 19**

**Breakfast**  
Cook's Choice  
Breakfast

**Lunch**  
Chicken Nuggets with  
Dipping Sauce

Turkey & Cheese  
Deli Hoagie

**Wednesday, October 20**

**Breakfast**  
Cook's Choice  
Breakfast

**Lunch**  
Taco Flavored  
Hot Pocket Sandwich

Turkey & Cheese  
Deli Hoagie

**Thursday, October 21**

**Breakfast**  
Cook's Choice  
Breakfast

**Lunch**  
Creamy Baked  
Macaroni & Cheese

Turkey & Cheese  
Deli Hoagie

YOU NEVER  
KNOW WHAT YOU  
MIGHT RUN INTO  
OUT THERE!



STAY ALERT  
& BE SAFE!

**Monday, October 25**

**Breakfast**  
Cook's Choice  
Breakfast

**Lunch**  
Cheeseburger on a  
Wholegrain Bun

Peanut Butter and  
Jelly Sandwich

**Tuesday, October 26**

**Breakfast**  
Cook's Choice  
Breakfast

**Lunch**  
Turkey & Cheese  
Deli Wrap

Peanut Butter and  
Jelly Sandwich

**Wednesday, October 27**

**Breakfast**  
Cook's Choice  
Breakfast

**Lunch**  
Sausage & Egg  
Breakfast Sandwich

Peanut Butter and  
Jelly Sandwich

**Thursday, October 28**

**Breakfast**  
Cook's Choice  
Breakfast

**Lunch**  
Grilled Chicken and  
Cheddar Hoagie

Peanut Butter and  
Jelly Sandwich

**Friday, October 29**

**Breakfast**  
Cook's Choice  
Breakfast

**Lunch**  
Thin Crust  
Pizza Slice

Cold Cut  
Deli Hoagie

Q: Besides carving, what else can you POSSIBLY do with a pumpkin?!

A: PLENTY! When the colonists first came to North America, they found Native Americans making mats out of pumpkin strips, using pumpkin as medicine, and also roasting strips and seeds for food. The colonists learned to slice the tops off pumpkins, fill them with milk, spices, and honey and bake them directly in hot ashes. That was the origin of Pumpkin Pie!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)