



YOU'RE
still
GOOD™



ALL STUDENTS EAT ALL MEALS @
NO COST ALL YEAR LONG

NIGHT STALKER.

A single little brown bat can
eat up to 600 creepy
mosquitoes and other flying
insects in just an hour!

ANIMAL APPETITES

Featured Specials of the Day

Monday, October 2

Line 1: Steak Burger with Baked Fries
Line 2: Pizza or Deli Hoagie

Tuesday, October 3

Line 1: Beef & Cheese Nachos with Corn
Line 2: Pizza or Corn Dog Nuggets

Wednesday, October 4

Line 1: French Toast Sticks with
Sausage & Hash Browns
Line 2: Pizza or Chicken Tenders

Thursday, October 5

Line 1: Spicy Chicken Tenders with Potatoes
Line 2: Pizza or Cheeseburger

Friday, October 6

Line 1: Beef & Cheese Jumbo Baked Potato
Line 2: Pizza or Chicken Fries

TAKE YOUR HEALTH TO THE NEXT LEVEL

LEVEL UP

With School Lunch!

**JOIN US FOR NATIONAL
SCHOOL LUNCH WEEK
OCTOBER 9-13, 2023**

Making a Complete Meal

A school lunch consist of 5 components:
Protein, Vegetables, Grains, Fruit and Milk.
Please choose at least 3 components to
make a reimbursable meal.

Under the new guidelines, one of your
selections must include a serving of
fruit or vegetable.

*All lunches include choice of milk.

Featured Specials of the Day

Monday, October 9

Line 1: Chicken Tenders with
Whipped Potatoes & Gravy
Line 2: Pizza or Cheeseburger

Tuesday, October 10

Line 1: Soft Shell Taco with Spanish Rice
Line 2: Pizza or Corn Dog Nuggets

Wednesday, October 11

Line 1: Asian Chicken with Steamed Rice
Line 2: Pizza or Cheeseburger

Thursday, October 12

Line 1: Grilled Hot Dogs & Tater Tots
Line 2: Pizza or Crispy Chicken Sandwich

Friday, October 13

Line 1: Italian Dunkers with Pizza Sauce
Line 2: Jumbo Deli Hoagie

Featured Specials of the Day

Monday, October 16

Line 1: Crispy Chicken & Bacon Sandwich
with Cheesy Potatoes

Line 2: Pizza or Cheeseburger

Tuesday, October 17

Line 1: Grilled Cheese with Tomato Soup

Line 2: Pizza or Chicken Tenders

Wednesday, October 18

Line 1: Pasta & Meatball's with Breadstick

Line 2: Pizza or Corn Dog Nuggets

Thursday, October 19

Line 1: Double Burger with Baked Fries

Line 2: Pizza or Crispy Chicken Sandwich

24.7

BY THE NUMBERS

IN POUNDS, THE AMOUNT OF
CANDY THE AVERAGE
AMERICAN EATS IN A YEAR

Breakfast:

Choose at least 3 of the 4 available
components

Daily breakfast entrée or variety of
alternate choices

Fruit Choice or 100% Fruit Juice

Fat-Free & Low-Fat Milk

Serving Times: 7:20am to 7:45am

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.

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!



YOU NEVER KNOW WHAT YOU
MIGHT RUN INTO OUT THERE!



STAY ALERT & BE SAFE!

Featured Specials of the Day

Monday, October 23

Line 1: Bacon Cheeseburger with Baked Fries

Line 2: Pizza or Crispy Chicken Sandwich

Tuesday, October 24

Line 1: Meatball Hoagie with Noodles

Line 2: Pizza or Chicken Tenders

Wednesday, October 25

Line 1: Popcorn Chicken Bowl with Biscuit

Line 2: Pizza or Cheeseburger

Thursday, October 26

Line 1: BBQ Rib Sandwich with Potatoes

Line 2: Pizza or Corn Dog Nuggets

Friday, October 27

Line 1: BOSCO Sticks with Pizza Sauce

Line 2: Jumbo Deli Hoagie

Monday, October 30

Line 1: Spicy Chicken Sandwich with Potatoes

Line 2: Pizza or Cheeseburger

Tuesday, October 31

Line 1: Beef & Cheese Nachos with Corn

Line 2: Pizza or Crispy Chicken Sandwich