



# 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!**



- Tuesday, October 1**  
 Line 1: Beef & Cheese Nacho's with Steamed Corn  
 Line 2: Chicken Tenders with Baked Fries
- Wednesday, October 2**  
 Line 1: French Toast with Sausage and Hash Browns  
 Line 2: Cheeseburger with Baked Fries
- Thursday, October 3**  
 Line 1: Ham & Cheese Sandwich  
 Line 2: Chicken Sandwich or Pizza
- Friday, October 4**  
 Line 1: Italian Dunkers with Green Beans  
 Line 2: Deli Hoagie
- Monday, October 7**  
 Line 1: Double Burger with Baked Fries  
 Line 2: Buffalo Chicken Wrap or Baked Hoagie
- Tuesday, October 8**  
 Line 1: Breaded Pork Chop with Whipped Potatoes  
 Line 2: Chicken Tenders or Pizza
- Wednesday, October 9**  
 Line 1: Chicken Alfredo & Pasta with Breadstick  
 Line 2: Cheeseburger with Baked Fries
- Thursday, October 10**  
 Line 1: BBQ Pork Sandwich with Mac & Cheese  
 Line 2: Chicken Sandwich
- Friday, October 11**  
 Line 1: French Bread Pizza with Steamed Corn  
 Line 2: Cheeseburger with Baked Fries



**ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG**  
**SAVE THE BANANA!**



They're a nutritious, portable snack or part of a healthy breakfast -- but bananas are under attack! A disease could wipe out the world's supply of the most popular kind of banana in the next 25 years. Scientists are hard at work to identify banana varieties that resist the disease. Let's wish them luck!

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**Monday, October 14**

Line 1: Hot Honey Chicken Sandwich  
Line 2: Grilled Ham & Cheese on a Pretzel Bun

**Tuesday, October 15**

Line 1: Beef & Cheese Taco with Spanish Rice  
Line 2: Chicken Tenders or Pizza

**Wednesday, October 16**

Line 1: Orange Asian Chicken with Rice  
Line 2: Cheeseburger with Baked Fries

**Thursday, October 17**

Line 1: Grilled Cheese with Cup of Soup  
Line 2: Turkey Club Croissant Sandwich or Pizza

**Friday, October 18**

Line 1: BOSCO Sticks with Pizza Sauce  
Line 2: Deli Hoagie

**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!



**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

**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.

**Monday, October 21**

Line 1: Southern Chicken Sandwich  
Line 2: Buffalo Chicken Wrap or Pizza

**Tuesday, October 22**

Line 1: Spicy Chicken Sandwich  
Line 2: Cheeseburger with Baked Fries

**Wednesday, October 23**

Line 1: Pasta & Meatball with Breadstick  
Line 2: Chicken Sandwich with Baked Fries

**Thursday, October 24**

Line 1: Double Burger with Baked Fries  
Line 2: French Bread Pizza Wedge

**Monday, October 28**

Line 1: BBQ Rib Sandwich with Mac & Cheese  
Line 2: Toasted Turkey Sandwich or Pizza

**Tuesday, October 29**

Line 1: Beef & Cheese Nacho's  
Line 2: Breaded Chicken Sticks with Fries

**Wednesday, October 30**

Line 1: Chicken Tenders with Whipped Potatoes  
Line 2: Cheeseburger with Baked Fries

**Thursday, October 31- Halloween**

Line 1: Beef & Macaroni with Tomato Sauce  
Line 2: Hot Dogs or Pizza