

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

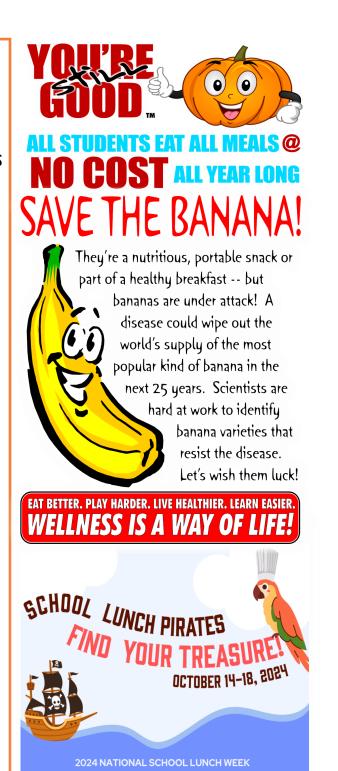
Line 1: Chicken Alfredo & Pasta with Breadstick Line 2: Cheeseburger with Baked Fries

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



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

Breakfast:

Choose at least <u>3</u> of the <u>4</u> 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

WORLD'S LARGEST



It's in Spring Grove, Illinois and features 10 miles of trails making up 5 connected mazes on 28 acres



Making a Complete Meal

A school lunch consist of <u>5</u> components: Protein, Vegetables, Grains, Fruit and Milk. Please choose at least <u>3</u> 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