

Thurs., Oct. 1

Breakfast

Pancakes

Lunch

Cheesy Nachos
Ham & Cheese Wrap
Chef Salad with Turkey
Mexican Rice
Lettuce/Tomato
Corn
Refried Beans
Apple Wedges
Freshly-baked Cookie
Crackers

Fri., Oct. 2

Breakfast

Cereal & Dolphins/Friends

Lunch

Hot Dog
Chicken Quesadilla
Fruit & Cottage Cheese
Potato Smiles
Veggie Dippers
Green Beans
Coleslaw
Orange Wedges
Jello
Crackers

Mon., Oct. 5

Breakfast

Snackin' Waffle

Lunch

Chicken Nuggets
Spaghetti with Meat Sauce
Chef Salad with Turkey
Mashed Potatoes
Garden Salad
Green Peas
Sweet Potatoes with Apples
Chilled Applesauce
Pudding
Rolls/Crackers

Parents,

This menu is provided so that you can discuss meal choices with your child.

Our goal is healthy children—ready to learn.

Cookie Palmer
Nutrition Program
Director
770-534-1080

Tues., Oct. 6

Breakfast

PopTart/Bug Bites

Lunch

Sweet & Sour Chicken
Corn dog
Chicken Caesar Salad
Steamed Rice
Carrots with Dip
Mixed Vegetables
Grapes
Chilled Peaches
Cake (Manager's Choice)
Crackers

Wed., Oct. 7

Breakfast

Sausage Biscuit

Lunch

Southwest Pizza
BBQ
Chicken Salad
Tater Tots
Garden Salad
Corn
Breaded Okra
Apple Wedges
Juice Bar
Crackers

Thurs., Oct. 8

Breakfast

French Toast

Lunch

Fish Nuggets
Lasagna
Chef Salad with Egg
Baked Potato Half
Garden Salad
Broccoli & Cheese
Coleslaw
Chilled Pineapple
Sherbet
Garlic Toast/Crackers

Fri., Oct. 9

Fall Break



Try carving an orange—and for a healthy snack, just peel and eat.

Mon., Oct. 12

Fall Break

Go outside and rake leaves to get some exercise!



Tues., Oct. 13

Fall Break



Race through a corn maze to see who can get to the end first!

Wed., Oct. 14

Breakfast

Cereal & SeAnimals

Lunch

Pizza
Sloppy Joe
Chef Salad with Egg
Baked Potato Half
Veggie Dippers
Collard Greens
Steamed Cabbage
Chilled Applesauce
Pudding
Jalapeno Cornbread

Thurs., Oct. 15

Breakfast

Pancakes

Lunch

Chicken Patty Sandwich
Crispy Steak & Gravy
Chef Salad with Ham
Steamed Rice
Garden Salad
Okra & Tomatoes
Pinto Beans
Chilled Pears
Juice Bar
Rolls/Crackers

Fri., Oct. 16

Breakfast

Chicken Biscuit

Lunch

Hamburger/Cheeseburger
Burrito
Crispy Chicken Salad
Potato Wedges
Lettuce/Tomato
Green Peas
Apple Wedges
Chilled Fruit Cocktail
Rice Krispy Treats
Crackers

Mon., Oct. 19

Breakfast

Breakfast Bar

Lunch

Smoky Rib Sandwich
Cheesy Ravioli
Chef Salad with Egg
Tater Tots
Garden Salad
Cali-blend Vegetables
Fresh Fruit (M.C.)
Chilled Apricots
Pudding
Garlic Toast/Crackers

CHOOSE WISELY! SNACKS CAN HELP YOU...

1. Reach the goal to eat 9 servings of fruits and vegetables each day.
2. Increase the amount of vitamins and minerals your body gets, so you can stay healthy during flu season.
3. Keep your mind sharp, so you learn all day at school.
4. Boost your energy, so you have time to play with your friends!!!

To snack healthy

SELECT

Fresh Fruit

apples, pears, grapes, bananas, raisins or cherries

Fresh Vegetables

carrots, celery, broccoli, cabbage, spinach and tomatoes

Whole grains

whole grain cereals and cereal bars, whole-grain bread and oatmeal

Water, low-fat milk, 100% fruit juice

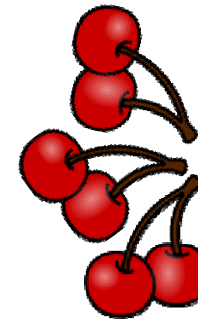
TIP: You can make healthy dips for your fruit or vegetables using plain or vanilla yogurt.

October 2009

Learn the



of Snacking



Red Cherries

Purple Grapes



Green Pears

Yellow Bananas

CHOOSE HEALTHY SNACKS
IN A RAINBOW
COLORS!

Elementary School
Menu

Tues., Oct. 20

Breakfast

Cereal & Dolphins/Friends

Lunch

Asian Popcorn Chicken
Turkey & Cheese Sub
Chicken Caesar Salad
Steamed Rice
Lettuce/Tomato
Peas & Carrots
Fruit Salad
Chilled Pineapple
Crisp or Cobbler (M.C.)
Crackers

Wed., Oct. 21

Breakfast

Sausage Biscuit

Lunch

Personal Pan Pizza
Cheeseburger Macaroni
Apple & Yogurt Salad
Baked Potato Half
Garden Salad
Broccoli & Cheese
Grapes
Chilled Peaches
Juice Bar
Texas Toast/Crackers

Thurs., Oct. 22

Breakfast

French Toast

Lunch

Cheesy Nachos
Ham & Cheese Wrap
Chef Salad with Turkey
Mexican Rice
Lettuce/Tomato
Corn
Refried Beans
Apple Wedges
Freshly-baked Cookie
Crackers

Fri., Oct. 23

Breakfast

Chicken Biscuit

Lunch

Hot Dog
Chicken Quesadilla
Fruit & Cottage Cheese
French Fries
Veggie Dippers
Green Beans
Coleslaw
Orange Wedges
Jello
Crackers

Mon., Oct. 26

Breakfast

Snackin' Waffle

Lunch

Chicken Nuggets
Ham & Cheese Melt
Chef Salad with Turkey
Mashed Potatoes
Garden Salad
Green Peas
Sweet Potatoes with Apples
Chilled Applesauce
Pudding
Rolls/Crackers

Tues., Oct. 27

Breakfast

Pizza Bagel

Lunch

Sweet & Sour Chicken
Corndog
Chicken Caesar Salad
Steamed Rice
Carrots with Dip
Mixed Vegetables
Grapes
Chilled Peaches
Cake (Manager's Choice)
Crackers

Wed., Oct. 28

Breakfast

Sausage Biscuit

Lunch

Southwest Pizza
BBQ
Chicken Salad
Tater Tots
Garden Salad
Corn
Breaded Okra
Apple Wedges
Juice Bar
Crackers

Thurs., Oct. 29

Breakfast

Pop Tart/Bug Bites

Lunch

Fish Nuggets
Lasagna
Chef Salad with Egg
Baked Potato Half
Garden Salad
Broccoli & Cheese
Coleslaw
Chilled Pineapple
Sherbet
Garlic Toast/Crackers

Fri., Oct. 30

Breakfast

Chicken Biscuit

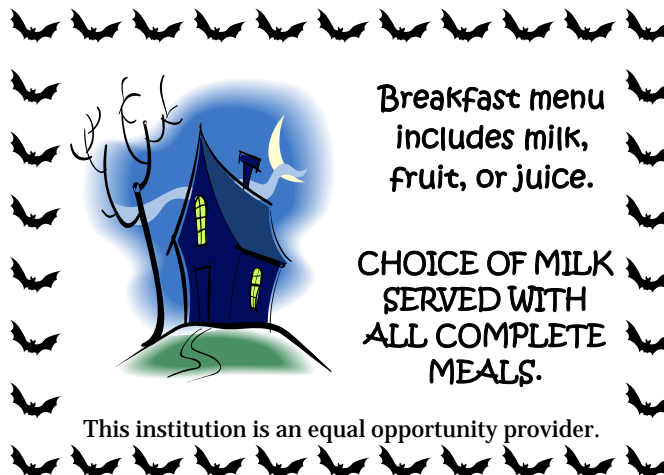
Lunch

Mummy Dog
Spaghetti with Eyeballs
Chef Salad with Ham
Macaroni & Cheese
Garden Salad
Green Beans
Fresh Fruit (M.C.)
Blushing Pears
Slimy Worms
Crackers

HAPPY
HALLOWEEN!



TRICK OR
TREAT!



Breakfast menu
includes milk,
fruit, or juice.

CHOICE OF MILK
SERVED WITH
ALL COMPLETE
MEALS.

This institution is an equal opportunity provider.