

**Thurs., Oct. 1**

**Breakfast**

Eggs & Grits

**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**

Pancakes & Sausage

**Lunch**

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

**Mon., Oct. 5**

**Breakfast**

Sausage Biscuit

**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**

Cinnamon Oatmeal/Eggs

**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**

Pop Tart/Grits

**Lunch**

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

**Thurs., Oct. 8**

**Breakfast**

Egg & Cheese Biscuit

**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**

Chicken Biscuit

**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**

Waffles & Sausage

**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**

Egg & Cheese 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**

Chicken Biscuit

**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

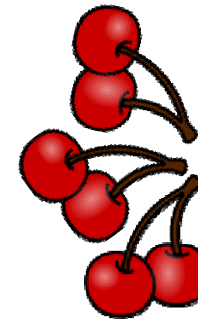
TIP: You can make healthy dips for your fruit or vegetables using plain or vanilla yogurt.

# 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**

French Toast & Sausage

**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**

Jelly 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**

Eggs & Grits

**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**

Pancakes & Sausage

**Lunch**

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

**Mon., Oct. 26**

**Breakfast**

Sausage Biscuit

**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**

Cinnamon Oatmeal/Eggs

**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**

Pop Tart/ Grits

**Lunch**

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

**Thurs., Oct. 29**

**Breakfast**

Egg & Cheese Biscuit

**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**

Jelly Biscuit

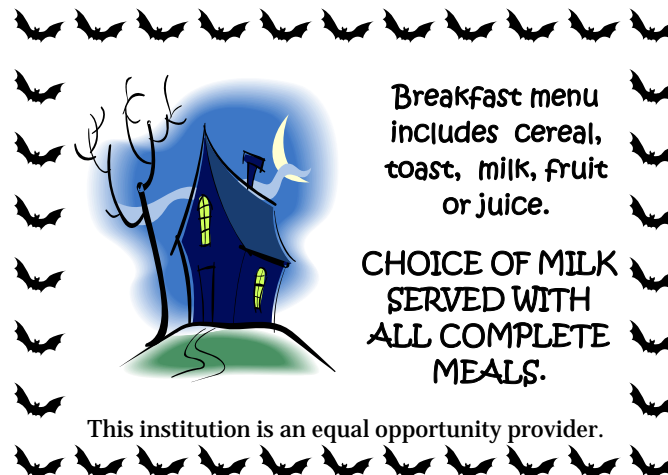
**Lunch**

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 cereal,  
toast, milk, fruit  
or juice.

CHOICE OF MILK  
SERVED WITH  
ALL COMPLETE  
MEALS.

This institution is an equal opportunity provider.