

Mon., Oct. 3

Breakfast
Eggs/Cheese Grits

Lunch
Popcorn Chicken
Cheeseburger Macaroni
Chicken Caesar Salad
Potato Wedges
Sweet Potato Wedges
Veggie Dippers
Garden Salad
Mixed Vegetables
Squash Casserole
Chilled Peaches
Fruit Slushie
Roll
Crackers

Tues., Oct. 4

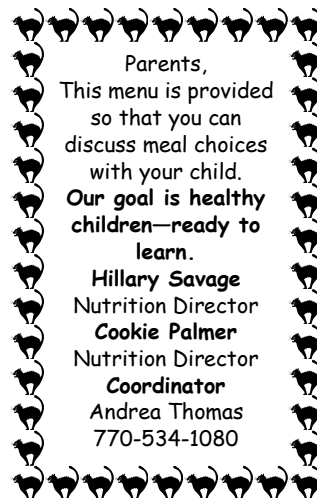
Breakfast
French Toast & Sausage

Lunch
Chicken Tenders
Spaghetti w/Meat Sauce
Crispy Chicken Salad
Herb-Roasted Potatoes
Veggie Dippers
Garden Salad
Green Beans
Breaded Okra
Fruit Cocktail
Crisp or Cobbler (M.C.)
Garlic Loco Bread
Crackers

Wed., Oct. 5

Breakfast
Chicken Biscuit

Lunch
School-Made Pizza
Burrito
Picnic Chicken Salad
Baked Potato Half
Baked Sweet Potato Half
Veggie Dippers
Garden Salad
Broccoli & Cheese
Refried Beans
Chilled Pineapple
Baked Cinnamon Apples
Crackers



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

**Our goal is healthy
children—ready to
learn.**

Hillary Savage
Nutrition Director
Cookie Palmer
Nutrition Director
Coordinator
Andrea Thomas
770-534-1080

Thurs., Oct. 6

Breakfast
Cinnamon Oatmeal
Poptart

Lunch
Asian Popcorn Chicken
Turkey & Cheese Wrap
Chef Salad with Egg
Steamed Rice
Veggie Dippers
Lettuce/Tomato
Oriental-Style Veggies
Orange Wedges
Chilled Pears
Freshly-Braked Cookie
Crackers

Fri., Oct. 7

Breakfast
Ham Biscuit

Lunch
Corndog
Chicken Quesadilla
Chef Salad with Turkey
Potato Smiles
Veggie Dippers
Lettuce/Tomato
Sautéed Peppers & On-
ions
Pinto Beans
Chilled Mandarin Oranges
Pudding
Crackers

Mon., Oct. 10

Breakfast
Chicken Biscuit

Lunch
Chicken Nuggets
Ham & Cheese Sub
Chef Salad with Egg
Mashed Potatoes
Whipped Sweet Potatoes
Veggie Dippers
Garden Salad
Green Peas
Apple Wedges
Chilled Pineapple
Juice Bar
Roll
Crackers

Tues., Oct. 11

Breakfast
Pancakes & Sausage

Lunch
Turkey & Cheese Wrap
Tacos
Chef Salad w/Ham &
Cheese
Mexican Rice
Veggie Dippers
Lettuce/Tomato
Corn
Refried Beans
Grapes
Banana Pudding
Crackers

Wed., Oct. 12

Breakfast
Egg & Cheese Sandwich

Lunch
Personal Pan Pizza
BBQ
Taco Salad
Baked Potato Half
Baked Sweet Potato Half
Veggie Dippers
Lettuce/Tomato
Broccoli & Cheese
Orange Wedges
Chilled Applesauce
Sherbet
Crackers

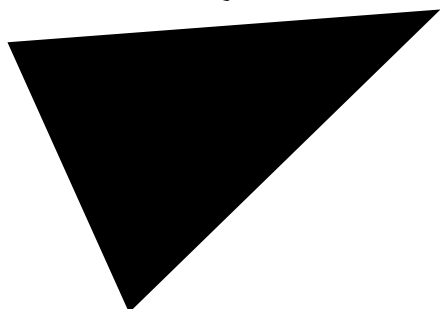
Thurs., Oct. 13

Breakfast
Scrambled Ham &
Eggs/Grits

Lunch
Smoky Rib Sandwich
Cheesy Nachos
Chef Salad w/Turkey &
Cheese
Tri Taters
Veggie Dippers
Lettuce/Tomato
Cali-Blend Veggies
Coleslaw
Chilled Pears
Jell-O
Crackers

CELEBRATE HALLOWEEN

...with Healthy Bones!



Bone Health

Your bones are constantly growing and changing. These tips can help keep your bones healthy!

- ★ Drink low-fat milk and eat low-fat foods in the milk group like yogurt and cheese.
- ★ Play outside. Our bodies make vitamin D from the sun, and vitamin D is good for your bones! Don't forget to wear your sunscreen!
- ★ Get moving! Exercise is great for your bones. If you "surprise" your skeleton by doing different types of exercise, that is even better!



- ★ Eat plenty of different colors of fruits and vegetables to make sure you get other vitamins and minerals that are good for your bones!

Kids Cooking

PUMPKIN PIE YOGURT

- 6 oz. plain low-fat yogurt
- 1/4 cup canned pumpkin
- 1 Tbsp graham cracker crumbs
- 1 Tbsp toasted pumpkin seeds
- 1 tsp Pumpkin-shaped sprinkles

1. Combine yogurt and canned pumpkin.
2. Top with additional ingredients and serve.

This recipe makes an individual serving.

ENJOY!!

Fall Break!

Have a wonderful Fall Break!



When you carve your pumpkin, save the seeds to prepare the recipe for *Pumpkin Pie Yogurt* included in this menu brochure!

Wed., Oct. 19

Breakfast
Ham Biscuit

Lunch
Pizza
Sloppy Joe
Fresh Apple & Yogurt Salad
Tater Tots
Sweet Potato Tots
Veggie Dippers
Garden Salad
Glazed Carrots
Broccoli Salad
Fruit Salad
Juice Bar
Crackers

Thurs., Oct. 20

Breakfast
Breakfast Pizza

Lunch
Chicken Patty Sandwich
Lasagna
Salad Trio
Pasta Salad
Veggie Dippers
Lettuce/Tomato
Green Beans
Fresh Fruit Salad
Chilled Mandarin Oranges
Rice Krispie Treat
Garlic Loco Bread
Crackers

Fri., Oct. 21

Breakfast
Sausage Biscuit

Lunch
Hamburger/Cheeseburger
Chicken Fajitas
Buffalo Chicken Salad
French Fries
Sweet Potato Fries
Veggie Dippers
Lettuce/Tomato
Sautéed Peppers & Onions
Baked Beans
Chilled Applesauce
Sherbet
Crackers

Mon., Oct. 24

Breakfast
Eggs/Cheese Grits

Lunch
Popcorn Chicken
Cheeseburger Macaroni
Chicken Caesar Salad
Potato Wedges
Sweet Potato Wedges
Veggie Dippers
Garden Salad
Mixed Vegetables
Squash Casserole
Chilled Peaches
Fruit Slushie
Roll
Crackers

Tues., Oct. 25

Breakfast
French Toast & Sausage

Lunch
Chicken Tenders
Spaghetti w/Meat Sauce
Crispy Chicken Salad
Herb-Roasted Potatoes
Veggie Dippers
Garden Salad
Green Beans
Breaded Okra
Fruit Cocktail
Crisp or Cobbler (M.C.)
Garlic Loco Bread
Crackers

Wed., Oct. 26

Breakfast
Chicken Biscuit

Lunch
School-Made Pizza
Burrito
Picnic Chicken Salad
Baked Potato Half
Baked Sweet Potato Half
Veggie Dippers
Garden Salad
Broccoli & Cheese
Refried Beans
Chilled Pineapple
Baked Cinnamon Apples
Crackers

Thurs., Oct. 27

Breakfast
Cinnamon Oatmeal
Poptart

Lunch
Asian Popcorn Chicken
Turkey & Cheese Wrap
Chef Salad with Egg
Steamed Rice
Veggie Dippers
Lettuce/Tomato
Oriental-Style Veggies
Orange Wedges
Chilled Pears
Freshly Baked Cookie
Crackers

Fri., Oct. 28

Breakfast
Ham Biscuit

Lunch
Corndog
Chicken Quesadilla
Chef Salad with Turkey
French Fries
Sweet Potato Fries
Veggie Dippers
Lettuce/Tomato
Sautéed Peppers & Onions
Pinto Beans
Chilled Mandarin Oranges
Pudding
Crackers

Mon., Oct. 31

Breakfast
Chicken Biscuit

Lunch
Bat Nuggets
Ham & Cheese Sub
Chef Salad w/Egg & Cheese
Mashed Potatoes
Whipped Sweet Potatoes
Veggie Dippers
Garden Salad
Green Peas
Apple Wedges
Chilled Pineapple
Dirt Pie
Roll/Crackers

Veggie dippers and crackers are offered as a choice with every lunch.



Breakfast menu also includes cereal, toast, juice, and/or fruit.

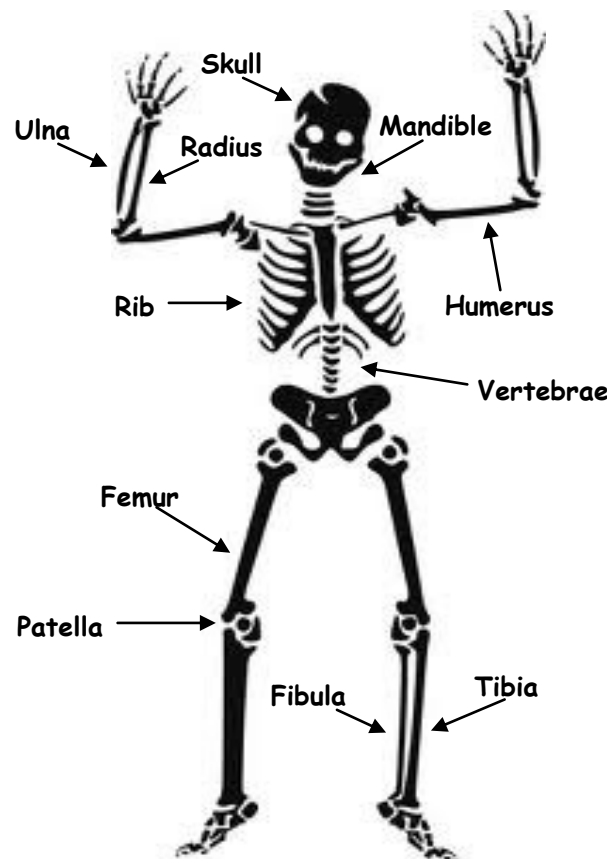


CHOICE OF MILK SERVED WITH ALL COMPLETE MEALS.

This institution is an equal opportunity provider.

OCTOBER 2011

Hall County Elementary School Nutrition Menu



Did you know that you have over 200 bones in your body?

Look inside to learn how to keep them strong and healthy!