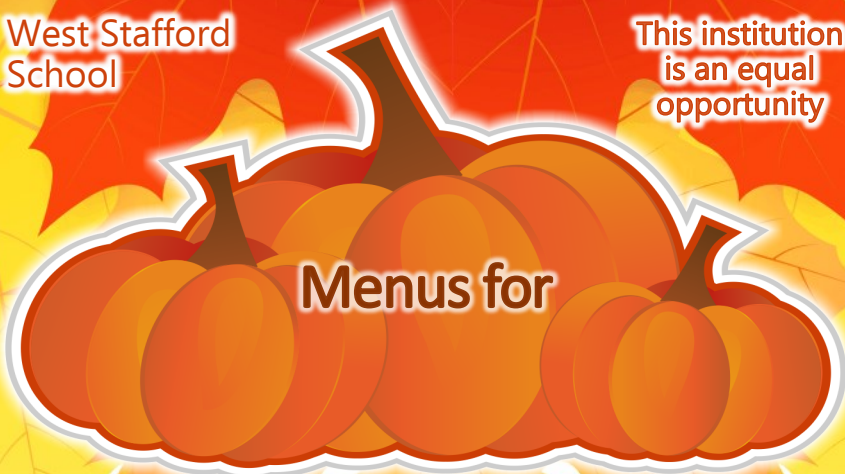


This institution is an equal opportunity



Menus for

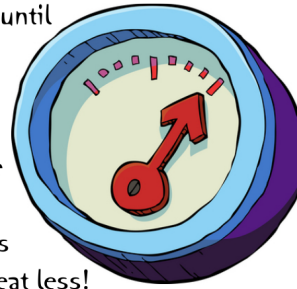
STRANGE BUT TRUE!

TREES THAT NATURALLY LOSE THEIR LEAVES ARE CALLED "DECIDUOUS," WHILE THOSE THAT NEVER LOSE THEIR LEAVES ARE "EVERGREEN." IN NORTH AMERICA, WE'RE USED TO DECIDUOUS TREES THAT LOSE THEIR LEAVES WHEN COLD WEATHER APPROACHES. **BUT THAT'S NOT TRUE EVERYWHERE.** SOME TREES, LIKE THE DESERT ACACIA TREE PICTURED HERE, LOSE THEIR LEAVES **BECAUSE IT'S TOO HOT, NOT TOO COLD!** WHEN DROUGHT AND HEAT THREATEN THEIR SURVIVAL, THEY CAN **DROP THEIR LEAVES ENTIRELY TO CONSERVE WATER!**



NOT SO FAST.

Your brain isn't as fast as your mouth. That's why you don't feel full until about 20 minutes after you start eating. Most of us eat too fast, and so we take in way more calories than we need before our brains tell us we're full. Eat slower, eat less!



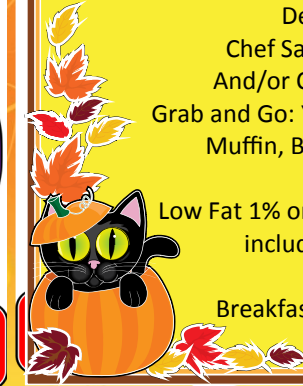
EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!

Available Daily

Deli Sandwiches
 Chef Salads with Cold Cuts
 And/or Cheese & Dinner Roll
 Grab and Go: Yogurt, String Cheese, WG Muffin, Baby Carrots and Fruit

Low Fat 1% or Fat Free Flavored Milk is included with all Meals

Breakfast \$1.65 Lunch \$2.75



Tuesday, October 1

Lunch
 Mozzarella Sticks With Marinara Sauce
 Garlic Knot Tossed Salad With House Dressing
 Choice of Fruit

Wednesday, October 2

Lunch
 Creamy Chicken Alfredo With a Twist
 Seasoned Broccoli
 Fresh Local Apple

Thursday, October 3

Lunch
 Beef Soft Taco With Cheese Lettuce and Salsa
 Fiesta Rice
 Mexicali Corn
 Choice of Fruit

Friday, October 4

Lunch
 Stuffed Crust Pizza With Assorted Toppings
 Baby Carrots With Dip
 Fresh Fruit

Monday, October 7

Lunch
 All White Meat Popcorn
 Chicken Bites
 Whole Grain Biscuit
 Mashed Potato With Gravy
 Choice of Fruit

Tuesday, October 8

Lunch
 BBQ Pork Rib on a Bun
 Oven Baked Curly Fries
 Corn Cobette Sliced
 Watermelon

Wednesday, October 9

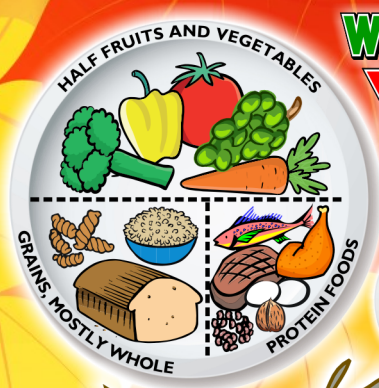
Lunch
 Pasta with Meat Sauce
 Garlic Bread Stick
 Caesar Salad With Croutons
 Choice of Fruit

Thursday, October 10

Lunch
 Chicken Sausage Egg And Cheese on a Croissant
 Oven Baked Potato Gems
 Apple Crisp

Friday, October 11

Lunch
 Big Daddy Pizza Wedge With Assorted Toppings
 Broccoli Salad
 Fresh Fruit



What's on **YOUR** plate?



How can you magically transform a pumpkin into another vegetable?

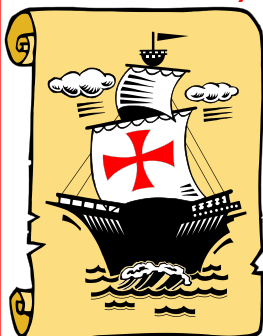
(Hold the page upside down and read it in a mirror for the answer!)

When it comes down to it, you'll find it's all about the same!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, October 14

Columbus Day



No School

Tuesday, October 15

Lunch
Wild Mike's
Cheese Bites
With Marinara
Sauce
Green Leaf
Salad With
House Dressing
Choice of Fruit

Wednesday, October 16

Lunch
Nachos With
Beef and Cheese
Salsa
Refried Beans
Cinnamon
Churro
Frozen Fruit
Juice Bar

Thursday, October 17

Lunch
Cheeseburger
On A Bun
Pickle Chips
Seasoned Potato
Wedges
Fresh Fruit

Friday, October 18

Lunch
Chicken or
Cheese
Quesadilla
Pizza
Veggie Sticks
With Dip
Choice of Fruit

Monday, October 21

Lunch
Yang's
Mandarin
Orange Chicken
With Fried Rice
Steamed
Broccoli
Fortune Cookie
Fresh Fruit

Tuesday, October 22

Lunch
Whole Grain
Waffles Sticks
With Topping
Chicken
Sausage Links
Hash Brown
Choice of Fruit

Wednesday, October

Lunch
Chicken Fajitas
With Cheese
Lettuce and
Salsa
Refried Beans
Corn Muffin
Fresh Fruit

Thursday, October 24

Lunch
Corn Dog
Nuggets
Baked Beans
Coleslaw
Frozen Yogurt
Cup
Or Choice of
Fruit

Friday, October 25

Lunch
French Bread
Pizza
With Assorted
Toppings
Baby Carrots
with Dip
Choice of Fruit

Monday, October 28

Lunch
Spook-Tacular
Halloween
Nuggets
With Dipping
Sauce
Buttered Noodles
Seasoned Carrot
Coins
Chillin' Bat
Frozen Ice

Tuesday, October 29

Lunch
Cheese Ravioli
With Marinara
Sauce
Garlic Knot
Tossed Salad
With House
Dressing
Fresh Fruit

Wednesday October 30

Lunch
Philly Style
Steak and
Cheese on a
Whole Grain
Hoagie Roll
Crispy Baked
Onion Rings
Choice of Fruit

Wednesday October 31

Early Release Lunch
Cheesy Bosco
Sticks
Marinara Sauce
Veggie Sticks
With Dip
Fresh Fruit

BUG LOVER.

Bat species account for more than 20% of all mammals on earth! And guess what they love to eat? BUGS!! A single little brown bat can eat up to 600 creepy mosquitoes and other flying insects in just an hour!



ANIMAL APPETITES