





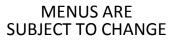


No application necessary for kids to sit at our table.









Cook's Choice



All of our complete meals are always FREE for all students with no need to submit an application, thanks to the









No matter the time of year, a big old bucket, bag, or pillow case full of all-you-can-eat sugar is never a treat -- for kids or adults. For those who feel they MUST collect candy, pick out a couple of favorite pieces and then toss the rest.

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

Wednesday, October

Breakfast

Egg & Cheese Omelette, Whole Wheat Toast, Grapes, Milk

Lunch

Corn Dogs, Fries, Banana, Milk

Thursday, October 2

Breakfast

French Toast Sticks. Strawberries, Milk

Lunch

Fish Sandwich on Wheat bun, Let./ Tom., Spinach, Cole Slaw, Grapes, Milk

Friday, October 3

Breakfast

Cereal, Raisin Toast, Milk, Juice

Lunch

Grilled Cheese Sandwich on Wheat Bread, Mixed Veggies, Orange Slices, Milk



What's orange, sweet, **AND good for you?**

And they're fun to make, too! Mash two baked sweet potatoes with a tablespoon of olive oil, a couple tablespoons of OJ, and half a teaspoon of a spice called garam masala (Google it!). Try this sweet, healthy treat in October, and you'll want to



Sweet potatoes are naturally sweet, candy-colored veggies.

gobble it all winter long!

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

Monday, October 6

Breakfast

Pop Tarts, Apple Juice, Milk

Lunch

Chicken nuggets, Dinner Roll, Broccoli, Rice, Applesauce, Milk

Tuesday, October 7

Breakfast

Sausage, Biscuit, Fruit Cup, Milk

Lunch

Hot Dogs, Mixed Fruit, Pinto Beans, Cole Slaw, Milk

Wednesday, October

Breakfast

Muffins, Orange Juice, Milk

Lunch

PBJ Sandwich. Oranges, Carrot sticks, Chips, Milk

Thursday, October 9

Breakfast

French Toast Sticks, Strawberries, Milk

Lunch

Beef & Bean Burrito, Corn on Cob, Honeydew melon, Milk

Friday, October 10

Breakfast

Cereal, Raisin Toast, Milk

Lunch

Turkey Wraps, Celery sticks w/ PNut butter cups, Peach Cup, Milk

EARLY DISMISSAL