


OCTOBER 2009

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Give your child a healthy start! Mornings can be rushed, but it is important to make time for breakfast. Children can benefit from the School Breakfast Program. Studies show that breakfast can improve test scores, make kids more alert in class, and improve class room behavior.</p>	<p>Make sure your kids start the day with a healthy meal!</p> 	<p>Lunch - \$2.00 Milk - 50¢ Ice Cream - 50 ¢ & 75¢ Snacks - 75¢</p> <p>Reduced breakfast 30¢ Reduced lunch 40¢</p>	<p>1) Breakfast: Pancakes w/syrup or choice of cereal w/toast, fruit or juice, milk</p> <p>Lunch: Chicken patty on Roll, vegetable soup, peaches, fruit juice bar, milk</p>	<p>2) Breakfast: Toast w/choice of cereal or Cinnamon toast (2), fruit or juice, milk</p> <p>Lunch: Pizza or Fish sandwich, hot vegetable, fruit, cookie, milk</p>
<p>5) Breakfast: Sausage patty w/toast, scrambled eggs, milk</p> <p>Lunch: Sloppy Joe on roll or Bologna & Cheese on roll, potato rounds, fresh veggies w/dip, orange crème bar, milk</p>	<p>6) Breakfast: Hot ham & cheese on toast or choice of cereal w/toast, milk,</p> <p>Lunch: Pizzas or Turkey wraps, scalloped potatoes, fruit, blueberry crunch bar, milk</p>	<p>7) Breakfast: Egg salad on toast or choice of cereal w/toast, fruit or juice, milk</p> <p>Lunch: Chicken tenders, cheesy mashed potatoes, roll, fruit, animal crackers, milk</p>	<p>8) Breakfast: Sausage on roll or choice of cereal w/toast, fruit or juice, milk</p> <p>Lunch: Bread sticks w/meat sauce or Hot Dog on Roll, tossed salad, peaches, pudding, milk</p>	<p>9) Breakfast: Breakfast pizza or Choice of cereal w/toast, fruit or juice, milk</p> <p>Lunch: Pepperoni or cheese pizza or Fish sandwich, hot vegetable, fruit, cookie, milk</p>
<p>12) Breakfast: 3 French toast sticks w/syrup, or choice of cereal w/toast, fruit or juice, milk</p> <p>Lunch: Grilled cheese sandwich, pizza soup, peaches, fudge bar, milk</p>	<p>13) Breakfast: Bagel w/topping or Choice of cereal w/toast, fruit or juice, milk</p> <p>Lunch: Turkey supreme or Nachos w/cheese, corn, applesauce, cheddar whales, milk</p>	<p>14) Breakfast: Donut or Choice of cereal w/toast, fruit or juice, milk</p> <p>Lunch: Chicken parmesan w/spaghetti or Grilled ham & cheese, green beans, dinner roll, fruit, blue raspberry ice, milk</p>	<p>15) Breakfast: Pancakes w/syrup or choice of cereal w/toast, fruit or juice, milk</p> <p>Lunch: Pizza or Fish sandwich, hot vegetable, fruit, cookie, milk</p>	<p>16)</p> <p style="font-size: 2em; font-weight: bold;">SCHOOLS-CLOSED</p>
<p>19) Breakfast: Waffles w/syrup or Choice of cereal w/toast, fruit or juice, milk</p> <p>Lunch: Chicken nuggets, French fries, roll, fruit or fruit juice bar, milk</p>	<p>20) Breakfast: Sausage patty w/scrambled eggs & toast, fruit or juice, milk</p> <p>Lunch: Macaroni & cheese or Tuna salad sub, hot vegetable, fruit, popcorn, milk</p>	<p>21) Breakfast: Waffles w/syrup or Choice of cereal w/toast, fruit or juice, milk</p> <p>Lunch: Soft or hard taco w/cheese, salsa, sour cream, shredded cheese, corn, fruit, pretzel twists, milk</p>	<p>22) Breakfast: Hot ham & cheese on toast or choice of cereal w/toast, milk</p> <p>Lunch: Spaghetti w/meat sauce, tossed salad, roll, pears, jello w/topping, milk</p>	<p>23) Breakfast: Sausage patty on toast or choice of cereal w/toast, fruit or juice, milk</p> <p>Lunch: Pepperoni or cheese pizza or Fish sandwich, hot vegetable, fruit, cookie, milk</p>
<p>26) Breakfast: Breakfast pizza or Choice of cereal w/toast, fruit or juice, milk</p> <p>Lunch: Oven baked cheese sticks w/dipping sauce, green beans, fruit, cookie, milk</p>	<p>27) Breakfast: 3 French toast sticks, w/syrup or choice of cereal & toast, fruit or juice, milk</p> <p>Lunch: Ham & Cheese sub or Turkey & Cheese sub, chicken noodle soup, fresh veggies w/dip, fruit, cookie, milk</p>	<p>28) Breakfast: Bagel w/topping or Choice of cereal w/toast, fruit or juice, milk</p> <p>Lunch: Popcorn chicken, hot vegetable, roll, fruit, cookie, milk</p>	<p>29) Breakfast: Donut or Choice of cereal w/toast, fruit or juice, milk</p> <p>Lunch: Scrambled eggs, sausage patty, pancake w/syrup, orange juice, fruit, milk</p>	<p>30) Breakfast: 2 pancakes w/syrup or choice of cereal w/toast, fruit or juice, milk</p> <p>Lunch: Pizza or Fish sandwich, hot vegetable, peaches, Halloween dessert, milk</p>

Tips of the month:

- Brocules says, "Set a goal of trying one new fruit or vegetable every week."
- Apple tracker says, "Limit television, computer, and video game time to less than 2 hours a day."

