



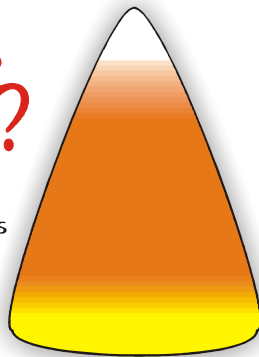
Q: What do these 5 foods have in common?



V: Nuts... Olives... Cooking Oil, like Canola and Olive Oil... Avocado... Fish, like Salmon. All of these foods contain a lot of fat - but they're all good for you! That's because they are low in saturated fat and high in healthy fat.

LEARN MORE AT WWW.KIDSHHEALTH.ORG/KID/STAY_HEALTHY/FOOD/PYRAMID.HTML

TREAT... OR TRICK?



Tooth decay is five times more common among kids than asthma. By the time they reach school, four out of ten children have cavities. So don't let sugar linger in your mouth. Brush it away!

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

Monday, Oct. 13

Chicken Nuggets
Rice Pilaf
Raw Vegetables
W/Dip
OR
Chef Salad Platter
W/Wheat Roll
Fresh Fruit or
Fruit Cocktail, Milk

BREAKFAST
Cold or Hot Cereal
English Muffin
Chilled Juice, Milk
BREAKFAST BAR
@ HS

Tuesday, Oct. 14

Macaroni & Cheese
Steamed Broccoli
Normandy
OR
Chef Salad Platter
Soft Pretzel
Fresh Fruit or
Chilled Juice, Milk

BREAKFAST
Cheese Pizza
Fresh Fruit, Milk
BREAKFAST BAR
@ HS

Wed., Oct. 15

Fish Munchies
Baked Potato
OR
Chicken Caesar
Salad Platter
Blueberry Muffin
Fresh Fruit or Chilled
Pears, Milk

BREAKFAST
Cinnamon Pretzel
Stick, Yogurt
Fresh Fruit, Milk
BREAKFAST BAR
@ HS

Thurs, Oct. 16

BRUNCH
French Toast Sticks
Sausage Link
Hash Brown
OR
Taco Salad Platter
Fresh Orange or Rosey
Applesauce
Fruit Crisp, Milk

BREAKFAST
Bagel W/Cream Cheese
Sunflower Seeds
Fresh Fruit, Milk
BREAKFAST BAR
@ HS

Friday, Oct. 17

Meatball Sub on Roll
Tossed Salad
OR
Chef Salad Platter
W/Wheat Roll
Fresh Fruit or Chilled
Peaches
Raspberry Sherbet
Bar, Milk

BREAKFAST
Strawberry Pastry
Fresh Fruit, Milk
BREAKFAST BAR
@ HS

Monday, Oct. 20

Chicken Parmesan
Spaghetti
Steamed Italian
Vegetable Blend
OR
Chef Salad Platter

Italian Bread
Chiled Fruit Cocktail
or Juice, Milk

BREAKFAST
Fruit Muffin
Fresh Fruit, Milk
BREAKFAST BAR
@ HS

Tuesday, Oct. 21

Deluxe Hamburger on
Roll. Pickles
Potato Puffs
OR
Chef Salad Platter
W/Wheat Roll

Fresh Fruit or Pears
Raspberry Cream
Cake, Milk

BREAKFAST
Apple Churro
Sunflower Seeds
Fresh Fruit, Milk
BREAKFAST BAR
@ HS

Wed., Oct. 22

Chicken Noodle Soup @
ES or Chili @ HS
Crackers, Cheese Filled
Bread Sticks
Raw Vegetables
W/Dip
OR Chicken Caesar Salad
Platter
W/Wheat Roll

Fresh Fruit or Chilled
Juice
Ice Cream Sandwich
Milk

BREAKFAST
Flap Stick W/Syrup
Fresh Fruit, Milk
BREAKFAST BAR
@ HS

Thurs, Oct. 23

Act 80 Day
10:00 AM
Student Arrival
Shrimp Poppers
Pierogies
Tossed Salad
OR
Taco Salad Platter

Fresh Fruit or Pineapple
Milk

BREAKFAST
Cereal Bar
String Cheese
Chilled Juice, Milk
BREAKFAST BAR
@ HS

Friday, Oct. 24

Ham & Cheese Cosmo
on Pretzel Bun
Nachos Chips
W/Salsa
Steamed Peas
OR
Chef Salad Platter
W/Wheat Roll

Fresh Fruit or Chilled
Peaches, Chilled
Pudding, Milk

BREAKFAST
Hot or Cold Cereal
Yogurt
Chilled Juice, Milk
BREAKFAST BAR
@ HS

Monday, Oct. 27

Beef Taco @ ES or
Chicken Fajita @ HS
Rice Pilaf
Steamed Corn
OR
Chef Salad Platter
W/Wheat Roll

Fresh Fruit or
Mandarin Oranges, Milk

BREAKFAST
Waffle Stick
String Cheese
Chilled Juice, Milk
BREAKFAST BAR
@ HS

Tuesday, Oct. 28

Cheese, Pepperoni, or
Veggie Pizza
Steamed Green Beans
OR
Chicken Caesar Salad
Platter W/Wheat Roll

Chilled Pears or Fresh
Fruit, Jello Gems, Milk

BREAKFAST
French Toast Sticks
Sausage Links
Fresh Fruit, Milk
BREAKFAST BAR
@ HS

Wed., Oct. 29

Hot Dog or Hot
Sausage on Roll
Baked Beans
OR
Taco Salad Platter
Chilled Strawberries
or Fresh Fruit
Oatmeal Cookie
Milk

BREAKFAST
Cold or Hot Cereal
Yogurt
Chilled Juice, Milk
BREAKFAST BAR
@ HS

Thurs, Oct. 30

Harvest Dinner
Crispy Baked
Chicken
Scalloped Potatoes
OR
Chef Salad Platter
Pumpkin Bread
Apple or
Chilled Juice, Milk

BREAKFAST
Breakfast Pizza
Fresh Fruit, Milk
BREAKFAST BAR
@ HS

Friday, Oct. 31

Cheese Steak
Sandwich on Roll
Tossed Salad
OR
Chef Salad Platter
W/Wheat Roll
Chilled Peaches
or Fresh Fruit
Creamsicle, Milk

BREAKFAST
Apple Cinnamon Bun
Sunflower Seeds
Fresh Fruit, Milk
BREAKFAST BAR
@ HS