

OCTOBER MENU

Elementary



Eerie Eyeballs

Ingredients:

- Apple Rings (1 per eye)
- Dried Apricots (1/2 per eye)
- Raisins

How to make it:

1. For each pair of eyes, gently flatten two dried apple rings with the palm of your hand.
2. Carefully slice a dried apricot through the middle so that you end up with two circular halves. Press a half, sticky side down, onto the center of an apple ring, covering the hole.
3. For pupils, place the raisins onto the apricots.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Nuggets or Steak Fingers Hot Roll Mashed Potatoes Green Beans Fruit Cup	2 Italian Dippers or Pizza Seasoned Peas & Carrots Italian Salad Colorful Apple Sauce	3 Homemade Pigs in a Blanket or Corn Dog Cucumber Nachos Baked Beans Fruit Cup	4 Nachos Refried Beans Spanish Rice Homemade Salsa Lettuce & Tomato Fruit Cup	5 Burger Basket Choice of Burger with Baked Fries Lettuce with Pickles Sliced Tomatoes Fresh Fruit
8 <i>Enjoy Your Day Off!</i>	9 Chicken Parmesan with Garlic Stick or Pizza Seasoned Veggies Garden Salad Berries & Cream	10 Asian Bowl Steamed Vegetables Glazed Carrots Pineapple Chunks or BYSL	11 Tacos Charro Beans Spanish Rice Lettuce & Tomato Homemade Salsa Fruit Cup	12 Burger Basket Choice of Burger with Baked Fries Lettuce with Pickles Sliced Tomatoes Fresh Fruit
15 Chicken Fried Steaks or Boneless Wings Hot Roll Roasted Potatoes Seasoned Green Beans Fruit Cup	16 Cheesy Bread Sticks or Pizza Italian Salad Steamed Vegetables Fruity Jell-O	17 Chicken & Waffles Fresh Carrots Steamed Vegetables Fruit Cup or BYSL	18 Quesadillas or Crisпитos Lettuce & Tomato Beans al Carbon Spanish Rice Homemade Salsa Fruit Cup	19 Burger Basket Choice of Burger with Baked Fries Lettuce with Pickles Sliced Tomatoes Fresh Fruit
22 Steak Fingers or Chicken Nuggets Hot Roll Mashed Potatoes Steamed Vegetable Fruit Cup	23 Spaghetti with Meat Sauce and Garlic Toast or Pizza Tossed Salad Seasoned Green Beans Fruit Cup	24 Stuffed Baked Potato with Hot Roll or Chili Dog Fresh Vegetable Dippers Steamed Broccoli Orange Smiles	25 Nachos Refried Beans Spanish Rice Lettuce & Tomato Homemade Salsa Fruit Cup	26 Burger Basket Choice of Burger with Baked Fries Lettuce with Pickles Sliced Tomatoes Fresh Fruit
29 Popcorn Chicken or Crispy Chicken Salad with Hot Roll Mashed Potatoes Seasoned Vegetables Banana Sundaes	30 Meatball Sub or Pizza Italian Salad Seasoned Corn Fruit Mix	31 Asian Bowl Steamed Vegetables Glazed Carrots Pineapple Chunks or BYSL	November 1 Tacos Charro Beans Spanish Rice Lettuce & Tomato Homemade Salsa Fruit Cup	November 2 Burger Basket Choice of Burger with Baked Fries Lettuce with Pickles Sliced Tomatoes Fresh Fruit

Every lunch also includes a choice of Milk.

Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
Strawberry Pancakes or Yogurt & Muffin	Scrambled Eggs with Toast and your choice of Bacon, Sausage, or Ham	Sausage Biscuits & Gravy or Pancake Wrap	Breakfast Pizza or Chicken & Biscuits	Breakfast Sandwich or Pig in a Blanket

An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.

In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible State or local Agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information is available in languages other than English. To file a complaint alleging discrimination, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410, fax: (202) 690-7442, or email: program.intake@usda.gov. This institution is an equal opportunity provider.