

OCTOBER MENU

SUPPER

MOVE & GROOVE

DID YOU KNOW IT IS RECOMMENDED FOR SOMEONE YOUR AGE TO PARTICIPATE IN LIGHT TO INTENSE ACTIVITY AT LEAST 60 MINUTES A DAY. IT MAY SOUND LIKE A LOT, BUT YOU DON'T HAVE TO DO IT IN MORE THAN ONE GO. YOU CAN SPREAD IT OUT OVER THE DAY AND MAKE A GAME OF IT! SEE THE CHART BELOW FOR SOME DIFFERENT ACTIVITY IDEAS!



LIGHT	INTENSE
WALKING FAST	STAR JUMPS
BIKE RIDING	SWIMMING
PLAYING AT A PARK	CHASING AFTER FRIENDS
CASUAL DANCING	SKIPPING

HAPPY HALLOWEEN!

Monday	Tuesday	Wednesday	Thursday
<p>4</p> <p>Cheese Filled Bread Sticks Cucumber Slices Fresh Juice Milk</p>	<p>5</p> <p>Corn Dog Baked Chips Pickle Spears Fruit Cup Milk</p>	<p>6</p> <p>Pizza Fresh Vegetables Fresh Fruit Milk</p>	<p>7</p> <p>Nachos Homemade Salsa Fruit Cup Milk</p>
<p>11</p> <p><i>Enjoy Your Day Off!</i></p> 	<p>12</p> <p>Hot Dog Baked Chips Pickle Spears Fruit Cup Milk</p>	<p>13</p> <p>Calzone Fresh Vegetable Fresh Fruit Milk</p>	<p>14</p> <p>Burrito Homemade Salsa Fruit Cup Milk</p>
<p>18</p> <p>Cheese Filled Bread Sticks Cucumber Slices Fresh Juice Milk</p>	<p>19</p> <p>Corn Dog Baked Chips Pickle Spears Fruit Cup Milk</p>	<p>20</p> <p>Pizza Fresh Vegetables Fresh Fruit Milk</p>	<p>21</p> <p>Nachos Homemade Salsa Fruit Cup Milk</p>
<p>25</p> <p>Hot Pocket Fresh Vegetables Fruit Juice Milk</p>	<p>26</p> <p>Hot Dog Baked Chips Pickle Spears Fruit Cup Milk</p>	<p>27</p> <p>Calzone Fresh Vegetable Fresh Fruit Milk</p>	<p>28</p> <p>Burrito Homemade Salsa Fruit Cup Milk</p>