

# OCTOBER MENU

## ELEMENTARY

### 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 ALL AT ONCE. 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	CHASING AFTER
CASUAL DANCING	SKIPPING

HAPPY HALLOWEEN!

Monday	Tuesday	Wednesday	Thursday	Friday
September 28 Chili Cheese Tots with Hot Roll or Chili Dog Baby Carrots and Ranch Dressing Seasoned Vegetables Fruit Cup	September 29 Quesadilla or Crisritos Steamed Vegetables Homemade Salsa Refried Beans Spanish Rice Pineapple Fluff	September 30 Lasagna with Cheesy Garlic Bread or Pizza Fresh Seasonal Vegetables Italian Salad Mixed Fruit	1 Steak Fingers or Baked Chicken Hot Roll Creamy Mashed Potatoes Roasted Vegetables Berries & Cream	2 Chopped BBQ on Bun or Chicken Sandwich Basket Lettuce, Pickles, Tomatoes, & Onions Choice of Fresh Fruit
5 Sub Sandwich or 3 Cheese Mac & Cheese Choice of Chips Sandwich Fixins' Seasoned Vegetables Fruit Salad	6 Tacos Lettuce & Tomato Homemade Salsa Pinto Beans Spanish Rice Fruit Cup	7 Cheesy Bread Sticks with Marinara Sauce or Pizza Seasoned Sweet Corn Garden Fresh Salad Fruit Cup	8 Chicken Strips or Meatballs in Gravy Hot Roll Creamy Mashed Potatoes Steamed Broccoli Fruit Cup	9 Cheese Burger or Chicken Sandwich French Fries Lettuce, Pickles, & Tomatoes Choice of Fresh Fruit
12 <i>Enjoy Your Day Off!</i>	13 Nachos Lettuce & Tomato Homemade Salsa Refried Beans Spanish Rice Rainbow Pears	14 Spaganzza with Garlic Toast or Pizza Green Beans Italian Salad Fruit Cup	15 Country Bowl with Creamy Mashed Potatoes and Seasoned Corn or Popcorn Chicken Bucket with Fries Tossed Salad Hot Roll Color-Filled Apple Sauce	16 Chicken Sandwich or Cheese Burger Basket Lettuce, Pickles, & Tomatoes Choice of Fresh Fruit
19 Chicken Alfredo with Garlic Stick or Corn Dog with Chips Seasoned Vegetables Glazed Carrots Fruit Cup	20 Corn Chip Pie or Crispito Lettuce & Tomato Homemade Salsa Rice & Beans Fruit Salad	21 Meatball Subs or Pizza Cucumber Nachos Seasoned Vegetables Mixed Fruit	22 Steak Fingers or Chicken Nuggets Hot Roll Creamy Mashed Potatoes Steamed Broccoli Banana Sundaes	23 Cheese Burger or Chicken Sandwich Basket Lettuce, Pickles, & Tomatoes Choice of Fresh Fruit
26 Chicken and Waffles Roasted Corn Fresh Cucumber and Tomato Salad Berries & Cream	27 Tacos Lettuce & Tomato Homemade Salsa Refried Beans Spanish Rice Fruit Cup	28 Chicken Parmesan with Bread Stick or Pizza Italian Salad Seasoned Vegetables Fruit Cup	29 Homemade Hamburger Steak with Brown Gravy or Baked Chicken Hot Roll Creamy Mashed Potatoes Seasoned Green Beans Peach Crisp	30 Chopped BBQ on Bun or Chicken Sandwich Basket Lettuce, Pickles, Tomatoes, & Onions Choice of Fresh Fruit

Every lunch also includes a choice of milk.

An option of Cereal & Toast or Graham Crackers, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are offered daily.



Monday	Tuesday	Wednesday	Thursday	Friday
Donuts or Pancakes	Banana Bread or Breakfast Taco	Pancake Wrap or Chicken Biscuit	Honey Bun or Muffin & Yogurt	Breakfast Pizza or Pig in a Blanket

Assistance available in English and Spanish. Please call 877-TEX-MEAL (877-839-6325) for help. In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. 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 Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and 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 Ave, SW, Washington, D.C., 20250-9410. Fax: (202) 690-7442. E-mail: [program.intake@usda.gov](mailto:program.intake@usda.gov). This institution is an equal opportunity provider.