

OCTOBER MENU

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

Every lunch includes a choice of milk.

SECONDARY

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	SPORTS
BIKE RIDING	SWIMMING
SKATEBOARDING	STAR JUMPS
CASUAL DANCING	RUNNING

HAPPY HALLOWEEN!

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, 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) 696-7442. E-mail: program.intake@usda.gov. This institution is an equal opportunity provider.