

Monday	Tuesday	Wednesday	Thursday	Friday
October 3 Rotini* with Homemade Meat Sauce Broccoli Fruit	October 4 All-Beef Hot Dog on a Bun* Oven-Baked Spiral-Cut French Fries Fruit	October 5 Chicken Bowl with Mashed Potatoes & Corn* Honey Wheat Dinner Roll* Fruit	October 6 Tangerine Chicken Brown Rice* Sliced Carrots Animal Crackers* Fruit	October 7 Bean & Cheese Chalupa* with Salsa Black Beans Pears
<i>Spotlight Fruit of the Week: Grapes + Other Fruits as Shown on Menu</i>				
October 10 BBQ Shredded Chicken Hoagie* with Melted Cheese Kettle-Baked Beans Fruit	October 11 Asian Beef Noodles* Green Beans Fruit	October 12 Turkey Ham & Cheese on a Bavarian Pretzel Roll served with Spicy Brown Mustard Mini Potato Pancakes Fresh Made Cucumbers Fruit	October 13 Build-Your-Own Crunchy Beef Tacos* with Salsa Baby Carrots Fruit	October 14 NO SCHOOL
<i>Spotlight Fruit of the Week: Bananas + Other Fruits as Shown on Menu</i>				
October 17 Chicken Parmigiana Hoagie* Capri Blend Veggies Fruit	October 18 Beef Sloppy Joe on a Bun* Baby Carrots Fruit	October 19 Beef Burrito Bowl* with Black Beans, Corn, & Salsa Fruit	October 20 BBQ Turkey Burger on a Bun* Scalloped Potatoes Fruit	October 21 Handcrafted Mac & Cheese* Green Peas Fruit Honey Wheat Dinner Roll*
<i>Spotlight Fruit of the Week: Fresh Pears + Other Fruits as Shown on Menu</i>				
October 24 Chicken Soft Tacos* with Salsa Black Beans California Blend Veggies Fruit	October 25 BBQ Chicken Sandwich on Bun* Corn Fruit	October 26 Chicken Brown Rice* Green Beans Fruit Cookie*	October 27 Pasta* with Meatballs & Marinara Broccoli Fruit	October 28 French Toast Sticks* with Syrup & Turkey Sausage Baby Carrots Pears
<i>Spotlight Fruit of the Week: Grapes + Other Fruits as Shown on Menu</i>				
October 31 Chicken Tenders* with BBQ Dipping Sauce Broccoli Fruit Breadstick* Animal Crackers*	Color My Plate: Eating a Rainbow Eat a plateful of color every day to stay healthy. An easy way to achieve this goal is to put fruits and vegetables into five groups: orange/yellow, brown/white/tan, blue/purple, red, and green. Choose something from each group for a mix of nutrients. Did you know that students are exposed to a variety of multicolored produce through your school's lunch program?			
<i>Spotlight Fruit of the Week: Bananas + Other Fruits as Shown on Menu</i>				

Salad and Fresh Fruit Available Each Day

Breakfast Offered Daily

- Monday – Egg/Cheese Omelet, Cereal, Milk, Yogurt, Juice, Fruit
- Tuesday – Bagels w Cream Cheese, etc.
- Wednesday – Turkey Pancake Wraps, etc.
- Thursday – Biscuit WG Chicken Sandwich, etc.
- Friday – Muffins (Banana or Blue Berry), etc.

**SPECIAL BREAKFAST ITEM ON OCTOBER 31
WHOLE-GRAIN MINI CHOCOLATE DONUTS!**



*Item contains whole grains / ^=Item contains pork
/ S= Sustainable source / H= Antibiotic and hormone-free / S=Sustainable source / Milk served with lunch contains no artificial growth hormones or antibiotics / Menu is subject to change based on availability and quality of food items

Around the World in a Lunch Period - Germany

The **Culinary Explorations** program brings Oktoberfest to your school on October 12. Oktoberfest is an autumn festival that is said to be the largest in the world. It's held in Munich, the capital and largest city of the German state of Bavaria. Oktoberfest traditionally starts in late September and runs through the beginning of October. It begins in September to take advantage of the great weather. Did you know . . .

- Oktoberfest started as a celebration of the October 1810 marriage of Crown Prince Ludwig and Princess Therese of Sachsen-Hildburghausen?
- Other cities around the world hold Oktoberfest events?
- German food staples include pork, vegetables, potatoes, noodles, and bread?
- Deutschland is the name for Germany in German?

Our taste of Germany includes turkey ham and cheese on a Bavarian pretzel roll and mini potato pancakes. Guten Appetit!

