# Menus for October 2016

## SOUTH WHITTIER SCHOOL DISTRICT

## Available Daily

Fruits and vegetables are offered during breakfast and lunch.
1% milk and nonfat chocolate milk offered daily.
All grains offered are whole grains.

**Prices**

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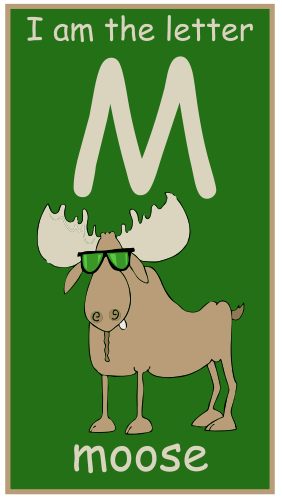
|---|---|
| Student Breakfast: | $1.00 |
| Student Lunch: | $1.75 |
| Adult Lunch: | $2.50 |
| Milk: | $.50 |




### Monday, October 3

**Breakfast**
Honey Nut Scooters
OR
Breakfast Pizza
Orange Juice

**Lunch**
Chicken Nuggets
Mashed Potatoes/Gravy
Dinner Roll
Baby Carrots
Apple Slices
Cupped Fruit

### Tuesday, October 4

**Breakfast**
Marshmallow Matey's
OR
Breakfast Bun
Bananas

**Lunch**
Chicken/Cheese Tamales
Pinto Beans
Cupped Vegetables
Salad
Bananas
Cupped Fruit

### Wednesday, October 5

**Breakfast**
Frosted Mini Spooners
OR
Quesadilla
Orange Slices

**Lunch**
Teriyaki Chicken w/Brown Rice
Asian Vegetables
Baby Carrots
Orange Slices
Cupped Fruit

### Thursday, October 6

**Breakfast**
Raisin Bran
OR
Apple Muffin
Cupped Fruit

**Lunch**
Grilled Cheese Sandwich
Sun Chips
Salad
Cupped Vegetables
Grapes/Apples
Jicama

### Friday, October 7

**Breakfast**
Marshmallow Matey's
OR
Pancake Stick
Apple Slices

**Lunch**
Taco Sticks
Cupped Vegetables
Salad/Baby Carrots
Cupped Fruit
Chocolate Chip Cookie
Jicama

October is Breast Cancer Awareness Month

### Monday, October 10

**Breakfast**
Honey Nut Scooters
OR
Chorizo Wrap
Orange Juice

**Lunch**
Hamburger/Cheeseburger
Baked Fries
Baby Carrots
Apple Slices
Cupped Fruit

### Tuesday, October 11

**Breakfast**
Marshmallow Matey's
OR
Yogurt Parfait
Bananas

**Lunch**
Beef Tostada
Spanish Rice
Shredded Lettuce
Diced Tomatoes
Salad
Bananas
Cupped Fruit

### Wednesday, October 12

**Breakfast**
Frosted Mini Spooners
OR
Pancakes
Orange Slices

**Lunch**
Chicken Nuggets
Mashed Potatoes/Gravy
Dinner Roll
Cupped Vegetables
Baby Carrots
Oranges
Cupped Fruit

### Thursday, October 13

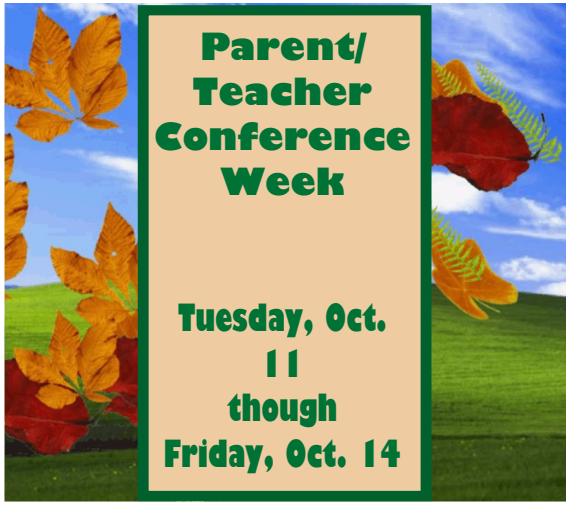
**Breakfast**
Raisin Bran
OR
Chocolate Muffin
Cupped Fruit

**Lunch**
Baked Chicken W/ Waffles
Baked Beans
Salad
Grapes/Apples
Jicama

### Friday, October 14

**Breakfast**
Marshmallow Matey's
OR
French Toast
Apple Slices

**Lunch**
Pizza
Tostito's Scoops
Salad/Baby Carrots
Cupped Fruit
Chocolate Chip Cookie
Jicama



| Monday, October 17 | Tuesday, October 18 | Wednesday, October 19 | Thursday, October 20 | Friday, October 21 |
|---|---|---|---|---|
| **Breakfast**<br>Honey Nut Scooters<br>OR<br>Breakfast Pizza<br>Apple Juice<br>**Lunch**<br>Chicken Patty Sandwich<br>Baked Fries<br>Cupped vegetables<br>Baby Carrots<br>Apple Slices<br>Cupped Fruit | **Breakfast**<br>Marshmallow Matey's<br>OR<br>Pan Dulce<br>Bananas<br>**Lunch**<br>Chicken Tostada<br>Spanish Rice<br>Shredded Lettuce<br>Diced Tomatoes<br>Salad<br>Bananas<br>Cupped Fruit | **Breakfast**<br>Frosted Mini Spooners<br>OR<br>Quesadilla<br>Orange Slices<br>**Lunch**<br>Cheese Quesadilla<br>Broccoli w/ Cheese<br>Baby Carrots<br>Oranges<br>Cupped Fruit | **Breakfast**<br>Raisin Bran<br>OR<br>Banana Muffin<br>Cupped Fruit<br>**Lunch**<br>Turkey Dog w/ Chili Beans<br>Salad<br>Cupped Vegetables<br>Grapes/Apples<br>Jicama | **Breakfast**<br>Marshmallow Matey's<br>OR<br>Peanut Butter/Jelly Sandwich<br>Apple Slices<br>**Lunch**<br>Rib Sandwich<br>Tostito's Scoops<br>Salad/Baby Carrots<br>Cupped Fruit<br>Chocolate Chip Cookie<br>Jicama |

| Monday, October 24 | Tuesday, October 25 | Wednesday, October 26 | Thursday, October 27 | Friday, October 28 |
|---|---|---|---|---|
| **Breakfast**<br>Honey Nut Scooters<br>OR<br>Chorizo Wrap<br>Apple Juice<br>**Lunch**<br>Hamburger/Cheeseburger<br>Baked Fries<br>Baby Carrots<br>Sliced Apples<br>Cupped Fruit | **Breakfast**<br>Marshmallow Matey's<br>OR<br>Yogurt Parfait<br>Bananas<br>**Lunch**<br>Chicken Fajitas w/ Tortilla<br>Beans<br>Spanish Rice<br>Salad<br>Bananas<br>Cupped Fruit<br>Jicama | **Breakfast**<br>Frosted Mini Spooners<br>OR<br>Pancake<br>Orange Slices<br>**Lunch**<br>Deli Turkey/Ham Sandwich<br>Sun Chips<br>Baby Carrots<br>Oranges<br>Cupped Fruit<br>Jicama | **Breakfast**<br>Raisin Bran<br>OR<br>Blueberry Muffin<br>Cupped Fruit<br>**Lunch**<br>Bean & Cheese Burritos<br>Cupped Vegetables<br>Salad<br>Grapes/Apples<br>Jicama | **Breakfast**<br>Marshmallow Matey's<br>OR<br>Sausage Muffin<br>Apple Slices<br>**Lunch**<br>Corn Dog<br>Broccoli w/ Cheese<br>Salad/Baby Carrots<br>Cupped Fruit<br>Chocolate Chip Cookie<br>Jicama |

| Monday, October 31 |
|---|
| **Breakfast**<br>Honey Nut Scooters<br>OR<br>Breakfast Pizza<br>Orange Juice<br>**Lunch**<br>Chicken Nuggets<br>Mashed Potatoes/Gravy<br>Dinner Roll<br>Baby Carrots<br>Apple Slices<br>Cupped Fruit |

# Happy Halloween!

## NUTRITION TO GO

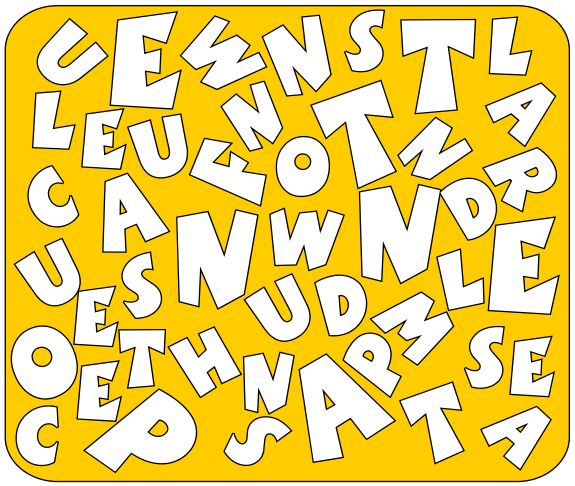
**Tomato soup from a can is one of the best sources of the antioxidant lycopene, which has been linked with reduced rates of cancer. In fact, all canned tomato products actually contain more usable lycopene than fresh tomatoes, because cooking tomatoes makes lycopene easier for the body to use.**

A TASTY MORSEL FOR PARENTS

# What food isn't so nutty after all?

Nuts and seeds are an incredible snack, full of protein, fiber, and great taste! But one popular treat that you might think belongs with the nuts on this list isn't really a nut at all. To discover the answer, find and color all of the letters in each word on the list, and then unscramble the leftover letters to learn the name of the nutty food that's not really a nut!

Walnut Pecan Almond
Chestnut Sunflower Seeds



**ANSWER:** _____

These "nuts" are actually a "legume" or type of bean. They contain more protein than true nuts, plus lots of vitamins, minerals, and fiber. So whatever you call them, go ahead and go nuts!

**Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html**