



# MENUS FOR OCTOBER 2017

W M Bass Elementary School Menus

This institution is an equal opportunity provider. Menus are subject to change.

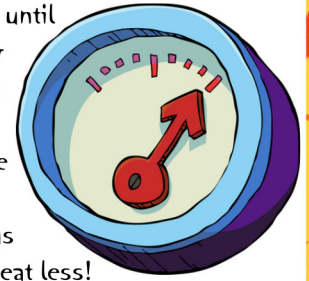
## NUTRITION TO GO

You've heard that "an apple a day keeps the doctor away." The original proverb, first recorded in Wales in the 1860s, was "Eat an apple on going to bed, and you'll keep the doctor from earning his bread." However you say it, apples are nutritious and tasty. Whole apples fill you up longer and are healthier than apple juice or apple sauce.

### A QUICK BITE FOR PARENTS

## NOT SO FAST.

Your brain isn't as fast as your mouth. That's why you don't feel full until about 20 minutes after you start eating. Most of us eat too fast, and so we take in way more calories than we need before our brains tell us we're full. Eat slower, eat less!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
**WELLNESS IS A WAY OF LIFE!**

## AVAILABLE DAILY

SMUCKERS PB&J  
UNCRUSTABLE COMBO MEAL

FRESHLY PREPARED  
CHEF SALAD OFFERED W/CROUTONS

LUNCH INCLUDES ENTRÉE,  
2 SERVINGS OF VEGETABLES,  
1 SERVING OF FRUIT  
AND CHOICE OF MILK



Monday, October 2

### Lunch Entrées (Choose 1)

Corn Dog Nuggets  
Cheesy Beef Nachos  
Served with Salsa & Sour Cream

### Lunch Sides (All Included)

Lima Beans  
Golden Sweet Corn  
Chilled Mixed Fruit

Tuesday, October 3

### Lunch Entrées (Choose 1)

Shrimp Poppers w/Corn Bread Muffin  
Honey BBQ Pork Rib Patty on Bun

### Lunch Sides (All Included)

Fresh Veggie Cup w/Ranch Dip  
Steamed Broccoli  
Cry Baby Frozen Fruit Cup

Wednesday, October 4

### Lunch Entrées (Choose 1)

Baked Chicken w/Bread Stick  
Italian Deli Sub  
Offered with Lettuce & Sliced Tomato

### Lunch Sides (All Included)

Quick Baked Potato  
Green Beans  
Blueberries w/Whipped Topping

Thursday, October 5

### Lunch Entrées (Choose 1)

Pizza Crunchers  
Turkey & Cheese Sub  
Offered with Lettuce & Sliced Tomato

### Lunch Sides (All Included)

Romaine Garden Salad  
Seasoned Potato Wedges  
Sliced Peaches

Friday, October 6

STAFF  
DEVELOPMENT  
DAY



No School Today

Monday, October 9

### Lunch Entrées (Choose 1)

All Beef Hot Dog with or without Chili  
PB&J Uncrustable Combo Meal

### Lunch Sides (All Included)

Crispy Tater Coins  
Sweet Green Peas  
Applesauce Cup

Tuesday, October 10

### Lunch Entrées (Choose 1)

Pizza Slice  
Turkey & Cheese Sub

### Lunch Sides (All Included)

Golden Sweet Corn  
Crunchy Baby Carrots  
Sweet Strawberry Cup

Wednesday, October 11

### Lunch Entrées (Choose 1)

Chicken Nuggets  
PB&J Uncrustable Combo Meal

### Lunch Sides (All Included)

Green Beans  
Seasoned Diced Potatoes  
Sliced Peaches

Thursday, October 12

### Lunch Entrées (Choose 1)

100% Beef Patty on WG Bun  
Prepared with or without American Cheese  
Italian Deli Sub

### Lunch Sides (All Included)

Southern Style Baked Beans  
Steamed Broccoli  
Chilled Mixed Fruit

Friday, October 13

### Lunch Entrées (Choose 1)

Breaded Chicken Patty on WG Bun  
PB&J Uncrustable Combo Meal

### Lunch Sides (All Included)

Lima Beans  
Crunchy Baby Carrots  
RIPS Frozen Fruit Slushy



## FALL INTERSESSION



**How can you magically transform a pumpkin into another vegetable?**

**(Hold the page upside down and read it in a mirror for the answer!)**



**Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)**

**Monday, October 16**

**Lunch Entrées**

(Choose 1)

- Chicken Nuggets  
Offered with Freshly Baked Parkerhouse Roll
- Cheesburger Meatloaf on WG Bun  
Offered with Lettuce & Sliced Tomato

**Lunch Sides**

(All Included)

- Creamy Mashed Potatoes & Gravy
- Green Beans
- Applesauce

**Tuesday, October 17**

**Lunch Entrées**

(Choose 1)

- Pizza Dippers w/Pizza Dipping Sauce
- All Beef Hot Dog on WG Bun  
Served with or without Chili

**Lunch Sides**

(All Included)

- Romaine Garden Salad
- Southern Baked Beans
- Sweet Strawberry Cup

**Wednesday, October 18**

**Lunch Entrées**

(Choose 1)

- Breakfast for Lunch
- Ham, Egg & Cheese English Muffin

**Lunch Sides**

(All Included)

- Seasoned Diced Potatoes
- "Sunset Sip" V-blend Juice**
- Cinnamon Baked Apples

**Thursday, October 19**

**Lunch Entrées**

(Choose 1)

- Spaghetti & Meatballs w/Breadstick
- Breaded Chicken Patty on WG Bun

**Lunch Sides**

(All Included)

- Freshly Made Broccoli Salad
- Steamed Sweet Green Peas
- Pineapple Tidbits

**Friday, October 20**

**Lunch Entrées**

(Choose 1)

- Pizza Slice w/Selection of Toppings
- Fun Fish Nuggets w/Corn Muffin

**Lunch Sides**

(All Included)

- Crunchy Baby Carrots
- Crinkle Cut Oven Fries
- Chilled Diced Pears

**Monday, October 23**

**Lunch Entrées**

(Choose 1)

- Corn Dog Nuggets
- Cheesy Beef Nachos  
Served with Salsa & Sour Cream

**Lunch Sides**

(All Included)

- Lima Beans
- Golden Sweet Corn
- Chilled Mixed Fruit

**Tuesday, October 24**

**Lunch Entrées**

(Choose 1)

- Shrimp Poppers w/Corn Bread Muffin
- Honey BBQ Pork Rib Patty on Bun

**Lunch Sides**

(All Included)

- Fresh Veggie Cup w/Ranch Dip
- Steamed Broccoli
- Cry Baby Frozen Fruit Cup**

**Wednesday, October 25**

**Lunch Entrées**

(Choose 1)

- Baked Chicken w/Bread Stick
- Italian Deli Sub  
Offered with Lettuce & Sliced Tomato

**Lunch Sides**

(All Included)

- Quick Baked Potato
- Green Beans
- Blueberries w/Whipped Topping

**Thursday, October 26**

**Lunch Entrées**

(Choose 1)

- 100% Beef Patty on WG Bun  
Prepared with or without American Cheese  
Offered with Lettuce & Sliced Tomato
- Creamy Macaroni & Cheese

**Lunch Sides**

(All Included)

- Steamed Sweet Green Peas
- Seasoned Pinto Beans
- Juicy Sliced Apples

**Friday, October 27**

**Lunch Entrées**

(Choose 1)

- Pizza Crunchers
- Turkey & Cheese Sub  
Offered with Lettuce & Sliced Tomato

**Lunch Sides**

(All Included)

- Romaine Garden Salad
- Seasoned Potato Wedges
- Sliced Peaches

**Monday, October 30**

**Lunch Entrées**

(Choose 1)

- Chicken Nuggets  
Offered with Freshly Baked Parkerhouse Roll
- Cheesburger Meatloaf on WG Bun  
Offered with Lettuce & Sliced Tomato

**Lunch Sides**

(All Included)

- Creamy Mashed Potatoes & Gravy
- Green Beans
- Applesauce

**Tuesday, October 31**

**Lunch Entrées**

(Choose 1)

- Pizza Dippers w/Pizza Dipping Sauce
- All Beef Hot Dog on WG Bun  
Served with or without Chili

**Lunch Sides**

(All Included)

- Romaine Garden Salad
- Southern Baked Beans
- Sweet Strawberry Cup

**BUG LOVER.**

**Bat species account for more than 20% of all mammals on earth! And guess what they love to eat? BUGS!!**  
**A single little brown bat can eat up to 600 creepy mosquitoes and other flying insects in just an hour!**



**ANIMAL APPETITES**