



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

## Featured Specials of the Day

### Monday, October 2

BUFFALO CHICKEN DRUMSTICKS w/PARKERHOUSE ROLLS  
STEAK & CHEESE SUB  
B-Y-O NACHOS OR TACO SALAD BOWL

### Tuesday, October 3

MACARONI & CHEESE w/BUTTERMILK BISCUIT  
HOT HONEY SRIRACHA CHICKEN SUB  
B-Y-O BAKED OR FRIED POTATO BAR w/BISCUIT

### Wednesday, October 4

ASIAN CHICKEN & RICE BOWL w/VEGETABLE EGG ROLL  
MEATBALL & MOZZARELLA SUB  
B-Y-O NACHOS OR TACO SALAD BOWL

### Thursday, October 5

**EARLY DISMISSAL**  
SAUSAGE, EGG & CHEESE BISCUIT  
SMUCKER'S PBJ, GREEK YOGURT & GRANOLA

### Friday, October 6

**NO SCHOOL TODAY**

## Weekly Grab n'Go Menus

### Monday

CHEF SALAD w/CROUTONS & CRACKERS  
ALL AMERICAN CLUB SUB w/L-T-P & FRESH FRUIT OR VEGGIES  
SMUCKER'S PBJ & CHEESE CUBES w/FRESH FRUIT, VEGGIES & SOFT PRETZEL BITES

### Tuesday

SOUTHWEST CHICKEN SALAD w/TORTILLA CHIPS  
HAM & CHEESE SUB w/L-T-P & FRESH FRUIT OR VEGGIES  
HUMMUS & CHEESE CUBES w/SWEET PEPPER STRIPS, CARROTS & TORTILLA CHIPS

### Wednesday

ASIAN CHICKEN SALAD w/PITA POINTS  
ITALIAN DELI SUB w/L-T-P & FRESH FRUIT OR VEGGIES  
FRUIT & YOGURT PARFAIT w/GRANOLA & FRESH FRUIT

### Thursday

BISTRO CHICKEN PASTA SALAD w/GARLIC BREAD STICK  
TURKEY & SWISS SUB w/L-T-P & FRESH FRUIT OR VEGGIES  
HUMMUS & CHEESE CUBES w/SWEET PEPPER STRIPS, CUCUMBER & PITA POINTS

### Friday

BUFFALO CHICKEN SALAD w/SOFT PRETZEL BITES  
MANAGER'S CHOICE DELI SANDWICH w/L-T-P & FRESH FRUIT OR VEGGIES  
SMUCKER'S PBJ & GREEK YOGURT w/FRESH FRUIT, VEGGIES & SOFT PRETZEL BITES

## Available Daily

PIZZERIA STYLE PIZZA  
GRILLED CHICKEN BREAST SANDWICH  
SPICY CHICKEN BREAST SANDWICH  
BREADED CHICKEN BREAST SANDWICH  
FEATURED ENTRÉE SALAD  
COLD DELI SANDWICH

**INCLUDED WITH LUNCH**

**LUNCH ENTRÉE**

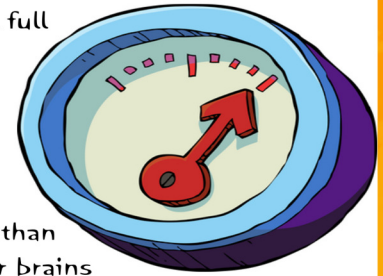
**2 SERVINGS OF FRUIT**

**2 SERVINGS OF VEGETABLES**

**8 OZ MILK**

## 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!**

## Fall Intersession Menus

### Monday, October 9

BACON CHEESEBURGER ON WG BUN  
BREADED CHICKEN BREAST PATTY ON WG BUN

### Tuesday, October 10

PIZZERIA STYLE PIZZA  
ITALIAN DELI SUB

### Wednesday, October 11

CAROLINA PULLED PORK BBQ ON WG BUN  
DILLED CHICKEN BREAST PATTY ON WG BUN



Break begins at the end of classes:  
Wednesday, October 11  
Classes Resume: Monday, Oct. 16

**16.6** **BY THE NUMBERS**  
**% OF PEOPLE DRESSING UP FOR HALLOWEEN WHO PLAN TO WEAR THE SAME COSTUME AS LAST YEAR**

# STRANGE BUT TRUE!

TREES THAT NATURALLY LOSE THEIR LEAVES ARE CALLED "DECIDUOUS," WHILE THOSE THAT NEVER LOSE THEIR LEAVES ARE "EVERGREEN." IN NORTH AMERICA, WE'RE USED TO DECIDUOUS TREES THAT LOSE THEIR LEAVES WHEN COLD WEATHER APPROACHES. **BUT THAT'S NOT TRUE EVERYWHERE.** SOME TREES, LIKE THE DESERT ACACIA TREE PICTURED HERE, LOSE THEIR LEAVES **BECAUSE IT'S TOO HOT, NOT TOO COLD!** WHEN DROUGHT AND HEAT



THREATEN THEIR SURVIVAL, THEY CAN **DROP THEIR LEAVES ENTIRELY TO CONSERVE WATER!**

## Featured Specials of the Day

### Monday, October 16

DILLED CHICKEN BREAST FILLET ON KAISER ROLL  
STEAK & CHEESE SUB

B-Y-O NACHOS OR TACO SALAD BOWL

### Tuesday, October 17

SPAGHETTI & MEATBALLS W/GARLIC BREAD STICK  
HOT HONEY SRIRACHA CHICKEN SUB

B-Y-O BAKED OR FRIED POTATO BAR W/GARLIC BREAD STICKS

### Wednesday, October 18

SZECHWAN CHICKEN & RICE BOWL W/VEGETABLE EGG ROLL  
MEATBALL & MOZZARELLA SUB

B-Y-O NACHOS OR TACO SALAD BOWL

### Thursday, October 19

CHICKEN FAJITA ON SOFT TORTILLA & RICE  
BACON CHEESEBURGER

B-Y-O BAKED OR FRIED POTATO BAR W/GARLIC BREAD STICKS

### Friday, October 20

BUFFALO CHICKEN CHUNKS W/BUTTERMILK BISCUIT  
PULLED PORK BBQ ON A BUN

B-Y-O NACHOS OR TACO SALAD BOWL

# NIGHT STALKER.

A single little brown bat can eat up to 600 creepy mosquitoes and other flying insects in just an hour!

## ANIMAL APPETITES

## Featured Specials of the Day

### Monday, October 23

BUFFALO CHICKEN DRUMSTICK W/PARKERHOUSE ROLLS  
STEAK & CHEESE SUB

B-Y-O NACHOS OR TACO SALAD BOWL

### Tuesday, October 24

MACARONI & CHEESE W/BUTTERMILK BISCUIT  
HOT HONEY SRIRACHA CHICKEN SUB

B-Y-O BAKED OR FRIED POTATO BAR W/BISCUIT

### Wednesday, October 25

ASIAN CHICKEN & RICE BOWL W/VEGETABLE EGG ROLL  
MEATBALL & MOZZARELLA SUB

B-Y-O NACHOS OR TACO SALAD BOWL

### Thursday, October 26

FISH & SHRIMP PLATE W/CORN MUFFIN  
BACON CHEESEBURGER

B-Y-O BAKED OR FRIED POTATO BAR W/GARLIC BREAD STICKS

### Friday, October 27

DILL CHICKEN CHUNKS W/BUTTERMILK BISCUIT  
HOT CUBAN PORK SANDWICH

B-Y-O NACHOS OR TACO SALAD BOWL

### Monday, October 30

DILLED CHICKEN BREAST FILLET ON KAISER ROLL  
STEAK & CHEESE SUB

B-Y-O NACHOS OR TACO SALAD BOWL

### Tuesday, October 31

SPAGHETTI & MEATBALLS W/GARLIC BREAD STICK  
HOT HONEY SRIRACHA CHICKEN SUB

B-Y-O BAKED OR FRIED POTATO BAR W/GARLIC BREAD STICKS

# eat fit

wanna stay fit?

gotta eat right!

**item:** chicken wings  
**verdict:** won't fly



**tip:** Sure, it's fine to treat yourself to wings once in awhile, but look at these numbers – that's a third of your daily calories and sodium, and more than half your saturated fat in a small order. So that's dinner, not an appetizer! Share a small app, or make this your meal with a side of veggies.



Based on a small order (10) of Buffalo wings at a national chain.

Please See Reverse For Items Available Daily