



MENUS FOR OCTOBER 2017

Laurel Regional School

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

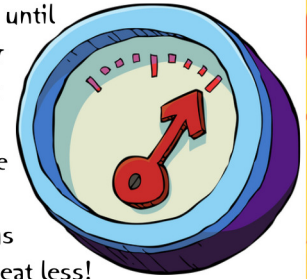
NUTRITION TO GO

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
SERVED W/ ASSORTED BREADS

GRILLED CHICKEN FILLET
ON WG BUN

YOGURT, STRING CHEESE & MUFFIN
(WEDNESDAYS)

Monday, October 2

Lunch Entrée

Breaded Pork Steak on Bun

Lunch Sides

(All Included)

Mashed Potatoes w/Gravy

Romaine Garden Salad

Diced Pears

1% or Fat Free Milk

Tuesday, October 3

Lunch Entrée

Corn Dog Nuggets

Lunch Sides

(All Included)

Sweet Potatoes

V-blend Juice

Fresh Whole Banana

1% or Fat Free Milk

Wednesday, October 4

Lunch Entrée

Baked Chicken w/Corn Muffin

Lunch Sides

(All Included)

Green Beans

Roasted Red Skin Potatoes

Mixed Fruit

1% or Fat Free Milk

Thursday, October 5

EARLY DISMISSAL

Lunch Entrée

Pizza Crunchers

Lunch Sides

(All Included)

Steamed Carrots

V-blend Juice

Applesauce

1% or Fat Free Milk

Friday, October 6



No School Today



Fall Break

No School

Break begins on:
Monday, Oct. 9

Classes Resume:
Monday, Oct. 16



How can you magically transform a pumpkin into another vegetable?

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



Have you ever noticed when it comes down, you'll find it up in the air —

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

Monday, October 16

Lunch Entrée

Chargrilled Beef Patty on WG Bun

Lunch Sides

(All Included)

Green Beans

Crinkle Cut Oven Fries

Diced Pears

1% or Fat Free Milk

Tuesday, October 17

Lunch Entrée

BBQ Pork Rib Sandwich

Lunch Sides

(All Included)

Southern Style Bake Beans

Romaine Garden Salad

Chilled Mixed Fruit

1% or Fat Free Milk

Wednesday, October 18

Lunch Entrée

Breakfast for Lunch

Lunch Sides

(All Included)

Seasoned Diced Potatoes

"Sunset Sip" V-blend Juice

Fresh Whole Banana

1% or Fat Free Milk

Thursday, October 19

Lunch Entrée

Spaghetti & Meatballs w/Bread Stick

Lunch Sides

(All Included)

Green Beans

Romaine Garden Salad

Sliced Peaches

1% or Fat Free Milk

Friday, October 20

Lunch Entrée

Pizza Slice

Lunch Sides

(All Included)

Steamed Carrots

Seasoned Potato Wedges

Applesauce

1% or Fat Free Milk

Monday, October 23

Lunch Entrée

Breaded Pork Steak on Bun

Lunch Sides

(All Included)

Mashed Potatoes w/Gravy

Romaine Garden Salad

Diced Pears

1% or Fat Free Milk

Tuesday, October 24

Lunch Entrée

Corn Dog Nuggets

Lunch Sides

(All Included)

Sweet Potatoes

V-blend Juice

Fresh Whole Banana

1% or Fat Free Milk

Wednesday, October 25

Lunch Entrée

Baked Chicken w/Corn Muffin

Lunch Sides

(All Included)

Green Beans

Roasted Red Skin Potatoes

Mixed Fruit

1% or Fat Free Milk

Thursday, October 26

Lunch Entrée

Mac & Cheese w/Bread Stick

Lunch Sides

(All Included)

Steamed Carrots

Romaine Garden Salad

Applesauce

1% or Fat Free Milk

Friday, October 27

Lunch Entrée

Pizza Crunchers

Lunch Sides

(All Included)

Southern Style Baked Beans

Crispy Tater Coins

Diced Peaches

1% or Fat Free Milk

Monday, October 30

Lunch Entrée

Chargrilled Beef Patty on WG Bun

Lunch Sides

(All Included)

Green Beans

Crinkle Cut Oven Fries

Diced Pears

1% or Fat Free Milk

Tuesday, October 31

Lunch Entrée

BBQ Pork Rib Sandwich

Lunch Sides

(All Included)

Southern Style Bake Beans

Romaine Garden Salad

Chilled Mixed Fruit

1% or Fat Free Milk

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