



## MENUS FOR OCTOBER 2017

### LCS Middle School Menus

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

## NUTRITION TO GO

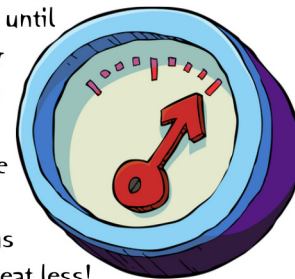
You've heard that "an apple a day keeps the doctor away." The original proverb, first recorded in Wales in the 1860s, was "Eat an apple on going to bed, and you'll keep the doctor from earning his bread." However you say it, apples are nutritious and tasty.

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!**

## Weekly Grab n' Go Menu

### Mondays

**Chef Salad** w/CROUTONS & CRACKERS  
**Club Sub** w/L-T-P & BABY CARROTS-DIP  
**PB&J** w/YOGURT, CINNAMON BITZ & BANANA

### Tuesdays

**Southwest Chicken Salad** w/TORTILLA CHIPS  
**Italian Sub** w/L-T-P & GRAPE TOMATOES-DIP  
**PB&J** w/CHEDDAR CUBES, GOLDFISH CRACKERS & APPLE SAUCE

### Wednesdays

**Asian Chicken Salad** w/PITA POINTS  
**Turkey & Swiss Sub** w/L-T-P & CELERY STICKS-DIP  
**PB&J** w/YOGURT, CINNAMON BITZ & APPLE SLICES

### Thursdays

**Bistro Chicken Salad** w/GARLIC BREADSTICK  
**Club Sub** w/L-T-P & BABY CARROTS-DIP  
**PB&J** w/CHEDDAR CUBES, GOLDFISH CRACKERS & CARROTS

### Fridays

**Buffalo Chicken Salad** w/SOFT PRETZEL BITES  
**Ham & Cheese Sub** w/L-T-P & CUCUMBER SLICES-DIP  
**PB&J** w/CHEDDAR CUBES, PRETZEL BITES & CUCUMBER

### Daily

**Chicken Sandwich**  
Served with Vegetable of the Day and Pickle Spear  
**Side Garden Salad**

All Grab n' Go Meals include a minimum 1/2 cup Fruit or Veggie.  
Additional Fruits and Vegetables available to meet 1/2 C Fruit and 3/4 C Veg minimum daily requirement.  
All meals include 8oz Milk.

### Monday, October 2

#### Main Line Entrées

(Choose 1)

**Cheeseburger Meatloaf** on Bun  
**All American Sub** w/Deli Pickle  
**Breaded Pork Steak** w/Buttermilk Biscuit

#### Vegetable Sides

(Choose 2)

**Lima Beans**  
**Mashed Potatoes & Gravy**

#### Fruit Sides

(Choose 1)

**Chilled Cupped Fruit**  
**Fresh Whole Fruit**

### Tuesday, October 3

#### Main Line Entrées

(Choose 1)

**Taco Salad Bowl**  
Offered with Variety of Toppings  
**Italian Deli Sub** w/Deli Pickle  
**Meatball & Mozzarella Sub**

#### Vegetable Sides

(Choose 2)

**Fresh Broccoli Salad**  
**Golden Sweet Corn**

#### Fruit Sides

(Choose 1)

**Chilled Cupped Fruit**  
**Fresh Whole Fruit**

### Wednesday, October 4

#### Main Line Entrées

(Choose 1)

**Savory Baked Chicken**  
served w/Buttermilk Biscuit  
**Turkey & Swiss Sub** w/Deli Pickle  
**Steak & Cheese Panini**

#### Vegetable Sides

(Choose 2)

**Green Beans**  
**Rosemary Red Skin Potatoes**

#### Fruit Sides

(Choose 1)

**Chilled Cupped Fruit**  
**Fresh Whole Fruit**

### Thursday, October 5

#### EARLY DISMISSAL

#### Lunch Entrées

(Choose 1)

**Pizza Crunchers**  
**Turkey & Cheese Sub**

Offered with Lettuce & Sliced Tomato

#### Lunch Sides

(All Included)

**"Sunset Sip" V-blend Juice**

**Seasoned Potato Wedges**

**Crispy Apple Slices**

### 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**  
**Blueberries w/Whipped Topping**

### Wednesday, October 11

#### Lunch Entrées

(Choose 1)

**Chicken Fillet** on WG Bun  
**PB&J Uncrustable Combo Meal**

#### Lunch Sides

(All Included)

**Green Beans**  
**Seasoned Diced Potatoes**  
**Sliced Peaches**



Break begins at the end of school  
**Wednesday, October 11**

Classes Resume:  
**Monday, October 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 see it in the air —**

**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**

**Main Line Entrées**  
(Choose 1)  
Chargrilled Beef Patty on Bun  
Offered with or without American Cheese  
All American Sub w/Deli Pickle  
Fajita Chicken w/Spanish Rice

**Vegetable Sides**  
(Choose 2)  
Roasted Peppers & Onions  
Crinkle Cut Oven Fries

**Fruit Sides**  
(Choose 1)  
Chilled Cupped Fruit  
Fresh Whole Fruit

**Tuesday, October 17**

**Main Line Entrées**  
(Choose 1)  
Cheesy Beef Nachos  
Offered with variety of toppings  
Italian Deli Sub w/Deli Pickle  
BBQ Pork Rib Sandwich

**Vegetable Sides**  
(Choose 2)  
Southern Style Baked Beans  
Golden Sweet Corn

**Fruit Sides**  
(Choose 1)  
Chilled Cupped Fruit  
Fresh Whole Fruit

**Wednesday, October 18**

**Main Line Entrées**  
(Choose 1)  
Breakfast for Lunch  
French Toast Sticks, Grilled Egg Patty & Sausage  
Turkey & Swiss Sub w/Deli Pickle

**Vegetable Sides**  
(Choose 2)  
Seasoned Diced Potatoes  
**"Sunset Sip" V-blend Juice**

**Fruit Sides**  
(Choose 1)  
Cinnamon Baked Apples  
Fresh Whole Fruit

**Thursday, October 19**

**Main Line Entrées**  
(Choose 1)  
All Beef Hot Dog on Bun  
Offered with or without Chili  
All American Sub w/Deli Pickle  
Spaghetti & Meatballs w/Breadstick

**Vegetable Sides**  
(Choose 2)  
Steamed Broccoli  
Creamy Cole Slaw

**Fruit Sides**  
(Choose 1)  
Chilled Cupped Fruit  
Fresh Whole Fruit

**Friday, October 20**

**Main Line Entrées**  
(Choose 1)  
Crispy Fish Fillet on Bun  
Ham & Cheese Sub w/Deli Pickle  
Pizza Slice w/Selection of Toppings

**Vegetable Sides**  
(Choose 2)  
Crunchy Baby Carrots w/Ranch Dip  
Seasoned Potato Wedges

**Fruit Sides**  
(Choose 1)  
Chilled Cupped Fruit  
Fresh Whole Fruit

**Monday, October 23**

**Main Line Entrées**  
(Choose 1)  
Cheeseburger Meatloaf on Bun  
All American Sub w/Deli Pickle  
Breaded Pork Steak w/Buttermilk Biscuit

**Vegetable Sides**  
(Choose 2)  
Lima Beans  
Mashed Potatoes & Gravy

**Fruit Sides**  
(Choose 1)  
Chilled Cupped Fruit  
Fresh Whole Fruit

**Tuesday, October 24**

**Main Line Entrées**  
(Choose 1)  
Taco Salad Bowl  
Offered with Variety of Toppings  
Italian Deli Sub w/Deli Pickle  
Meatball & Mozzarella Sub

**Vegetable Sides**  
(Choose 2)  
Fresh Broccoli Salad  
Golden Sweet Corn

**Fruit Sides**  
(Choose 1)  
Chilled Cupped Fruit  
Fresh Whole Fruit

**Wednesday, October 25**

**Main Line Entrées**  
(Choose 1)  
Buffalo Glazed Chix Drumsticks  
served w/Buttermilk Biscuit  
Turkey & Swiss Sub w/Deli Pickle  
Steak & Cheese Panini

**Vegetable Sides**  
(Choose 2)  
Green Beans  
Rosemary Red Skin Potatoes

**Fruit Sides**  
(Choose 1)  
Chilled Cupped Fruit  
Fresh Whole Fruit

**Thursday, October 26**

**Main Line Entrées**  
(Choose 1)  
Mouth Watering Mac & Cheese  
Offered w/Corn Muffin  
All American Sub w/Deli Pickle  
Shrimp & Fish Plate w/Corn Muffin

**Vegetable Sides**  
(Choose 2)  
Steamed Broccoli  
Creamy Cole Slaw

**Fruit Sides**  
(Choose 1)  
Chilled Cupped Fruit  
Fresh Whole Fruit

**Friday, October 27**

**Main Line Entrées**  
(Choose 1)  
Pizza Crunchers  
Ham & Cheese Sub  
Carolina Pork BBQ on Bun

**Vegetable Sides**  
(Choose 2)  
Southern Style Baked Beans  
Crispy Tater Coins

**Fruit Sides**  
(Choose 1)  
Chilled Cupped Fruit  
Fresh Whole Fruit

**Monday, October 30**

**Main Line Entrées**  
(Choose 1)  
Chargrilled Beef Patty on Bun  
Offered with or without American Cheese  
All American Sub w/Deli Pickle  
Fajita Chicken w/Spanish Rice

**Vegetable Sides**  
(Choose 2)  
Roasted Peppers & Onions  
Crinkle Cut Oven Fries

**Fruit Sides**  
(Choose 1)  
Chilled Cupped Fruit  
Fresh Whole Fruit

**Tuesday, October 31**

**Main Line Entrées**  
(Choose 1)  
Cheesy Beef Nachos  
Offered with variety of toppings  
Italian Deli Sub w/Deli Pickle  
BBQ Pork Rib Sandwich

**Vegetable Sides**  
(Choose 2)  
Southern Style Baked Beans  
Golden Sweet Corn

**Fruit Sides**  
(Choose 1)  
Chilled Cupped Fruit  
Fresh Whole Fruit

**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**