

# Menus for October 2015



**William Marvin Bass Elementary School**

USDA is an equal opportunity provider and employer. Menus are subject to change.

## MENU FACTS:

Choice of milk served with all complete meals: Skim milk & 1% white and fat free flavored milk. Lactaid milk available to students who are lactose intolerant.

100% Fruit Juice plus 1/2 cup additional fruit is served with every Breakfast

"Offer vs. Serve" - Students may decline one item for breakfast and one or two items for lunch if they choose. Prices remain the same whether the full meal is chosen or an item is declined.

Please check with your cafeteria manager or the School Nutrition Office if your child has any dietary concerns.



**Thursday, October 1**

### Breakfast

Pillsbury Pancakes;  
Fruit of Choice

### Lunch

Chicken Fajita/ Soft Shell  
w/ shr. Cheese Or  
Meat & Cheese Roll-up  
Golden Corn  
Fresh Baby Carrots w/ dip  
Fruit of Choice

**Friday, October 2**

**NO SCHOOL**

POSSIBILITY OF  
DANGEROUS  
WEATHER DUE TO  
HURRICANE



**Monday, October 5**

### Breakfast

Cereal Bar; Grahams  
Fruit of Choice

### Lunch

Cheeseburger/ Bun or  
Spicy BBQ Rib/ Bun  
Home-style Baked Beans  
Crisp French Fries  
Assorted Fruit Choices

**Tuesday, October 6**

### Breakfast

Yogurt; Muffin  
Fruit of Choice

### Lunch

Chicken Nuggets or  
Diced Turkey Breast  
w/ gravy  
Mashed Potatoes  
Green Beans  
Assorted Fruit Choices  
Fresh Baked Wheat Roll

**Wednesday, October 7**

### Breakfast

Cereal in a Pouch;  
Goldfish; Fresh Banana

### Lunch

Assorted Pizza  
Or PBJ Jamwich  
Fresh Garden Salad  
With Cherry Tomatoes  
Hot Vegetable of Choice  
Assorted Fruit of Choice

**Thursday, October 8**

### Breakfast

Chicken on Swirl Roll;  
Fruit of Choice



### "Subway" Lunch

Choice of Soft Flatbread  
Sandwiches  
'Ranch' Potato Wedges  
Fresh Veggies w/ dip  
Assorted Fruit Choices  
Fresh Baked Cookie

**Friday, October 9**

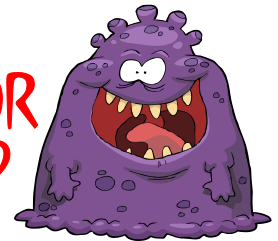
### Breakfast

Flapstick;  
Fruit of Choice

### Lunch

Chicken Fillet/ Bun Or  
Manager's Choice Entree  
Sweet Potato Puffs  
Broccoli w/cheese  
100% Fruit/Veggie Juice

**ARE YOU  
READY FOR  
THIS GUY?**



The flu bug makes the scene in October and can stick around until May! The flu vaccine can keep the bug at bay, help limit the spread of the flu in our community, and make the illness less severe if you do come down with it.

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



**Monday, October 12**

### Breakfast

Cereal Bar; Grahams;  
Fruit of Choice

### Lunch

Hot Dog/ w/wo Chili Or  
Beef Meatballs w/cheese  
Both on hot dog Bun  
Home-style Baked Beans  
Crunchy Cole Slaw  
Assorted Fruit Choices

**Tuesday, October 13**

### Breakfast

Pillsbury Pancakes  
Fruit of Choice

### Lunch

Asian Popcorn Chicken  
Or Sliced Ham  
Brown Rice  
Broccoli w/ cheese  
Glazed Carrots  
Assorted Fruit Choices  
Fresh Baked Wheat Roll

**Wednesday, October 14**

### Breakfast

Cereal in a Pouch;  
Goldfish; Fresh Banana

### Lunch

Assorted Pizza  
Or PBJ Jamwich  
Fresh Romaine Salad  
With Cherry Tomatoes  
Hot Vegetable of Choice  
Assorted Fruit Choices

**Thursday, October 15**

### Breakfast

Breakfast Pizza;  
For BIC: Flapstick  
Fruit of Choice



### Lunch

Beef Chili Beans  
w/ shr cheese &  
Baked 'Tostitos Scoops'  
Or Meat/Cheese Roll-up  
Golden Corn  
Side Salad w/ tomatoes  
Assorted Fruit Choices

**Friday, October 16**

### Breakfast

Yogurt; Muffin;  
Fruit of Choice

*Early Dismissal Day!*

**Grab & Go Lunch**  
Sandwich of Choice  
Fresh Veggie of Choice  
100% Fruit/Veggie Juice  
Bag of Graham Cookies



Monday, October 19	Tuesday, October 20	Wednesday, October 21	Thursday, October 22	Friday, October 23
INTERSESSION WEEK: 10/19—10/23, 2015				
<b>Breakfast</b> Cereal Bar; Goldfish; Fruit Juice; Milk  <b>Lunch</b> Crisp Corn Dog Home-style Beans Canned or Fresh Fruit Milk  <i>Partial Day</i>	<b>Breakfast</b> Pillsbury Pancakes Fruit Juice; Milk  <b>Lunch</b> Chicken Nuggets Sweet Potato Puffs Canned or Fresh Fruit Bakery Dinner Roll Milk  <i>Partial Day</i>	<b>Breakfast</b> Yogurt; Muffin Fruit Juice; Milk  <b>Lunch</b> Pizza of Choice Side Salad Canned or Fresh Fruit Milk  <i>Partial Day</i>	<b>Breakfast</b> Flapstick Fruit Juice; Milk  <b>Lunch</b> Chicken Fillet/ Bun Seasoned Green Beans Canned or Fresh Fruit Milk  <i>Partial Day</i>	<b>Breakfast</b> Cereal Pouch; Grahams Fruit Juice; Milk  <b>Lunch</b> Deli Sandwich w/cheese Golden Corn Canned or Fresh Fruit Milk  <i>Partial Day</i>

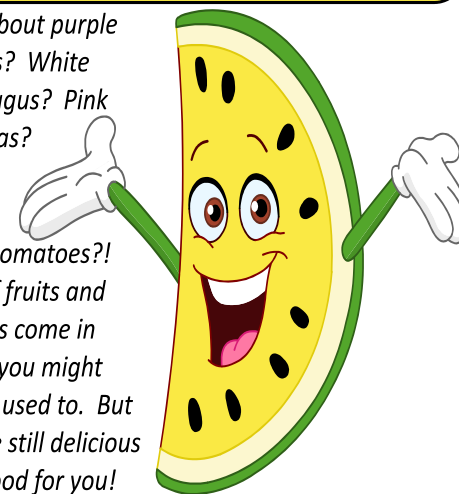
### [www.myschoolbucks.com](http://www.myschoolbucks.com)

Place money on your children's accounts for those "extra treats" they will enjoy. We offer **Ice-Cream** and other snack selections. All a la carte items meet new Federal Guidelines for "Smart Snacks". You may view your child's account balance and obtain a print out of your child's activity at no cost. You may also add to your child's meal account via a credit card with **no fees**.



## Yellow Watermelon?!

How about purple carrots? White Asparagus? Pink bananas? Blue corn? Black tomatoes?! Lots of fruits and veggies come in colors you might not be used to. But they're still delicious and good for you!



**FIND A SPORT THAT'S JUST RIGHT FOR YOU. IT'S A FUN WAY TO EXERCISE AND KEEP FIT!**

Monday, October 26	Tuesday, October 27	Wednesday, October 28	Thursday, October 29	Friday, October 30
<b>Breakfast</b> Cereal Bar; Grahams Fruit of Choice  <b>Lunch</b> Cheeseburger/ Bun or Texas BBQ / Bun Home-style Baked Beans Crisp Cole Slaw Assorted Fruit Choices	<b>Breakfast</b> Yogurt; Muffin Fruit of Choice  <b>Lunch</b> Chicken Nuggets or Diced Turkey Breast w/ gravy Mashed Potatoes Green Beans Assorted Fruit Choices Fresh Baked Wheat Roll	<b>Breakfast</b> Cereal in a Pouch; Goldfish; Fresh Banana  <b>Lunch</b> Assorted Pizza Or PBJ Jamwich Fresh Romaine Salad With Cherry Tomatoes Hot Vegetable of Choice Assorted Fruit Choices	<b>Breakfast</b> Breakfast Pizza; Fruit of Choice  <b>Birthday Lunch</b> Fresh Made <b>Chicken</b> <b>Vegetable Soup w/</b> Toasted Cheese Sandwich Fresh Cucumbers w/ dip <b>Frozen Juice Cup</b> <b>Chocolate Chip Cookie</b>  <b>HAPPY BIRTHDAY!</b>	<b>Breakfast</b> Pillsbury Pancakes; Fruit of Choice  <b>Happy Halloween</b> <b>Lunch</b> Monster Mini Corn Dogs or Devilish Deli Sandwich Ghoulish Golden Corn Creepy Carrots w/ dip Frightful Fruit

**TRICK.**

No matter the time of year, a big old bucket, bag, or pillow case full of all-you-can-eat sugar is never a treat -- for kids or adults. For those who feel they **MUST** collect candy, pick out a couple of favorite pieces and then toss the rest.

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