



# MENUS FOR OCTOBER 2017

**LCS Elementary School Menus**

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

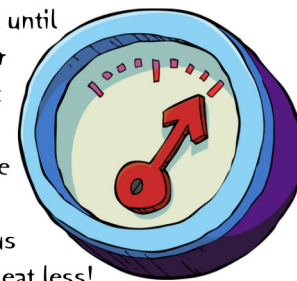
## NUTRITION *TO GO*

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**

## 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**



**No School Today**

**Monday, October 9**

## FALL INTERSESSION

### 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



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 throw it up 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**

**Lunch Entrées**  
(Choose 1)

Chicken Nuggets  
Offered with Freshly Baked Parkerhouse Roll

Cheeseburger 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

Cheeseburger 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**