



## MENUS FOR OCTOBER 2017

LCS Hutcherson Early Learning Center

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



Monday, October 2

### Lunch Entrée

Corn Dog Nuggets

### Lunch Sides

(All Included)

Lima Beans

Chilled Mixed Fruit

1% or Fat Free White Milk

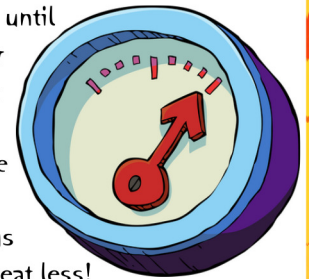
## NUTRITION TO GO

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!**

Tuesday, October 3

### Lunch Entrée

Honey BBQ Pork Rib Patty on Bun

### Lunch Sides

(All Included)

Steamed Broccoli

Diced Pears

1% or Fat Free White Milk

Wednesday, October 4

### Lunch Entrée

Breaded Chicken Patty on Bun

### Lunch Sides

(All Included)

Green Beans

Blueberries w/Whipped Topping

1% or Fat Free White Milk

Thursday, October 5

EARLY DISMISSAL

### Lunch Entrée

Turkey & Cheese Sandwich

### Lunch Sides

(All Included)

Crispy Baby Carrots

V-blend Juice

1% or Fat Free White Milk

Friday, October 6



No School Today

I am the letter

# A



airplane

## AVAILABLE DAILY

HAM & CHEESE SANDWICH  
OR  
TURKEY & CHEESE SANDWICH

SCHOOL LUNCH INCLUDES:  
ENTRÉE

SERVING OF VEGETABLE & FRUIT  
& FL OZ FAT FREE OR 1% LOW FAT MILK

BREAKFAST & LUNCH ARE FREE  
FOR ALL STUDENTS



# Fall Break

# No School

Beginning  
Monday, Oct. 9

School Resumes:  
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 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 Entrée**

Chicken Nuggets

**Lunch Sides**

(All Included)

Green Beans

Applesauce

1% or Fat Free White Milk

**Tuesday, October 17**

**Lunch Entrée**

Pizza Dippers w/Pizza Dipping Sauce

**Lunch Sides**

(All Included)

Romaine Garden Salad

Sweet Strawberry Cup

1% or Fat Free White Milk

**Wednesday, October 18**

**Lunch Entrée**

Breakfast for Lunch

**Lunch Sides**

(All Included)

Seasoned Diced Potatoes

1/2 Banana

1% or Fat Free White Milk

**Thursday, October 19**

**Lunch Entrée**

Spaghetti & Meatballs

**Lunch Sides**

(All Included)

Steamed Sweet Green Peas

Pineapple Tidbits

1% or Fat Free White Milk

**Friday, October 20**

**Lunch Entrée**

Turkey & Cheese Sandwich

**Lunch Sides**

(All Included)

Crunchy Baby Carrots

Diced Pears

1% or Fat Free White Milk

**Monday, October 23**

**Lunch Entrée**

Corn Dog Nuggets

**Lunch Sides**

(All Included)

Lima Beans

Chilled Mixed Fruit

1% or Fat Free White Milk

**Tuesday, October 24**

**Lunch Entrée**

Honey BBQ Pork Rib Patty on Bun

**Lunch Sides**

(All Included)

Steamed Broccoli

Diced Pears

1% or Fat Free White Milk

**Wednesday, October 25**

**Lunch Entrée**

Breaded Chicken Patty on Bun

**Lunch Sides**

(All Included)

Green Beans

Blueberries w/Whipped Topping

1% or Fat Free White Milk

**Thursday, October 26**

**Lunch Entrée**

Creamy Macaroni & Cheese

**Lunch Sides**

(All Included)

Steamed Sweet Green Peas

Juicy Apple Slices

1% or Fat Free White Milk

**Friday, October 27**

**Lunch Entrée**

Pizza Slice

**Lunch Sides**

(All Included)

Romaine Garden Salad

Sliced Peaches

1% or Fat Free White Milk

**Monday, October 30**

**Lunch Entrée**

Chicken Nuggets

**Lunch Sides**

(All Included)

Green Beans

Applesauce

1% or Fat Free White Milk

**Tuesday, October 31**

**Lunch Entrée**

All Beef Hot Dog on Bun

**Lunch Sides**

(All Included)

Southern Baked Beans

Sweet Strawberry Cup

1% or Fat Free White 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**