

North Crawford School District

OCTOBER Menu

Starting this month, we will be offering a cold lunch line. Elementary students will be offered a choice of sandwiches and high school students will have a choice of either a sandwich, salad or other option offered that day.

Oct breakfast cost:
 Elementary/HS- \$22.00
 Per Meal- \$1.10
Oct Lunch costs:
 MS/HS - \$55.00 (\$2.75)
 Elementary - \$49.00 (\$2.45)
 Extra Milk - \$0.30
 Adult Breakfast - \$1.60
 Adult Lunch - \$3.55

We encourage you to monitor your child's lunch account online to keep your balance current

Monday Oct 3

Breakfast:
 Cereal & Yogurt Cup
High School-
 Grab n go

Lunch:
 Chicken Enchilada
 Mexican Rice
 Fiesta Beans
 Churro
 Apple

Tuesday Oct 4

Breakfast:
 Breakfast Slider
High School-
 Grab n go

Lunch:
 Shephard's Pie
 Green Peas
 Dinner Roll
 Caesar Salad
 Banana

Wednesday Oct 5

Breakfast:
 Sweet Bread
High School-
 Grab n go

Lunch:
 Ham or Turkey
 Flatbread Sandwich
 Chips
 Roasted Cauliflower &
 Broccoli
 Applesauce Cup

Thursday Oct 6

Breakfast:
 Bagel with Peanut
 Butter
High School-
 Grab n go

Lunch:
 Swiss Chicken
 Casserole
 Homemade Bread
 Italian Green beans
 Strawberries

Friday Oct 7

Breakfast:
 Biscuits and Gravy
High School-
 Grab n go

Lunch:
 Quesadilla Pizza or
 Stuffed Crust Pizza
 Breadstick
 Corn
 Side Salad
 Mixed Fruit

The USDA is an equal opportunity provider and employer



For tips on a healthier lifestyle visit <http://www.choosemyplate.gov>. There you can find info on recipes, physical activity, food portions, food safety, food waste, and links to other sites that help your healthier lifestyle become a part of your everyday routine.

Monday Oct 10

Breakfast:
 Cereal or Yogurt and
 Granola
High School-
 Grab n go

Lunch:
 BBQ Pork Tenderloin
 Baked Beans
 Potato Salad
 Dinner Roll
 Strawberries

Tuesday Oct 11

Breakfast:
 Breakfast Pizza and
 Hashbrown
High School-
 Grab n go

Lunch:
 Chili & Crackers
 Homemade Bread
 Corn
 Roasted Potatoes
 Peaches

Wednesday Oct 12

Breakfast:
 Sweet bread
High School-
 Grab n go

Lunch:
 Meatballs
 Mashed Potatoes
 Green Beans
 Banana
 Cupcake

Thursday Oct 13

Breakfast:
 Mini Cinnamon Cream
 Cheese Bagels
High School-
 Grab n go

Lunch:
 Cheesy Chicken
 Spaghetti
 Asparagus
 Dinner Roll
 Applesauce

Friday Oct 14

Breakfast:
 Muffin and yogurt
High School-
 Grab n go

Lunch:
 Homemade Pizza
 Breadstick
 Broccoli and Cheese
 Apple

School Lunch Week is October 10-14

Monday Oct 17

Breakfast:
Breakfast Burrito
High School-
Grab n go

Lunch:
BBQ Sliders
French Fries
Corn
Banana

Tuesday Oct 18

Breakfast:
Cereal or
Cereal Bar
High School-
Grab n go

Lunch:
Asian Chicken with
Steamed Rice
Stir Fried Veggies
Fortune Cookie
Mandarin Oranges

Wednesday Oct 19

Breakfast:
Scrambled Eggs &
Biscuit
High School-
Grab n go

Lunch:
Chicken Lime Tacos
Spanish Rice
Refried Beans
Grapes

Thursday Oct 20

Breakfast:
Muffin and Yogurt
High School-
Grab n go

Lunch:
Hot Ham and Cheese
Potato Wedges
Cauliflower and Cheese
Mixed Fruit

Friday Oct 21

Breakfast:
Pancake Sausage Stick
High School-
Grab n go

Lunch:
Chicken Bacon Ranch
Wrap
Chips
Roasted Broccoli
Orange Wedges
Cookie

Monday Oct 24

Breakfast:
Breakfast Casserole
High School-
Grab n go

Lunch:
Chicken Nuggets or
Mini Corn Dogs
Mashed Potatoes
Green Beans
Peaches

Tuesday Oct 25

Breakfast:
Cereal or Cereal bar
High School-
Grab n go

Lunch:
Grilled Cheese and
Tomato Soup
Roasted Broccoli
Grapes

Wednesday Oct 26

Breakfast:
French Toast Sticks and
Hashbrown
High School-
Grab n go

Lunch:
Nachos
Refried Beans
Cucumber Tomato
Salad
Cantaloupe

Thursday Oct 27

Breakfast:
Sausage and Cheese
Biscuit
High School-
Grab n go

Lunch:
Hamburger
Seasoned Potato
wedges
Banana
Fresh Veggies

Friday Oct 28

**NO
SCHOOL**

Monday Oct 31 - Happy Halloween

Breakfast:
Pumpkin Patch Cinnamon Roll or
Cereal

Lunch:
Mini Martian Burger & Curly Fries or
Spiderweb Pizza & Witch Fingers
Breadstick
Spooktacular Dessert
Monster Fresh Veggie Cups
Graveyard Apples



What food isn't so nutty after all?

Nuts and seeds are an incredible snack, full of protein, fiber, and great taste! But one popular treat that you might think belongs with the nuts on this list isn't really a nut at all. To discover the answer, find and color all of the letters in each word on the list, and then unscramble the leftover letters to learn the name of the nutty food that's not really a nut! It's actually a "legume".

Walnut Pecan Almond
Chestnut Sunflower Seeds



ANSWER: _____

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

