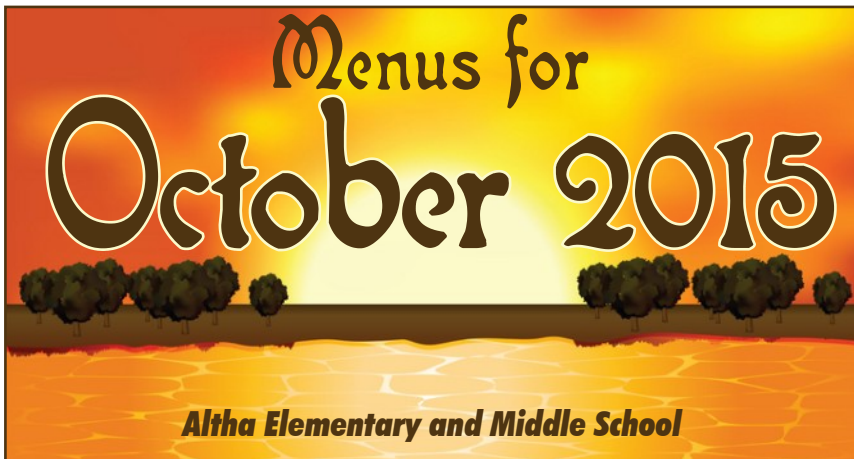


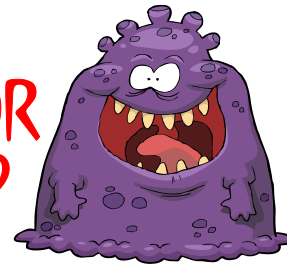
Menus for October 2015



Altha Elementary and Middle School

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

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!

Thursday, October 1

Breakfast

French Toast Sticks w/ Syrup
Turkey Sausage
Assorted Juice
Fruit

Lunch

Chicken Parmesan w/ Pasta
Chicken Burger on WG Bun
Caesar Chicken Salad w/ WG Bread Stick

Sides

Steamed Broccoli
Carrot Sticks w/ Ranch
Fruit

Friday, October 2

Breakfast

Sausage Biscuit
Potato Rounds
Assorted Juice
Fruit

Lunch

Hamburger on WG Bun
HM Cheese Pizza
Taco Salad w/ WG Chips

Sides

Baked Potato Wedges
Sliced Tomatoes/ Lettuce
Fresh Fruit



Monday, October 5

Breakfast

Egg and Cheese Biscuit
Potato Rounds
Assorted Juice
Fruit

Lunch

Chicken Nuggets w/ WG Roll
Cheese Burger on WG Bun
Chicken Caesar Salad w/ WG Bread Stick

Sides

Mashed Potatoes
W/K Corn
Fruit

Tuesday, October 6

Breakfast

Scrambled Eggs and Grits
Buttered Toast
Assorted Juice
Fruit

Lunch

Spaghetti w/ Meat Sauce
Chicken Burger on WG Bun
Chef Salad w/ WG Bread Stick

Sides

Caesar Salad
Carrot Sticks w/ Ranch
Fruit

Wednesday, October 7

Breakfast

Pancakes w/ Syrup
Turkey Sausage
Assorted Juice
Fruit

Lunch

Fish Nuggets
Turkey and Cheese Wrap
Taco Salad w/ WG Chips

Sides

Baked Beans
Steamed Broccoli
Fruit

Thursday, October 8

Breakfast

Sausage Biscuit
Potato Rounds
Assorted Juice
Fruit

Lunch

Sliced Ham w/ Mac and Cheese
Buffalo Chicken Wrap
Chef Salad w/ WG Bread Stick

Sides

Green Beans
Sweet Potatoes
Fruit

Friday, October 9

Breakfast

Waffle w/ Syrup
Turkey Sausage Patty
Assorted Juice
Fruit

Lunch

Tony's Cheese Pizza
Cheese Burger on WG Bun
Garden Salad w/ Chicken w/ WG Bread Stick

Sides

Baked Potato Wedges
Lettuce/Tomato Salad
Fresh Fruit



Monday, October 12

Breakfast

Breakfast Pizza
Potato Tots
Assorted Juice
Fruit

Lunch

Chicken Sandwich on WG Bun
Buffalo Chicken Wrap
Chef Salad w/ WG Bread Stick

Sides

Caesar Salad
Baked Potato Wedges
Fruit

Tuesday, October 13

Breakfast

Egg and Cheese Biscuit
Potato Rounds
Assorted Juice
Fruit

Lunch

Beef Taco w/ Cheese, WG Shell and Salsa*
Turkey and Cheese Wrap
Chicken Salad w/ Fruit w/ WG Bread Stick

Sides

Lettuce/Tomato
Black Beans Salsa
Fruit

Wednesday, October 14

Breakfast

Grits w/ Ham Cubes
Sweet Potato Muffin
Assorted Juice
Fruit

Lunch

Corn Dog Nuggets
HM Pizza
Chef Salad w/ WG Bread Stick

Sides

Corn
Garden Salad
Fruit

Thursday, October 15

Breakfast

Waffle w/ Syrup
Turkey Sausage
Assorted Juice
Fruit

Lunch

Chicken Parmesan w/ Pasta
Chicken Burger on WG Bun
Caesar Chicken Salad w/ WG Bread Stick

Sides

Steamed Broccoli
Carrot Sticks w/ Ranch
Fruit

Friday, October 16

Breakfast

Sausage Biscuit
Potato Rounds
Assorted Juice
Fruit

Lunch

Hamburger on WG Bun
HM Cheese Pizza
Taco Salad w/ WG Chips

Sides

Baked Potato Wedges
Sliced Tomatoes/ Lettuce
Fresh Fruit



Fruits and Veggies can help you make MAGIC!

Try to eat 5-10 servings of Fruits and Veggies every day to make MAGIC on your plate!

1. Write the total number of fruit and veggie servings you eat on an average day _____
2. Multiply your average servings by 2 _____
3. Add 5 to the number on line 2 _____
4. Multiply line 3 by 50 _____
5. Write 1765 if you've had your birthday this year or 1764 if you haven't _____
6. Add lines 4 and 5 together _____
7. Write the year you were born _____
8. Subtract line 7 from line 6 _____

The first digit on line 8 is your number of servings from line 1, and the remaining digits are your age. Now, increase your daily servings of fruits and veggies today and try it again!

It works like MAGIC!



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

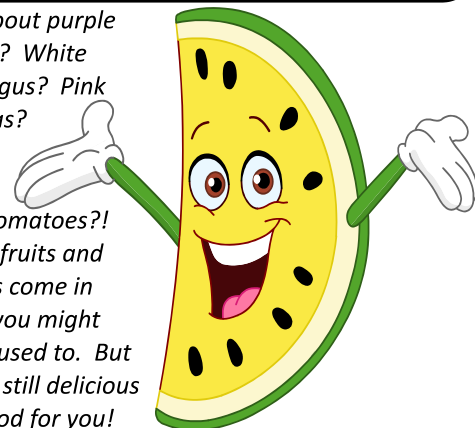
WHAT'S WRONG WITH THIS PICTURE? IN REAL LIFE, **ELEPHANTS ARE INCAPABLE OF JUMPING!** KEEP THAT IN MIND IF YOU'RE EVER PUTTING TOGETHER AN ALL-ANIMAL BASKETBALL TEAM!

STRANGE BUT TRUE!



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!



Monday, October 19

Fall Break

No School Today



Tuesday, October 20

Breakfast

Egg and Cheese Biscuit
Potato Tots
Assorted Juice
Fruit

Lunch

Spaghetti w/ Meat Sauce
Chicken Burger on WG Bun
Caesar Chicken Salad w/ WG Bread Stick

Sides

Caesar Salad
Carrot Sticks w/ Ranch
Fruit

Wednesday, October 21

Breakfast

Pancakes w/ Syrup
Turkey Sausage
Assorted Juice
Fruit

Lunch

Chicken Nuggets
Turkey and Cheese Wrap
Taco Salad w/ WG Chips

Sides

Baked Beans
Green Beans
Fruit

Thursday, October 22

Breakfast

Sausage Biscuit
Potato Rounds
Assorted Juice
Fruit

Lunch

Diced Chicken w/ Gravy
Buffalo Chicken Wrap
Chef Salad w/ WG Bread Stick

Sides

W/G Rice
Fresh Collard Greens
Sweet Potatoes
Fruit

Friday, October 23

Breakfast

French Roast Sticks w/ Syrup
Turkey Sausage Patty
Assorted Juice
Fruit

Lunch

Tony's Cheese Pizza
Cheese Burger on WG Bun
Garden Salad w/ Chicken w/ WG Bread Stick

Sides

Baked Potato Wedges
Lettuce/Tomato Salad
Fresh Fruit

Monday, October 26

Breakfast

Breakfast Pizza
Potato Tots
Assorted Juice
Fruit

Lunch

Chicken Sandwich on WG Bun*
Buffalo Chicken Wrap
Chef Salad w/ WG Bread Stick

Sides

Caesar Salad
Baked Potato Wedges
Fruit

Tuesday, October 27

Breakfast

Egg and Cheese Biscuit
Potato Rounds
Assorted Juice
Fruit

Lunch

Beef Taco w/ Cheese, WG Shell and Salsa*
Turkey and Cheese Wrap
Chicken Salad w/ Fruit w/ WG Bread Stick

Sides

Lettuce/Tomato
Black Beans Salsa
Fruit

Wednesday, October 28

Breakfast

Grits w/ Ham Cubes
Sweet Potato Muffin
Assorted Juice
Fruit

Lunch

Corn Dog Nuggets
HM Pizza
Chef Salad w/ WG Bread Stick

Sides

Corn
Garden Salad
Fruit

Thursday, October 29

Breakfast

Waffle w/ Syrup
Turkey Sausage
Assorted Juice
Fruit

Lunch

Chicken Parmesan w/ Pasta
Chicken Burger on WG Bun
Caesar Chicken Salad w/ WG Bread Stick

Sides

Steamed Broccoli
Carrot Sticks w/ Ranch
Fruit

Friday, October 30

Breakfast

Sausage Biscuit
Potato Rounds
Assorted Juice
Fruit

Lunch

Hamburger on WG Bun
HM Cheese Pizza
Taco Salad w/ WG Chips

Sides

Baked Potato Wedges
Sliced Tomatoes/ Lettuce
Fresh Fruit