

MENUS FOR OCTOBER 2022

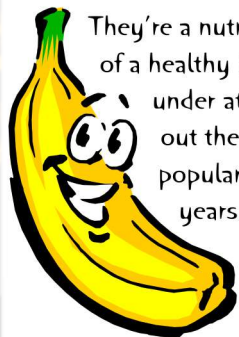
CNMI Public School System, Child Nutrition Program

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

What's on
YOUR
plate?



SAVE THE BANANA!



They're a nutritious, portable snack or part of a healthy breakfast -- but bananas are under attack! A disease could wipe out the world's supply of the most popular kind of banana in the next 25 years. Scientists are hard at work to identify banana varieties that resist the disease. Let's wish them luck!

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

OCTOBER IS
Breast
Cancer
AWARENESS
MONTH



THE GLUTTON

The scientific name of the Wolverine literally means "glutton." These rare, solitary, and ferocious animals of the Arctic and North American high country weigh just 20-45 pounds, but they can kill full-grown caribou and deer. They'll eat just about anything -- in the Arctic, they even eat whale and walrus carcasses!



ANIMAL APPETITES

Monday, October 3

Breakfast

Assorted Cereal
Fruit

Lunch

Oven Fried Chicken
Red Rice
Corn
Sautéed Spinach
Fruit

Secondary Second Choice

Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

Tuesday, October 4

Breakfast

Ground Beef & Veggie
Omelet
Steamed Rice
Fruit

Lunch

Marianas BBQ Cheeseburger
Sandwich Sides
Sweet Potato Fries
Fruit

Secondary Second Choice

Fire Alarm Pizza
Vegetable Sticks & Dip
Fruit

Wednesday, October 5

Breakfast

Grilled Cheese Sandwich
Fruit

Lunch

Beef Bulgogi with Bell Peppers,
Bean Sprouts & Onions
Steamed Rice
Carrots
Fruit

Secondary Second Choice

Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

Thursday, October 6

Breakfast

Grilled Ham with Fried Rice
Fruit

Lunch

Spaghetti Bolognese
WGR Roll
Garlic Spinach
3 Bean Salad
Fruit

Secondary Second Choice

Chicken Kelaguen
Titiyas
Vegetable Sticks and Dip
Japanese Salad
Fruit

Friday, October 7

Breakfast

Pancakes with Syrup
Bacon
Fruit

Lunch

Breaded Fish with Sauce
Red Rice
Potato Wedges
Local Vegetables
Flavored Milk
Fruit

Secondary Second Choice

Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

Monday, October 10

Breakfast

Assorted Cereal
Fruit

Lunch

Chicken Alfredo with Spinach
Garden Salad
Local Vegetables
Fruit

Secondary Second Choice

Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

Tuesday, October 11

Breakfast

Fried Rice with Chicken Nuggets
Fruit

Lunch

Turkey & Gravy
WGR Roll
Mashed Potato
Steamed Carrots
Fruit

Secondary Second Choice

Thai Beef Noodle Bowl
Bell Peppers & Carrots
Mixed Vegetables
Fruit

Wednesday, October 12

Breakfast

Mac & Cheese
Fruit

Lunch

Beef Broccoli
Steamed Rice
Mixed Vegetables
Fruit

Secondary Second Choice

Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

Thursday, October 13

Breakfast

Sausage Patty with Garlic Rice
Fruit

Lunch

Cheese Pizza
Vegetable Sticks & Dip
3 Bean Salad
Fruit

Secondary Second Choice

Hawaiian Pizza
Vegetable Sticks & Dip
3 Bean Salad
Fruit

Friday, October 14

Breakfast

French Toast with Syrup
Sausage
Fruit

Lunch

Kung Pao Chicken
with Bell Peppers
Steamed Rice
Sesame Broccoli
Flavored Milk
Fruit

Secondary Second Choice

Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

Monday, October 17

Breakfast

Assorted Cereal
Fruit

Lunch

Chicken Curry with
Carrots and Potatoes
Broccoli
Steamed Rice
Fruit

Secondary Second Choice

Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

Tuesday, October 18

Breakfast

Fried Rice with Portuguese
Sausage
Fruit

Lunch

Cheeseburger
Sandwich Sides
Sweet Potato Fries
Fruit

Secondary Second Choice

Chickenburger
Sandwich Sides
Sweet Potato Fries
Fruit

Wednesday, October 19

Breakfast

Ham and Cheese Roll
Fruit

Lunch

Breaded Chicken with Gravy
Mashed Potato
3 Bean Salad
WGR Roll
Fruit

Secondary Second Choice

Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

Thursday, October 20

Breakfast

Sausage & Egg Scramble
Steamed Rice
Fruit

Lunch

Beef Lasagna
Garlic Cauliflower & Broccoli
Corn
Fruit

Secondary Second Choice

Tuna Salad Sandwich on WGR Bun
Sandwich Sides
Japanese Salad
Fruit

Friday, October 21

Breakfast

Pancakes with Syrup
Bacon
Fruit

Lunch

Chicken Piccata
Garden Salad
Local Vegetables
Flavored Milk
Fruit

Secondary Second Choice

Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit



The current
record
for
the
world's
heaviest
pumpkin is
2702
pounds!

Monday, October 24

Breakfast

Assorted Cereal
Fruit

Lunch

Grilled Ham Steak
Steamed Brown Rice
Sweet Potato Fries
Texas BBQ Beans
Fruit

Secondary Second Choice

Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

Tuesday, October 25

Breakfast

Sausage Links
Garlic Fried Rice
Fruit

Lunch

Chicken Burger
Potato Wedges
Broccoli
Fruit

Secondary Second Choice

Subway Sandwich with
Honey Onion Dressing on
WGR Bun
Vegetable Sticks & Dip
Fruit

Wednesday, October 26

Breakfast

Pan de Sal with Egg & Cheese
Fruit

Lunch

Beef Steak with Green Peas &
Onions
Red Rice
Local Vegetables
Broccoli
Fruit

Secondary Second Choice

Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

Thursday, October 27

Breakfast

Tropical Storm Fried Rice
Fruit

Lunch

Pepperoni Pizza
Vegetable Sticks & Dip
Fruit

Secondary Second Choice

Buffalo Chicken Wrap
Vegetable Sticks & Dip
Japanese Salad
Fruit

Friday, October 28

Breakfast

French Toast with Syrup
Sausage
Fruit

Lunch

BBQ Chicken
Red Rice
Corn and Potato Salad
Flavored Milk
Fruit

Secondary Second Choice

Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

**STRANGE
BUT TRUE!**



WHY ARE THE BUTTONS ON
MEN'S AND WOMEN'S CLOTHES
ON DIFFERENT SIDES?
BUTTONS USED TO BE
ELABORATE AND COSTLY, SO
ONLY VERY WEALTHY PEOPLE
HAD THEM. THE MEN DRESSED
THEMSELVES, BUT THE WOMEN
WERE DRESSED BY SERVANTS – WHO COULD FASTEN THE
BUTTONS MORE EASILY IF THEY WERE REVERSED!

Monday, October 31

Breakfast

Assorted Cereal
Fruit

Lunch

Oven Fried Chicken
Red Rice
Corn
Sauteed Spinach
Fruit

Secondary Second Choice

Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit



◆ WONDERS OF THE WORLD ◆



Lake Toba in Indonesia is remote, rugged, beautiful -- and much more than the peaceful picture postcard it appears to be. The 60-mile-long lake is actually the remnant of a humongous volcano that 70,000 years ago produced the largest explosive eruption on earth in the last 25 million years. This so-called supervolcano led to a long "volcanic winter" with average temperatures up to 25°F colder around the world!

THE LAKE TOBA SUPERVOLCANO ◆ INDONESIA