

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

MENUS FOR OCTOBER 2020

Monday, October 5

Breakfast

Assorted Cereal
Fruit

Lunch

Beef Broccoli with Rice
Mixed Vegetables
Fruit

Tuesday, October 6

Breakfast

Garlic Fried Rice
Sausage Links
Fruit

Lunch

BBQ Chicken with Red Rice
Corn
Potato Salad
Fruit

Wednesday, October 7

Breakfast

French Toast with Syrup
Fruit

Lunch

Honey Glazed Chicken with Rice
Carrots
Local Vegetables
Fruit

Thursday, October 8

Breakfast

Macaroni and Cheese
Fruit

Lunch

Grilled Ham with Rice
Sweet Potato Fries
Beans
Fruit
Flavored Milk

Friday, October 9

Breakfast

Ground Beef and Vegetable
Omelet
Fruit

Lunch

Spaghetti Bolognese
Dinner Roll
Local Vegetables
Garlic Spinach
Fruit

Thursday, October 1

Breakfast

Pan de Sal with
Egg and Cheese
Fruit

Lunch

Beef Bulgogi with Rice
Bell Peppers, Bean Sprouts,
Carrots, and Onions
Fruit
Flavored Milk

Friday, October 2

Breakfast

Garlic Rice with
Patty Sausage
Fruit

Lunch

Chicken Alfredo with Spinach
Lettuce, Tomato,
and Cucumber Salad
Beans
Fruit

**YOU NEVER KNOW WHAT YOU
MIGHT RUN INTO OUT THERE!**



STAY ALERT & BE SAFE!

STRANGE BUT TRUE!

CHECK **THIS** OUT! A HUMMINGBIRD'S TONGUE IS
ENORMOUS, ESPECIALLY CONSIDERING ITS TINY
OVERALL SIZE! THAT TONGUE IS JUST AS LONG AS ITS
LONG BEAK, AND THE BIRD

USES IT TO
DRINK NECTAR
FROM FLOWERS AND BACKYARD
FEEDERS. WHEN HUMMINGBIRDS
ARE NOT FEEDING, THAT GIANT
TONGUE ROLLS UP LIKE A HOSE
INSIDE THEIR HEAD
BEHIND THEIR EYES!

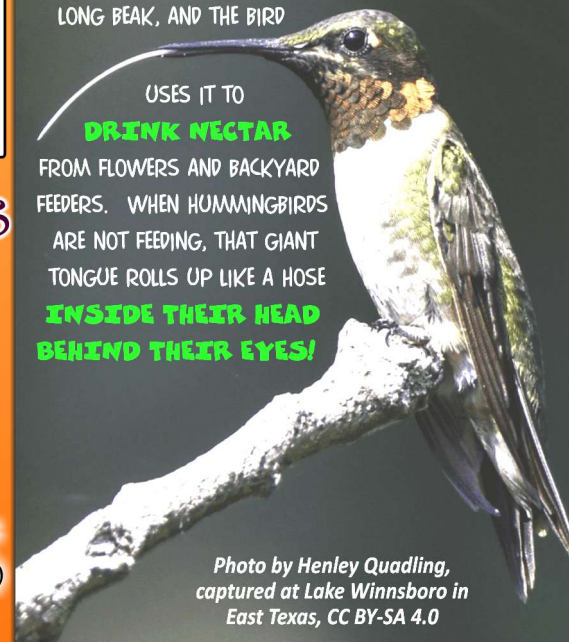
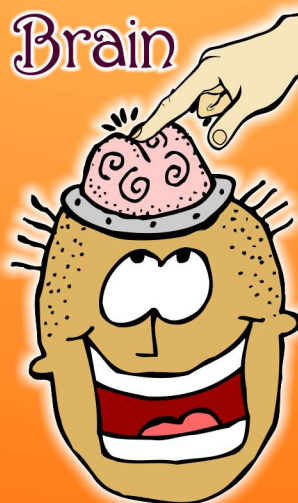


Photo by Henley Quadling,
captured at Lake Winnabow in
East Texas, CC BY-SA 4.0



The bloodhound is the
only animal that can
give evidence that
can be used in
a court of
law!

OCTOBER IS
**Breast
Cancer**
AWARENESS
MONTH



Brain

Ticklers

What is a
vampire's
favorite
fruit?

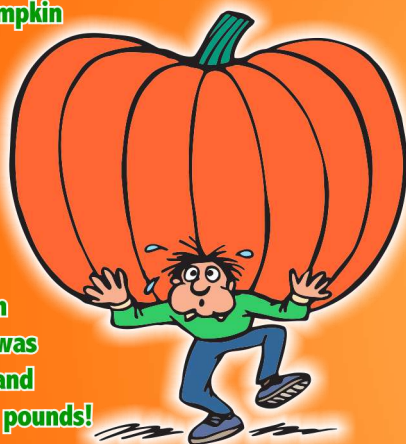
(Hold the page upside
down and read it in a
mirror for the answer!)

WEEK-191115



Great Pumpkins!

The biggest pumpkin ever recorded weighed over 2,600 pounds! That's like a small car! But wait, it gets better! The largest pumpkin PIE ever made was 20 feet across and weighed 3,699 pounds!



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

NUTRITION TO GO

There may well not be as much trick or treating and other traditional festivities this year – and that could be a good thing! On average this time of year, Americans spend \$9 BILLION on candy, costumes, and decorations. And nutritionists estimate that a kid could eat 7,000 calories worth of candy!

A QUICK BITE FOR PARENTS

Monday, October 12

COMMONWEALTH CULTURE DAY
NO PUBLIC SCHOOL
GRAB and GO MEALS SERVICES

Breakfast

Assorted Cereal
Fruit

Lunch

Chicken Adobo with Rice
Potato Wedges
Carrots and Peas
Fruit

Tuesday, October 13

Breakfast

Tropical Storm Fried Rice
Fruit

Lunch

Cheese Pizza
Veggie Sticks and Dip
Beans
Fruit

Wednesday, October 14

Breakfast

Pancake with Syrup
Bacon
Fruit

Lunch

Beef Steak with Peas and Onions
Red Rice
Broccoli
Fruit

Thursday, October 15

Breakfast

Sausage and Egg Scramble with Rice
Fruit

Lunch

Marianas BBQ Burger
Sandwich Sides (Lettuce, Tomato, Bell Pepper)
Sweet Potato Fries
Fruit
Flavored Milk

Friday, October 16

Breakfast

Banana Bread
Fruit

Lunch

Tuna Salad Sandwich
Sandwich Sides (Lettuce, Tomato, Cucumber, Bell Pepper)
Japanese Salad
Fruit

Monday, October 19

Breakfast

Assorted Cereal
Fruit

Lunch

Beef Lasagna
Garlic Cauliflower and Broccoli
Corn
Fruit

Tuesday, October 20

Breakfast

Fried Rice with Portuguese Sausage
Fruit

Lunch

Chicken Burger
Potato Wedges
Broccoli
Fruit

Wednesday, October 21

Breakfast

Ham and Cheese Roll
Fruit

Lunch

Oven Fried Chicken
Red Rice
Sauteed Spinach
Corn
Fruit

Thursday, October 22

Breakfast

Grilled Cheese Sandwich
Fruit

Lunch

Chicken Curry with Rice, Carrots, Local Vegetables
Fruit
Flavored Milk

Friday, October 23

Breakfast

Fried Rice with Chicken Nuggets
Fruit

Lunch

Turkey with Gravy and Mashed Potatoes
Dinner Roll
Carrots, Beans
Fruit

Monday, October 26

Breakfast

Assorted Cereal
Fruit

Lunch

Pork Adobo with Rice
Green Peas and Carrots
Sesame Broccoli
Fruit

Tuesday, October 27

Breakfast

Fried Rice with Grilled Ham
Fruit

Lunch

Hawaiian Pizza
Veggie Sticks and Dip
Corn and Bean Salad
Fruit

Wednesday, October 28

Breakfast

Pancakes with Syrup
Bacon
Fruit

Lunch

Breaded Fish with Sauce
Red Rice
Local Vegetables
Fruit

Thursday, October 29

Breakfast

Pan de Sal with Egg and Cheese
Fruit

Lunch

Beef Bulgogi with Rice
Bell Peppers, Bean Sprouts, Carrots, and Onions
Fruit
Flavored Milk

Friday, October 30

Breakfast

Garlic Rice with Patty Sausage
Fruit

Lunch

Chicken Alfredo with Spinach
Lettuce, Tomato, and Cucumber Salad
Beans
Fruit