



October '09 Healthy Breakfast** & Lunch Options



**Breakfast is served only in participating schools. For more information, please contact your principal.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>October 12th-16th is National School Lunch Week!</p> <p>Monday- Diana Taurasi's School Lunch Team: Teriyaki New Orleans Style Chicken</p> <p>Tuesday- Dwight Howard's School Lunch Team: Dwight's Beef Gordita</p> <p>Wednesday- Steve Nash's School Lunch Team: Nash's Noodles Chx or Veal Parmesan</p> <p>Thursday- Vince Carter's School Lunch Team: Vince's Veggies with a Turkey Sandwich</p> <p>Friday- Chris Paul's School Lunch Team: CP's Cheese Pizza with a Tossed Salad</p> <p>Come join these All-Star Teams for an All-Star School Lunch</p>				
5	6	7	8	9
Waffle w Syrup, Sausage Links, Chilled Pineapple	Canadian Bacon & Cheese on Biscuit or Bagel, Chilled Pears	Egg Patty on Eng. Muffin Mandarin Oranges	Sausage Patty, Cheese Grits, Toast w Jelly, Chilled Peaches	Donuts
Red Beans w Fluffy Rice	Mexican Pizza	Meatballs in Red Gravy w Spaghetti Caesar Salad	Turkey & Sausage Gumbo or	Fall Break
Tossed Salad	Seasoned Corn	Green Peas	Potato Salad	
Mandarin Oranges	Chilled Peaches	Italian Seeded Bread	Mixed Tropical Fruit	
Corn Roll	Cinnamon Roll	Sugar Cookie	French Bread	
Hamburger	Pre- Made Salad	Popcorn Chicken Basket	Pre- Made Salad	
12	13	14	15	16
Fall Break	Fall Break	Sausage Patty, Biscuit or Bagel Applesauce	Scrambled Eggs, Cheese Grits, Toast w Jelly, Potato Rounds	Donuts
		Nash's Noodles Veal Parmesan Italian Green Beans Peaches Garlic Roll Pudding w sprinkles	Vince's Veggies- Broccoli and Cauliflower Florets w dip Turkey Sandwich Lettuce/Tomato/Pickle Jell-O	Pizza Tossed Salad Mandarin Oranges Chocolate Chip Cookies
19	20	21	22	23
Pancake Wrapped Sausage w Syrup Chilled Tropical Fruit	Canadian Bacon & Cheese, Biscuit, Chilled Pineapple	Biscuit, Grits, Chilled Pears	Sausage Patty, Cheese Grits, Toast w Jelly Mandarin Oranges Nutrition Day- Asparagus	Beignets Chilled Mixed Fruit
Shepherd's Pie Salad Sweet Peas	Beef Taco	Lasagna Italian Salad	Turkey w Rice & Gravy Broccoli w cheese	Chicken Strips Cheesy Mashed Potatoes
Southern Butter Wheat Roll	Lettuce/Tomato Cup	Pears	Tossed Salad	Peaches
Brownie	Seasoned Corn Cinnamon Roll	Italian Bread	Wheat Roll Yellow Cake	Wheat Roll
Chicken Patty	Pre-Made Salad	Popcorn Chicken Basket	Pre- Made Salad	
26	27	28	29	30
Pancake w Syrup, Sausage Link, Chilled Peaches	Grilled Ham and Cheese Triangle Mand. Oranges	Sausage Patty, Toast w Jelly, Applesauce	Scrambled Eggs, Cheese Grits, Toast w Jelly, Potato Rounds	Donuts Chilled Pears
Jambalaya	Popcorn Chicken Cheesy Potato	Chicken Patty/Bun Lettuce/Tomato	Turkey & Sausage Gumbo w Bread	Halloween Celebration Pirate Popcorn Chicken
Garden Salad	Broccoli	Fruit	Potato Salad	Monster Mashed Potatoes with Goblin Gravy
Pears	Roll	Cookie	Chilled Mixed Fruit	Ghostly Green Beans
Cornbread or Roll	Brownie/ Iceing		Halloween Ice Cream Cup	Creepy Cookie or Halloween Ice Cream
Two-fers	Pre- Made Salad		Hamburger	

October 27th is Student Choice Day!
You choose what's for lunch!



School Name: _____

School lunches must meet recommendations of the Dietary Guideline for Americans.
*No more than 30% of calories from fat and less than 10% from saturated fat averaged weekly.
*Lunches contain 1/3 of the RDI of Protein, Vitamin A, Vitamin C, Iron, and Calcium.



October 30th is our Halloween Celebration! We dare you to join us for a scary school lunch. Mummies and Vampires are welcome!

October 22nd is Asparagus Nutrition Day!
Come by the Nutrition Day Table for a delicious asparagus sample and fun activities!

