# October Elementary Lunch Menu

**Monday, Oct 7**
- **BREAKFAST**
  - Sausage Biscuit
  - Cereal w/Toast
  - Applesauce
  - Oranges
- **LUNCH**
  - Cheeseburger w/LTP
  - Chicken Item w/Breadstick
  - Crinkle Cut Fries
  - Celery & Carrot Sticks
  - Fresh Apples
  - Pineapple Tidbits

**Tuesday, Oct 8**
- **BREAKFAST**
  - Cinnamon Roll w/Icing
  - Cereal w/Toast
  - Apple
  - Fruit Cocktail
- **LUNCH**
  - Turkey Roast Over Rice/
    - Brdstick
  - BBQ Meatballs & Bun
  - Green Beans
  - Glazed Carrots
  - Sliced Peaches
  - Fresh Pears

**Wednesday, Oct 9**
- **BREAKFAST**
  - EBC Muffin
  - Cereal w/Toast
  - Grapes
  - Applesauce
- **LUNCH**
  - EARLY RELEASE
    - Chicken Sandwich & Chips
    - Or
    - PBJ Sandwich & Chips
    - Or
    - Grilled Cheese & Chips (Peanut Alternate Schools)
    - Carrot & Celery Sticks
    - Apple

**Thursday, Oct 10**
- **BREAKFAST**
  - Mini Cinni’s
  - Cereal w/Toast
  - Pear Halves
  - Oranges
- **LUNCH**
  - Breaded Chicken w/Roll
    - BBQ Riblet Sandwich
  - Mashed Potatoes w/Gravy
  - Southern Greens
  - Baked Beans
  - Sliced Peaches
  - Apples

**Friday, Oct 11**
- **BREAKFAST**
  - Pancakes
  - Cereal w/Toast
  - Pineapple Tidbits
  - Oranges
- **LUNCH**
  - Teriyaki Wonder Bites w/Rice
  - Teriyaki Chicken w/Rice
  - Steamed Broccoli
  - Tomatoes & Cucumbers
  - Applesauce
  - Oranges
  - Jell-O w/Whipp’d Topping

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**Monday, Oct 14**
- **BREAKFAST**
  - Mini Pancakes
  - Cereal w/Toast
  - Grapes
  - Pear Halves
- **LUNCH**
  - Popcorn Chicken w/Roll
    - Sliders w/LTP
  - French Fries
  - Green Beans
  - Bananas
  - Applesauce

**Tuesday, Oct 15**
- **BREAKFAST**
  - Sausage Biscuit
  - Cereal w/Toast
  - Pear Halves
  - Oranges
- **LUNCH**
  - Spaghetti w/Meat Sauce &
    - brdstk
  - Ham & Cheese Sandwich/LTP
  - Green Beans
  - Garden Salad
  - Bananas
  - Mandarin Oranges

**Wednesday, Oct 16**
- **BREAKFAST**
  - Scrambled Eggs w/Cheese
  - Grits
  - Cereal w/Toast
  - Bananas
  - Sliced Peaches
- **LUNCH**
  - Teriyaki Chicken w/Rice
  - Steamed Broccoli
  - Tomatoes & Cucumbers
  - Applesauce
  - Oranges
  - Jell-O w/Whipp’d Topping

**Thursday, Oct 17**
- **BREAKFAST**
  - Chicken Biscuit
  - Cereal w/Toast
  - Grapefruit Slices
  - Pineapple Tidbits
- **LUNCH**
  - Assorted Pizza
  - Fish Sandwich
  - Apple Cole Slaw
  - Steamed Corn
  - Grapes
  - Pear Halves

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**Available Daily**
- Low fat, Skim, & Low fat Flavored Milks
- Fresh Fruit Choices
- Assorted Fruit Juices-breakfast only
- PBJ Plate
- or Mon, Wed, Fri:Grilled Cheese Plate
- Tues, Thurs: Turkey Sandwich for Peanut Alternate Schools
- Condiments

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**National School Lunch Week**
- October 14-19, 2013

**October Is Eat Together Eat Better Month**

**STAFF DEVELOPMENT**
- October 14, 2013

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“USDA Is An Equal Opportunity Provider.” ** Breakfast Served In All Schools ** Menu Subject To Change Without Notice.
### October Is Eat Together Eat Better Month

**Available Daily**
- Low fat, Skim, & Low fat Flavored Milks
- Fresh Fruit Choices
- Assorted Fruit Juices - breakfast only
- PBJ Plate or Mon, Wed, Fri: Grilled Cheese Plate
- Tues, Thurs: Turkey Sandwich for Peanut Alternate Schools
- Condiments

### Quick Tips:
1. Turn off TV & make no phone calls during the meal.
2. Keep a good sense of humor.
3. Eat Slowly.
4. Allow time for conversations at the table.

### Aim to Eat Together 3 times a week and Make Family Meals a Priority.

Eating dinner together at a table is more than just eating; it provides an opportunity to communicate with your family and get the latest updates of their lives.

Studies have shown that children who eat with family four or more times per week tend to do better in school. In addition, younger children have higher language skills due to longer conversation with parents and frequent exposure to bigger words used by adults.

Dinner should be relaxing and enjoyable.