

Menus for October 2016



Colquitt County Schools

This institution is an equal opportunity provider.

OFFER VS. SERVE

Students must select at least 3 meal items OR they can select up to 5 items. 1 item must be a fruit or vegetable.

@ Breakfast & Lunch



Available Daily

Fat Free:
Chocolate, Strawberry, Vanilla, and White Milk
1% White Milk
No High Fructose Corn Syrup

JUST WHAT THE DOCTOR ORDERED.

Experts urge that we eat 5-9 servings of fruits and vegetables every day – and a growing number of American doctors are putting that advice in writing by actually prescribing fruits and vegetables for their patients.

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

Monday, October 3

Breakfast

Sausage Egg Grab
Wrap
Blueberry Juice
Orange Sections

Lunch

BBQ Sandwich
On WG Bun
Sweet Potato Fries
Green Beans
Chilled Pears

Tuesday, October 4

Breakfast

WG Ham Biscuit
Grape Juice
Grapefruit Section

Lunch

WG Hot Dog
Potato Wedges
Steamed Broccoli
Mixed Fruit Cup

Wed., October 5

Breakfast

WG Chicken Biscuit
Pineapple Juice
Apple

Lunch

WG Pizza
Garden Salad
Oven Baked Okra
Peach Cup

Thursday, October 6

Breakfast

Whole Wheat Sweet Roll
Cheese Stick
Apple Juice
Chilled Pears

Lunch

WG Hamburger
Lettuce/Tomato/
Dill Spears
Corn Chips
Baked Beans
Banana

Friday, October 7

Breakfast

WG Sausage Biscuit
Orange Juice
Peach Cup

Lunch

PBJ Sandwich
w/Cheese Stick
Salsa w/Tortilla Chips
Raw Vegetables
w/Ranch Dressing
Apple Sauce
WG Chocolate Chip
Cookie

SCHOOL LUNCH

SHOW YOUR SPIRIT!

JOIN US FOR NATIONAL SCHOOL LUNCH WEEK

OCTOBER 10-14, 2016

Monday, October 10

Breakfast

Sausage Roll
Fruit Juice
Orange Sections

Lunch

WG Corndog
Steamed Broccoli
Potato Wedges
Apple Slices

Tuesday, October 11

Breakfast

WG Ham Biscuit
Grape Juice
Apple Sauce

Lunch

WG Pizza
Garden Salad
Oven Baked Okra
Orange Sections

Wed., October 12

Breakfast

Whole Wheat Sweet Roll
Cheese Stick
Pineapple Juice
Apple Slices

Lunch

Chicken Nuggets
w/Krystal Bun
Peas & Carrots
Niblet Corn
Mixed Fruit Cup

Thursday, October 13

Breakfast

Pancake Pup
Apple Juice
Peach Cup

Lunch

WG Deli Hoagie
Lettuce/Tomato/
Dill Spear
Corn Chips
Baked Beans
Banana

Friday, October 14

Breakfast

WG Muffin
Cheese Stick
Orange Juice
Chilled Pears

Lunch

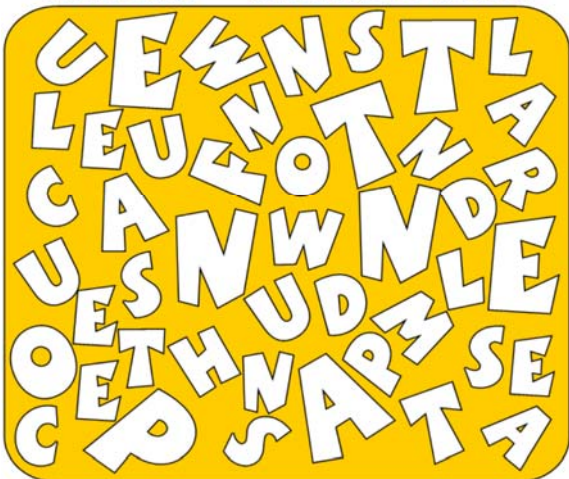
BBQ Sandwich
On WG Bun
Sweet Potato Fries
Green Beans
Strawberry Apple Sauce
WG Sugar Cookie



What food isn't so nutty after all?

Nuts and seeds are an incredible snack, full of protein, fiber, and great taste! But one popular treat that you might think belongs with the nuts on this list isn't really a nut at all. To discover the answer, find and color all of the letters in each word on the list, and then unscramble the leftover letters to learn the name of the nutty food that's not really a nut!

Walnut Pecan Almond
Chestnut Sunflower Seeds



ANSWER:

These "nuts" are actually a "legume" or type of bean. They contain more protein than true nuts, plus lots of vitamins, minerals, and fiber. So whatever you call them, go ahead and go nuts!

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

Monday, October 17

Breakfast
Sausage Egg Grab
Wrap
Pineapple Juice
Orange Sections

Lunch
WG Chicken Sliders
Sweet Potato Fries
Green Beans
Chilled Pears

Tuesday, October 18

Breakfast
WG Ham Biscuit
Grape Juice
Grapefruit Section

Lunch
WG Hot Dog
Potato Wedges
Steamed Broccoli
Mixed Fruit Cup

Wed., October 19

Breakfast
WG Chicken Biscuit
Fruit Juice
Apple

Lunch
WG Pizza
Garden Salad
Oven Baked Okra
Peach Cup

Early Release Day

Thursday, October 20

Fall Break



Friday, October 21

Monday, October 24

Breakfast
Sausage Roll
Pineapple Juice
Orange Sections

Lunch
WG Corndog
Steamed Broccoli
Potato Wedges
Apple Slices

Tuesday, October 25

Breakfast
WG Ham Biscuit
Grape Juice
Apple Sauce

Lunch
WG Pizza
Garden Salad
Oven Baked Okra
Orange Sections

Wed., October 26

Breakfast
Whole Wheat Sweet Roll
Cheese Stick
Apple Slices

Lunch
Chicken Nuggets
w/Krystal Bun
Peas & Carrots
Niblet Corn
Mixed Fruit Cup

Thursday, October 27

Breakfast
Pancake Pup
Apple Juice
Peach Cup

Lunch
WG Deli Hoagie
Lettuce/Tomato/
Dill Spear
Corn Chips
Baked Beans
Banana

Friday, October 28

Breakfast
WG Muffin
Cheese Stick
Orange Juice
Chilled Pears

Lunch
BBQ Sandwich
On WG Bun
Sweet Potato Fries
Green Beans
Strawberry Apple Sauce
WG Sugar Cookie

Monday, October 31

Breakfast
Sausage Egg Grab
Wrap
Blueberry Juice
Orange Sections

Lunch
WG Hamburger
Lettuce/Tomato/
Dill Spears
Corn Chips
Baked Beans
Peach Cup

OUR NATION'S HISTORY

This year, the United States National Park Service turns 100 years old. Two years later, Yellowstone became our first official national park when the Army turned management of the park over to the new National Park Service in October 1918. The poster to the right is an ad from the 1920's for railroad trips to Yellowstone to see the new park's amazing geysers and plentiful wildlife. In 2015, over 4 million people visited Yellowstone and, for the first time, visitors to all 400+ Park Service sites topped 300 million!

WITH LIBERTY & JUSTICE FOR ALL