

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

WG Breakfast Pizza Or
WG Cereal/WG Toast/Jelly
W/Fruit Cup
Apple Juice/Milk

Lunch

Beefaroni
w/WG Bread Stick
Or WG Corn Dog
Potato Wedges
Peas & Carrots
Diced Pear
WG Chocolate Chip
Cookie

Tuesday, October 4

Breakfast

Chicken Biscuit (WG) Or
WG Cereal/WG Biscuit/
Jelly
W/Orange Sections
Grape Juice/Milk

Lunch

Quesadillas
Or
Cheeseburger
On WG Bun
Baked Beans
Garden Salad w/Tomatoes
Pineapple Chunks

Wed., October 5

Breakfast

Sausage Egg Grab Wrap
Or
WG Cereal/WG Toast/Jelly
W/Peaches/Orange Juice/
Milk

Lunch

Chicken Bites
w/WG Krystal Bun
Or
BBQ Sandwich on WG Bun
Yam Patties
Steamed Broccoli
Strawberry Apple Sauce

Thursday, October 6

Breakfast

Pancake Pup
Or
WG Cereal/WG Toast/Jelly
W/Grapes
Apple Juice/Milk

Lunch

Pork Loin w/Gravy
Or
Hot Wings
Mashed Potatoes
Green Beans
WG Roll
Mixed Fruit

Friday, October 7

Breakfast

Steak Biscuit (WG)
Mustard/Jelly Or
WG Cereal/WG Biscuit
W/Apple Slices
Blueberry Juice/Milk

Lunch

Pepperoni Pizza
Or
WG PB&J Sandwich
w/ Cheese Stick
French Fries
Niblet Corn
Frozen Cherry Juice Bar

SCHOOL LUNCH

SHOW YOUR SPIRIT!

JOIN US FOR NATIONAL SCHOOL LUNCH WEEK
OCTOBER 10-14, 2016

Monday, October 10

Breakfast

Whole Wheat Sweet Roll
Cheese Stick Or
WG Cereal /WG Toast
W/Orange Slices
Grape Juice/Milk

Lunch

Teriyaki Chicken Nuggets
w/WG Roll
Or
Sloppy Joe on WG Bun
Tiny Whole Potatoes
Black Eyed Peas
Diced Pears

Tuesday, October 11

Breakfast

WG Morning Sausage Roll
Mustard/Jelly Or
WG Cereal/WG Biscuit/
Jelly
W/Apple Slices
Orange Juice/Milk

Lunch

Fish Filet on WG Bun
Or
Hot Dog on WG Bun
French Fries
Cole Slaw
Chilled Peaches

Wed., October 12

Breakfast

Grilled Cheese Sandwich
on WG Bread Or
WG Cereal/WG Toast/Jelly
W/Banana
Apple Juice/Milk

Lunch

Meat Loaf Or
Chicken Nuggets
Steamed Carrots
Green Beans
WG Roll
Fruit Mix Cups
w/Cool Whip

Thursday, October 13

Breakfast

Chicken Biscuit (WG)
Mustard/Jelly Or
WG Cereal/WG Biscuit/
Jelly
W/Grapes
Pineapple Juice/Milk

Lunch

Spaghetti w/Breadstick
Or WG Pepperoni Pizza
Niblet Corn
Steamed Broccoli
Orange Slices
WG Sugar Cookie

Friday, October 14

Breakfast

Sausage Biscuit (WG)
Mustard/Jelly Or
WG Cereal/WG Biscuit/
Jelly
Mixed Fruit Cup
Fruit Juice/Milk

Lunch

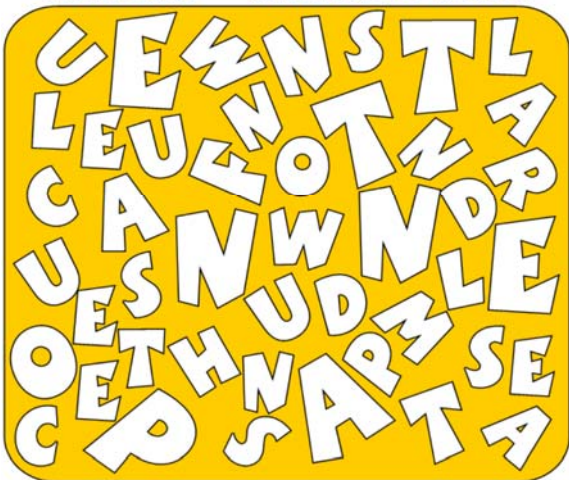
Grilled Chicken Sandwich
on WG Bun Or
PBJ w/Cheese Stick
Potato Wedges
Garden Salad
Frozen Cherry Juice Bar



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

What's on
YOUR
plate?



Monday, October 17

Breakfast

WG Breakfast Pizza
Or
WG Cereal/WG Toast/Jelly
W/Apple Slices
Orange Juice/Milk

Lunch

Chicken Sliders
Or
WG Corn Dog
French Fries
Baked Beans
Peach Cups

Tuesday, October 18

Breakfast

Egg Munchie w/Toast Or
WG Cereal/Graham
Crackers
W/Orange Sections
Apple Juice/Milk

Lunch

Spaghetti w/WG Noodles
Or Pepperoni Pizza
Niblet Corn
Garden Salad
WG Breadstick
Pineapple Chunks
WG Oatmeal Cookie

Wed., October 19

Breakfast

Ham Biscuit (WG)
Mustard/Jelly
Or
WG Cereal/WG Biscuit
W/Grapes/Fruit Juice/Milk

Lunch

PBJ w/Cheese Stick
Steamed Broccoli
Salsa w/Tortilla Chips
Strawberry Apple Sauce

EARLY RELEASE

Thursday, October 20

Fall Break



Friday, October 21

Monday, October 24

Breakfast

Pancakes w/Syrup
Or
WG Cereal /WG Toast
W/Diced Pears
Grape Juice/Milk

Lunch

Chicken Strips
Or
Fish Nuggets
Steamed Carrots
Potato Wedges
WG Krystal Bun
Apple Sauce

Tuesday, October 25

Breakfast

WG Breakfast Pizza Or
WG Cereal/Graham
Crackers
W/Orange Sections
Apple Juice/Milk

Lunch

Spaghetti w/WG Noodles
Or Egg Roll
Niblet Corn
Garden Salad
WG Breadstick
Pineapple Chunks
WG M&M Cookie

Wed., October 26

Breakfast

WG Chicken Biscuit
Mustard/Jelly Or
WG Cereal/WG Biscuit/
Jelly
W/Apple Slices
Orange Juice/Milk

Lunch

Toasted Ham & Cheese
on WG Bun Or
WG Corn Dog
French Fries
English Peas
Peach Cups

Thursday, October 27

Breakfast

Breakfast Cup
Or
WG Cereal/WG Toast
W/Strawberry Apple Sauce
Pineapple Juice/Milk

Lunch

Cheeseburger on
WG Bun
Or
Beef Nachos w/WG Chips
Baked Beans
Lettuce/Tom/Dill Spears
Banana

Friday, October 28

Breakfast

Ham Biscuit (WG)
Mustard/Jelly Or
WG Cereal/WG Biscuit
W/Grapes
Fruit Juice/Milk

Lunch

WG Pepperoni Pizza
Or
Buffalo Chicken Sandwich
on WG Bun
Steamed Broccoli
Salsa w/Tortilla Chips
Orange Sections

Monday, October 31

Breakfast

WG Breakfast Pizza Or
WG Cereal/WG Toast/Jelly
W/Fruit Cup
Apple Juice/Milk

Lunch

Beefaroni
w/WG Bread Stick
Or WG Corn Dog
Potato Wedges
Peas & Carrots
Diced Pears
WG Chocolate Chip
Cookie

OUR NATION'S HISTORY



YELLOWSTONE NATIONAL PARK



WITH LIBERTY & JUSTICE FOR ALL

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!