

MENUS FOR OCTOBER 2018

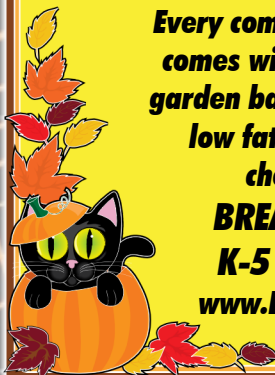
AVAILABLE DAILY

*Every complete meal we serve
comes with choice of entrée,
garden bar and your choice of
low fat white or non-fat
chocolate milk.*

BREAKFAST \$1.25

K-5 LUNCH \$3.00

www.EZSchoolPay.com



TAKE A HIKE?

Lots of kids (and adults!) are probably feeling a candy binge coming on this month. OK. But for every 2 little "fun size" candies you eat, you need to hike 30 minutes to work off the calories. So take it easy – or take a hike!



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

Monday, October 1

Breakfast

LARGE BENEFIT BAR,
CHOCOLATE CHIP SCONE OR
CONTINENTAL BREAKFAST

Lunch

CHEESEBURGER
OR
EL POLLO TAQUITO

Tuesday, October 2

Breakfast

FRENCH TOAST STICKS,
YOGURT PARFAIT OR
CONTINENTAL BREAKFAST

Lunch

CHICKEN NUGGETS
OR
BEEF TACO

Wednesday, October 3

Breakfast

BREAKFAST PIZZA,
ORANGE SCONE,
YOGURT PARFAIT OR
CONTINENTAL BREAKFAST

Lunch

TERIYAKI CHICKEN
DRUMSTICK OR
CHICKEN PATTY SANDWICH

Thursday, October 4

Breakfast

CHEESE BREADSTICKS,
STRAWBERRY SMOOTHIE
WITH BENEFIT BAR OR
CONTINENTAL BREAKFAST

Lunch

CHEESE PIZZA
OR
ORANGE CHICKEN BOWL

Friday, October 5

Breakfast

COFFEE CAKE, LEMON SCONE,
STRAWBERRY SMOOTHIE
WITH BENEFIT BAR, OR
CONTINENTAL BREAKFAST

Lunch

CRUNCHY FISH STICKS
AND "CHIPS" OR
MACARONI AND CHEESE
COOKIE

Monday, October 8

Breakfast

ZUCCHINI BREAD,
CHOCOLATE CHIP SCONE OR
CONTINENTAL BREAKFAST

Lunch

CHICKEN NUGGETS
OR
GRILLED CHEESE SANDWICH

Tuesday, October 9

Breakfast

PIGLETS IN A BLANKET,
YOGURT PARFAIT OR
CONTINENTAL BREAKFAST

Lunch

CHEESE PIZZA
OR
BEEF TACO

Wednesday, October 10

Breakfast

CINNAMON ROLL,
ORANGE SCONE,
YOGURT PARFAIT OR
CONTINENTAL BREAKFAST

Lunch

BREAKFAST FOR LUNCH(MINI
PANCAKES, HASH BROWN &
YOGURT) OR
BBQ CHICKEN DRUMSTICK

Thursday, October 11

Breakfast

BREAKFAST TACO,
STRAWBERRY SMOOTHIE
WITH BENEFIT BAR OR
CONTINENTAL BREAKFAST

Lunch

BEAN AND CHEESE BURRITO
OR
BEEF HOT DOG

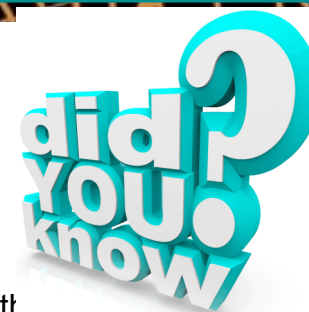
Friday, October 12

Breakfast

BREAKFAST BAGEL,
LEMON SCONE,
STRAWBERRY SMOOTHIE
WITH BENEFIT BAR OR
CONTINENTAL BREAKFAST

Lunch

CRUNCHY FISH STICKS
AND "CHIPS"
OR CHEESE ENCHILADAS
COOKIE



Over 90%
of our
menu items,
meet the
clean label
requirements
as part of our
partnership with
Life Time Foundation.
Check the list online:

<https://www.rcsdk8.org/menus>

LIFETIME FOUNDATION

Healthy school meals and nutrition
education brought to you in partnership
with the Life Time Foundation
www.ltffoundation.org



HEY, KIDS!
JOIN US FOR
NATIONAL
SCHOOL
LUNCH
WEEK

School lunch
lots 2
love

OCTOBER
15-19



What's on
YOUR
plate?

Can you solve the Amazing
Maze o' Maize?

Another name for corn is "maize," and although this may not be the biggest maize maze in the world, it's still **FUN!** Can you find your way to the delicious ear of corn in the center?



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

Monday, October 15

Breakfast
 LARGE BENEFIT BAR,
 CHOCOLATE CHIP SCONES OR
 CONTINENTAL BREAKFAST

Lunch
 CHEESEBURGER
 OR
 EL POLLO TAQUITO

NATIONAL

Tuesday, October 16

Breakfast
 FRENCH TOAST STICKS,
 YOGURT PARFAIT OR
 CONTINENTAL BREAKFAST

Lunch
 CHICKEN NUGGETS
 OR
 BEEF TACO

SCHOOL

Wednesday, October 17

Breakfast
 BREAKFAST PIZZA,
 ORANGE SCONES,
 YOGURT PARFAIT OR
 CONTINENTAL BREAKFAST

Lunch
 TERIYAKI CHICKEN
 DRUMSTICK OR
 CHICKEN PATTY SANDWICH

LUNCH

Thursday, October 18

Breakfast
 CHEESE BREADSTICKS,
 STRAWBERRY SMOOTHIE
 WITH BENEFIT BAR OR
 CONTINENTAL BREAKFAST

Lunch
 CHEESE PIZZA
 OR
 ORANGE CHICKEN BOWL

WEEK!

Friday, October 19

Breakfast
 COFFEE CAKE, LEMON SCONES,
 STRAWBERRY SMOOTHIE
 WITH BENEFIT BAR, OR
 CONTINENTAL BREAKFAST

Lunch
 CRUNCHY FISH STICKS
 AND "CHIPS" OR
 MACARONI AND CHEESE

BIG SPOON YOGURT

Monday, October 22

Breakfast
 ZUCCHINI BREAD,
 CHOCOLATE CHIP SCONES OR
 CONTINENTAL BREAKFAST

Lunch
 CHICKEN NUGGETS
 OR
 GRILLED CHEESE SANDWICH

Tuesday, October 23

Breakfast
 PIGLETS IN A BLANKET,
 YOGURT PARFAIT OR
 CONTINENTAL BREAKFAST

Lunch
 CHEESE PIZZA
 OR
 BEEF TACO

Wednesday, October 24

Breakfast
 CINNAMON ROLL,
 ORANGE SCONES,
 YOGURT PARFAIT OR
 CONTINENTAL BREAKFAST

Lunch
 BREAKFAST FOR LUNCH (MINI
 PANCAKES, HASH BROWN &
 YOGURT) OR
 BBQ CHICKEN DRUMSTICK

Thursday, October 25

Breakfast
 BREAKFAST TACO,
 STRAWBERRY SMOOTHIE
 WITH BENEFIT BAR OR
 CONTINENTAL BREAKFAST

Lunch
 BEAN AND CHEESE BURRITO
 OR
 BEEF HOT DOG

Friday, October 26

Breakfast
 BREAKFAST BAGEL,
 LEMON SCONES,
 STRAWBERRY SMOOTHIE
 WITH BENEFIT BAR OR
 CONTINENTAL BREAKFAST

Lunch
 CRUNCHY FISH STICKS
 AND "CHIPS"
 OR CHEESE ENCHILADAS

COOKIE

Monday, October 29

Breakfast
 LARGE BENEFIT BAR,
 CHOCOLATE CHIP SCONES OR
 CONTINENTAL BREAKFAST

Lunch
 CHEESEBURGER
 OR
 EL POLLO TAQUITO

Tuesday, October 30

Breakfast
 FRENCH TOAST STICKS,
 YOGURT PARFAIT OR
 CONTINENTAL BREAKFAST

Lunch
 CHICKEN NUGGETS
 OR
 BEEF TACO

Wednesday, October 31

Breakfast
 BREAKFAST PIZZA,
 ORANGE SCONES,
 YOGURT PARFAIT OR
 CONTINENTAL BREAKFAST

Lunch
 TERIYAKI CHICKEN
 DRUMSTICK OR
 CHICKEN PATTY SANDWICH

HOLIDAY COOKIE

HAVE FUN
AND STAY
SAFE!
AND WHATEVER
YOU DO,
DON'T MAKE
FUN OF FRANK'S
COSTUME!

