### Menus for October 2015

**Worth County School District, WCES, Breakfast & Lunch**

USDA is an equal opportunity provider and employer. Menus are subject to change.

#### AVAILABLE DAILY

**At Breakfast:**
- A Variety of Milk
- A Variety of Fruit
- Variety of Fruit Juice
- And
- Variety of Cereal w/Toast

**At Lunch:**
- Variety of Fruit & Milk

#### Monday, October 5

**Breakfast**
- Sausage & Biscuit
- Fruit & Milk

**Lunch**
- Buffalo Chicken Breast Bites w/Roll
- Hot Dog on a Bun
- Mashed Potatoes
- Turnip Greens
- Fruit & Milk

#### Tuesday, October 6

**Breakfast**
- Mini Pancakes
- Fruit & Milk

**Lunch**
- Philly Steak Sliders
- Chicken Filet Sandwich
- Baked Fries
- Tossed Salad
- Green Beans
- Fruit & Milk

#### Wednesday, October 7

**Breakfast**
- Grits, Toast & Ham Patty
- Fruit & Milk

**Lunch**
- BBQ w/Texas Toast
- Baked Chips
- Yam Patties
- Dill Pickles
- Fruit & Milk
  - Or
  - PB&J Tray
  
  **Or**
  - PB&J Tray

#### Thursday, October 8

**Breakfast**
- French Toast Sticks
- Fruit & Milk

**Lunch**
- Pepperoni Pizza
- Cheeseburger
- Tossed Salad
- Carrots w/Ranch
- Corn on the Cob
- Fruit & Milk

#### Friday, October 9

**Breakfast**
- Breakfast Goody Ring
- Fruit & Milk

**Lunch**
- Cheese Pizza
- Mini Corndogs
- Tossed Salad
- Cut Corn
- Carrots w/Ranch Dip
- Fruit & Milk

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**ARE YOU READY FOR THIS GUY?**

The flu bug makes the scene in October and can stick around until May! The flu vaccine can keep the bug at bay, help limit the spread of the flu in our community, and make the illness less severe if you do come down with it.

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

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**SCHOOL LUNCH snapshot**

**JOIN US FOR NATIONAL SCHOOL LUNCH WEEK**

**OCT. 12-16, 2015**

**No School Today**

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**Fall Break**

**No School**

**Classes Resume:**

**Monday, October 5**
Fruits and Veggies can help you make MAGIC!

Try to eat 5-10 servings of Fruits and Veggies every day to make MAGIC on your plate!

1. Write the total number of fruit and veggie servings you eat on an average day ________
2. Multiply your average servings by 2 ________
3. Add 5 to the number on line 2 ________
4. Multiply line 3 by 50 ________
5. Write 1765 if you’ve had your birthday this year or 1764 if you haven’t ________
6. Add lines 4 and 5 together ________
7. Write the year you were born ________
8. Subtract line 7 from line 6 ________

The first digit on line 8 is your number of servings from line 1, and the remaining digits are your age. Now, increase your daily servings of fruits and veggies today and try it again!

It works like MAGIC!

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### Monday, October 19

**Breakfast**
- Sausage & Biscuit
- Fruit & Milk

**Lunch**
- Buffalo Chicken Breast Bites w/Roll
- Hot Dog on a Bun
- Mashed Potatoes
- Turnip Greens
- Fruit & Milk

### Tuesday, October 20

**Breakfast**
- Mini Pancakes
- Fruit & Milk

**Lunch**
- Philly Steak Sliders
- Chicken Filet Sandwich
- Baked Fries
- Tossed Salad
- Green Beans
- Fruit & Milk

### Wednesday, October 21

**Breakfast**
- Grits, Toast & Ham Patty
- Fruit & Milk

**Lunch**
- BBQ w/Texas Toast
- Baked Chips
- Yam Patties
- Dill Pickles
- Fruit & Milk

**Or**
- PB&J Tray

### Thursday, October 22

**Breakfast**
- French Toast Sticks
- Fruit & Milk

**Lunch**
- Grilled Chicken Alfredo w/ Crusty French Bread
- Hamburger w/Baked Chips
- Fresh Broccoli w/Ranch Dip
- Fruit & Milk

### Friday, October 23

**Breakfast**
- Breakfast Goody Ring
- Fruit & Milk

**Lunch**
- Pepperoni Pizza
- Cheeseburger
- Tossed Salad
- Corn on the Cob
- Fruit & Milk

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What’s on your plate?

Grains: Mostly Whole

Protein foods

Dairy

Half fruits and vegetables

What’s wrong with this picture? In real life, elephants are incapable of jumping! Keep that in mind if you’re ever putting together an all-animals basketball team!

Strange but true!

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How about purple carrots? White Asparagus? Pink bananas? Blue corn? Black tomatoes?! Lots of fruits and veggies come in colors you might not be used to. But they’re still delicious and good for you!