

Monday	Tuesday	Wednesday	Thursday	Friday
<b>National School Lunch Week</b> <b>October 12-16</b>   			<b>Chicken Burger on Whole Wheat Bun</b> or <b>Cheese Pizza</b> <b>Carrot Sticks</b> <b>Peaches</b> <b>Milk</b> Muffin, Juice, String Cheese	Beef Lasagna or Chicken Nuggets Whole Wheat Roll Green Beans Fresh Fruit Milk Crackers, Yogurt, Fruit
<b>Chicken Fried Beef Dippers</b> <b>Mashed Potatoes &amp; Gravy</b> or <b>Chef Salad</b> <b>Breadstick</b> <b>Mixed fruit</b> <b>Milk</b> Cereal, Juice, String Cheese	Chicken & Cheese Quesadilla or Mini Burgers Mexi Corn Chilled Peaches Milk Cherry Turnover, Fruit, Cheese	Pepperoni Pizza or Cheese Pizza Tossed Salad Pineapple Milk Bagel, Juice, String Cheese	Chicken Patty on a Bun or Toasted Cheese Sandwich Tomato Soup Crisp Apple Milk Muffin, Juice, String Cheese	No School Crackers, Yogurt, Fruit
Sweet & Sour Meatballs W/ Brown Rice or Whole Grain Corn Dog Fresh Veggies Orange Wedges Milk Cereal, Juice, String Cheese	<b>Mac &amp; Cheese</b> or <b>Chicken Burger on Wheat Bun</b> <b>Green Beans</b> <b>Fresh Apple</b> <b>Milk</b> Cherry Turnover, Fruit, Cheese	Cheeseburger Oven Fries Orange Wedges Milk Bagel, Juice, String Cheese	Beef & Bean Burrito or Cheese Pizza Tossed Salad Strawberry Cup Milk Muffin, Juice, String Cheese	Weiner Wrap or Chicken Nuggets W/ Breadstick Green Beans Sweet Pears Milk Crackers, Yogurt, Fruit
Chicken Burger on Wheat Bun or Teriyaki Dippers W/ Fluffy Brown Rice Orange Smiles Fresh Veggies Milk Cereal, Juice, String Cheese	Chicken & Noodles W/ Breadstick or Hot Dog on Wheat Bun Fresh Veggies Mixed Fruit Milk Cherry Turnover, Fruit, Cheese	<b>Pizza Day</b> <b>Hawaiian Pizza</b> or <b>Cheese Pizza</b> <b>Carrot &amp; Celery Sticks</b> <b>Chilled Peaches</b> <b>Milk</b> Bagel, Juice, String Cheese	Beef & Bean Chili Corn Bread or Cheeseburger Tossed Salad Crisp Apple Milk Muffin, Juice, String Cheese	Chicken Fajitas W/ Lettuce & Tomato or Whole Grain Corn Dog Sweet Corn Chilled Pears Milk Crackers, Yogurt, Fruit
Ravioli in a Rich Tomato Sauce or Whole Grain Corn Dog Green Beans Whole Wheat Roll Milk Cereal, Juice, String Cheese	Teriyaki Chicken W/ Brown Rice or Hot Dog in a Bun Fresh Veggies Orange Wedges Milk Cherry Turnover, Fruit, Cheese	<b>Brunch</b> French Toast Sticks Tater Tots Sausage Links Chilled Peaches Milk Bagel, Juice, String Cheese	Nachos W/ Taco Meat & Cheese Sauce Or Hamburger on Wheat Bun Tossed Salad Banana Milk Muffin, Juice, String Cheese	<b>Almost Halloween!</b> Sloppy Joes or Chicken Nuggets Oven Fries Mixed Fruit Milk  Crackers, Yogurt, Fruit

Meal Prices: Elementary - Breakfast \$1.15, Lunch \$2.15. Middle School - Breakfast \$1.15, Lunch \$2.40. High School - Breakfast \$1.15, Lunch \$2.40. Adult - Breakfast \$1.55, Lunch \$3.15 (without milk). Reduced Price - Breakfast \$0.00, Lunch K-3 \$0.00, Lunch 4 & 5, Middle School, & High School - \$0.40. Milk \$0.35. Menu subject to change. The School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250. Food Service Provided by Chartwells School Dining Services. Menu subject to change without notice. Questions? Call Pam Chambers at (360) 501-1807.

[You may qualify for free or reduced price meals.](#)  
[Applications are available at all schools and the district office.](#) For questions regarding the food service program you can call the food service office at (360) 501-1807

**Taste of the Season...**  
**Apples - Super Food Antioxidant!**

**Food for thought...**  
 Red, green or golden, apples are one of the ultimate easy, tasty, good for you snacks. You know the old saying about an apple a day? Well, it is as coined for a reason and there is some truth to it. Among other nutritional benefits, apples are a great source of vitamin C. One medium apple supplies about 15% of a day's worth and only 80 calories. In addition, you get plenty of fiber from an apple. Eat it with the skin on and get twice as much fiber, about 4 grams, than if you peel it. You'll also be snacking on vitamins and minerals!

**This Institution is an Equal Opportunity Provider.**



## FRUITY FUNNIES

- Q: What would you call two bananas?  
 A: A pair of slippers.
- Q: What is yellow on the inside and green on the outside?  
 A: A banana dressed up as a cucumber.
- Q: How do you catch King Kong?  
 A: Hang upside down and make a noise like a banana.
- Q: What did the banana say to the elephant?  
 A: Nothing. Bananas can't talk.