

Thursday, October 1

Homemade Chicken Pot Pie
Or Crispy Chicken Sandwich
Side Salad
Fruit Cup
Dessert Treat

Friday, October 2

PIZZA DAY
Side Salad
Dessert Treat

Monday, October 5

Golden Baked Chicken Tenders
Fluffy Rice
Veggies and Dip
Fruit Cup

Tuesday, October 6

Homemade Baked Ziti
Or Buttered Parmesan Noodles
Warm Garlic Bread Stick
Garden Salad
Fruit Cup

Wednesday, October 7

Crispy Chicken Sandwich
Or Jumbo Corn Dog
Creamy Mac and Cheese
Veggies and Dip
Fruit Cup

Thursday, October 8

Grilled Cheese Sandwich
Or Turkey Sandwich
Cup of Soup
Baked Sun Chips
Fruit Cup

Friday, October 9

PIZZA DAY
Fruit
Dessert Treat

Beverage included with all entrees

Questions or Comments:
e-mail: info@slamgmt.com

Monday, October 12

Golden Baked Chicken Nuggets
Whipped Mashed Potatoes
Seasoned Vegetables
Dessert Treat

Tuesday, October 13

Corn Dog Nuggets
Or Big Beefy Burger
Baked Crinkle Cut Fries
Seasoned Vegetables
Fruit Cup

Wednesday, October 14

Meatball Sub Sandwich
Or Baked Fish Sticks
Garden Salad
Baked Sun Chips
Fruit Cup

Thursday, October 15

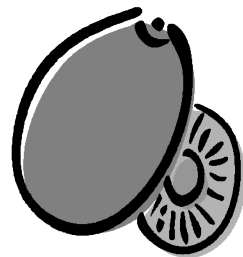
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Or Cheese Quesadilla
Garden Salad
Fruit Cup
Frozen Dessert

Friday, October 16

PIZZA DAY
Garden Salad
Dessert Treat

FUN FRUIT FACT:

Kiwi's are more nutrient dense than any other fruit.



A Kiwi is actually a berry and the skin of the kiwi is edible, although not appealing to most people.

GREEN YOUR TRANSPORTATION

Drive less: Consider carpooling or using public transportation when convenient. Walk or bike when traveling short distances.

Combining errands will also reduce travel.

Keep your car as long as possible. Choose long-life tires and batteries. Keeping your car well-tuned uses less gas and produces fewer emissions.

Buy retread tires. Americans dispose of hundreds of millions of tires each year; retreading them keep them out of landfills.

Recycle your car oil and car parts. Encourage your local garage to accept used oil and other car recyclables such as tires and batteries.

Monday, October 19

No School
No Lunch Service

Tuesday, October 20

Golden Baked Chicken Tenders
Baked Crinkle Cut Fries
Seasoned Vegetables
Fruit Cup

Wednesday, October 21

French Toast Sticks
Lean Sausage Links
Potato Gems
Yogurt

Thursday, October 22

Chef's Choice
Delightful Dessert

Friday, October 23

PIZZA DAY
Veggie Bites
Dessert Treat

Monday, October 26

Golden Baked Chicken Tenders
Buttered Parmesan Noodles
Side Salad
Fruit Cup

Tuesday, October 27

Monster Nachos
Or Jumbo Salad Bowl
Mexican Rice
Fruit Cup
Dessert Treat

Wednesday, October 28

Spaghetti with Meat Sauce
Or Monster Mac and Cheese
Warm Garlic Bread Stick
Garden Salad
Fruit Cup

Thursday, October 29

Big Beefy Burger
Or All Beef Hot Dog
Baked Crinkle Cut Fries
Seasoned Vegetables
Fruit Cup

Friday, October 30

PIZZA DAY
Fruit Selection
Dessert Treat

Healthy Eating Tip: What is a Serving Size?

In this world of supersized portions, teaching kids about serving sizes by comparing them to everyday objects can help prevent them from eating more than they need:

2 1/2 ounces meat: size of a deck of cards
Medium piece of fruit: a tennis ball
1 ounce of cheese: 4 stacked dice
1/2 cup ice cream: tennis ball
1/2 cup rice, pasta, mashed potatoes or broccoli: about the size of a fist
1 tsp peanut butter: the tip of your thumb
1 ounce of nuts: one handful