Menus for October 2017

EPPING ELEMENTARY SCHOOL

This institution is an equal opportunity provider. Menus are subject to change.

Make the healthy, economical choice!

Breakfast	Lunch
$1.50	$2.75

Get in touch with us today to learn more about free and reduced-price meals in our district:
603-679-5472 x257 or vbush@eppingsd.org

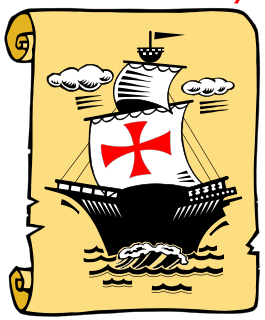
VEGETABLE OF THE MONTH

Kale

Kale is very high in beta carotene, vitamin K, and vitamin C, and it's high in calcium, too. In Ireland, kale is mixed into mashed potatoes to make the traditional dish "colcannon."

STRANGE BUT TRUE!

TREES THAT NATURALLY LOSE THEIR LEAVES ARE CALLED "**DECIDUOUS**," WHILE THOSE THAT NEVER LOSE THEIR LEAVES ARE "**EVERGREEN**." IN NORTH AMERICA, WE'RE USED TO DECIDUOUS TREES THAT LOSE THEIR LEAVES WHEN COLD WEATHER APPROACHES. **BUT THAT'S NOT TRUE EVERYWHERE**. SOME TREES, LIKE THE DESERT ACACIA TREE PICTURED HERE, LOSE THEIR LEAVES **BECAUSE IT'S TOO HOT, NOT TOO COLD!** WHEN DROUGHT AND HEAT THREATEN THEIR SURVIVAL, THEY CAN **DROP THEIR LEAVES ENTIRELY TO CONSERVE WATER!**

Monday, October 2	Tuesday, October 3	Wednesday, October 4	Thursday, October 5	Friday, October 6
Breakfast Bagel/ Cream Cheese or Cereal, Fruit or Juice, Milk Choice **Lunch** Mini Pancakes/ Yogurt or Sunbutter & Jelly Tater Tots Green Beans Fruit Choice Milk Choice	**Breakfast** Yogurt or Cereal, Fruit or Juice, Milk Choice **Lunch** Chili & Cheese Nachos or Tuna Sandwich WG Rice Crunchy Sweet Corn Fruit Choice Milk Choice	**Breakfast** Egg Sandwich or Cereal, Fruit or Juice, Milk Choice **Lunch** Big Daddy Cheese Pizza or Sunbutter & Jelly Farmers Tossed Salad Frozen Slush Cup or Fruit Choice Milk Choice	**Breakfast** Cinnamon Roll or Cereal, Fruit or Juice, Milk Choice **Lunch** Roasted Turkey & Gravy/ Roll Or Tuna Sandwich Fluffy Mashed Potatoes Roasted Butternut Squash Fruit Choice Milk Choice	**Breakfast** Double Chocolate Muffin or Cereal, Fruit or Juice, Milk Choice **Lunch** Teriyaki Dippers/ Roll or Yogurt Parfait Buttered Noodles Broccoli & Edamame Fruit Choice Milk Choice
Monday, October 9	**Tuesday, October 10**	**Wednesday, October 11**	**Thursday, October 12**	**Friday, October 13**
Columbus Day  *No School*	**Breakfast** Yogurt or Cereal, Fruit or Juice, Milk Choice **Lunch** Meatballs & Pasta or Turkey Sandwich Roasted Broccoli Parmesan & Kale Salad Fruit Choice Milk Choice	**Breakfast** Egg Sandwich or Cereal, Fruit or Juice, Milk Choice **Lunch** Fremont House of Pizza or Sunbutter & Jelly Caesar Salad Fruit Choice Milk Choice	**Breakfast** Cinnamon Roll or Cereal, Fruit or Juice, Milk Choice **Lunch** Crunchy Turkey Taco/ Fixins Or Turkey Sandwich Roasted Potatoes Mexican Rice & Bean Salad Fruit Choice Milk Choice	**Breakfast** Double Chocolate Muffin or Cereal, Fruit or Juice, Milk Choice **Lunch** Cheesey Breadstick/ Meatsauce or Yogurt Parfait Basil Green Beans Fruit Choice Milk Choice

What's on YOUR plate?

How can you magically transform a pumpkin into another vegetable?

(Hold the page upside down and read it in a mirror for the answer!)

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

Monday, October 16	Tuesday, October 17	Wednesday, October 18	Thursday, October 19	Friday, October 20
Breakfast Bagel/ Cream Cheese or Cereal, Fruit or Juice, Milk Choice	**Breakfast** Yogurt or Cereal, Fruit or Juice, Milk Choice	**Breakfast** Egg Sandwich or Cereal, Fruit or Juice, Milk Choice	**Breakfast** Cinnamon Roll or Cereal, Fruit or Juice, Milk Choice	**Breakfast** Double Chocolate Muffin or Cereal, Fruit or Juice, Milk Choice
Lunch Chicken Fries or Sunbutter & Jelly Buttery Noodles Seasoned Spinach Fruit Choice Milk Choice	**Lunch** Tuna Flatbread or Ham Sandwich Corn Chowder Roasted Cinnamon Carrots Fruit Choice Milk Choice	**Lunch** Stuffed Crust Pizza or Sunbutter & Jelly Mixed Greens Salad Crunchy Cucumbers Fruit Choice Milk Choice	**Lunch** Pasta/ Sauce Choice Cheesey Breadstick or Ham Sandwich Garlic Broccoli Fruit Choice Milk Choice	**Lunch** Cheeseburger/ Roll or Yogurt Parfait Boston Baked Beans Toasty Tater Tots Fruit Choice Milk Choice

Monday, October 23	Tuesday, October 24	Wednesday, October 25	Thursday, October 26	Friday, October 27
Breakfast Bagel/ Cream Cheese or Cereal, Fruit or Juice, Milk Choice	**Breakfast** Yogurt or Cereal, Fruit or Juice, Milk Choice	**Breakfast** Egg Sandwich or Cereal, Fruit or Juice, Milk Choice	**Breakfast** Cinnamon Roll or Cereal, Fruit or Juice, Milk Choice	**Breakfast** Double Chocolate Muffin or Cereal, Fruit or Juice, Milk Choice
Lunch Cheese Omelet & Muffin or Sunbutter & Jelly Roasted Potato Wedges Herbed Green Beans Fruit Choice Milk Choice	**Lunch** Orange Popcorn Chicken Or Chicken Salad Sandwich Seasoned Rice Zany Zucchini Fruit Choice Milk Choice	**Lunch** Fremont House of Pizza Or Sunbutter & Jelly Caesar Salad Sweet Broccoli Salad Fruit Choice Milk Choice	**Lunch** Shepherds Pie/ Warm Roll Or Chicken Salad Sandwich Creamy Butternut Squash Blueberry Cobbler or Fruit Choice Milk Choice	**Lunch** Mozzarella Sticks/ Sauce Or Yogurt Parfait Giant Green Peas Kale Pesto Noodles Fruit Choice Milk Choice

Monday, October 30	Tuesday, October 31
Breakfast Bagel/ Cream Cheese or Cereal, Fruit or Juice, Milk Choice	**Breakfast** Yogurt or Cereal, Fruit or Juice, Milk Choice
Lunch Chicken Stew/ Buttery Biscuit or Sunbutter & Jelly Caesar Salad Fruit Choice Milk Choice	**Lunch** Fish Sticks or Tuna Sandwich Melty Mac & Cheese Glazed Carrots Halloween Cookie Fruit Choice Milk Choice

BUG LOVER.

Bat species account for more than 20% of all mammals on earth! And guess what they love to eat? BUGS!! A single little brown bat can eat up to 600 creepy mosquitoes and other flying insects in just an hour!

ANIMAL APPETITES