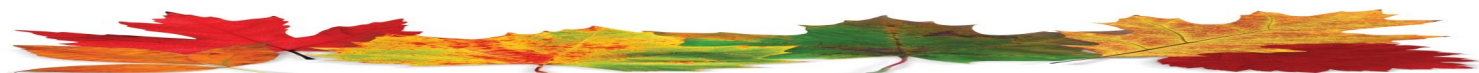


***Healthy tip of the month Get your entire family involved**

Family. It's a major part of every child's life – and often the most important factor in helping a child make healthy changes. Research shows children are often more willing to eat healthy foods and be active if they see their parents and other family members doing these things first. That's why it's important to get every member of your family involved in healthy eating and physical activity.



Christa McAuliffe - Lunch Menu – October 2017

		Mon	Tue	Wed	Thu	Fri	Sat
Milk is served with every lunch.	1	2	3	4	5	6	7
Menu subject to change.	T	Breaded Beef Steak Mashed Potato Salad Applesauce Roll	Corn Dog Mac & cheese Green Beans Fresh Carrots Apple	Boneless Chicken wings / Roll Tater Tots Broccoli Peaches	Tacos Black Beans Lettuce / Tomatoes Mandarin Oranges	Cheese Pizza Fresh Carrots Salad Sidekick	
Lunch \$3.25	8	9	10	11	12	13	14
Breads/Buns are whole grain rich.	L	Chicken Nuggets White Beans Sweet Potatoes Salad Orange	Hamburger sliders Hot Carrots Tater Tots Hot Apple	Turkey Sub Fruit Cup Salad Cucumber	French Toast Sausage Potato Cubes Cucumbers Apple Juice	Cheese Pizza Salad Cucumbers sidekick	
	15	16	17	18	19	20	21
	R	Chicken Strips Rice / Tortilla Black Beans Lettuce/ Tomatoes Plantain	Hot Dog Mac & cheese Hot Carrots Cucumbers Orange	Cheeseburger Broccoli Tater Tots Apple	Chicken Alfredo Broccoli Salad Applesauce Roll	Cheese Pizza Salad Cucumbers sidekick	
	22	23	24	25	26	27	28
	B	Corn Dog Green Beans Potato Cubes Hot Apple	Cheeseburger Corn Sweet Potatoes Mandarin Orange	Pasta with Meat Sauce Salad Apple Roll	Tacos Black Beans Lettuce / Tomatoes Orange	Cheese Pizza Salad Cucumbers sidekick	
	29	30	31	1	2	3	4
	K	Chicken Nuggets Mashed Potato White Beans Mandarin Oranges	Chicken Alfredo Broccoli Salad Apple	French Toast Sausage Potato Cubes Cucumbers Apple Juice	Corn Dog Mac & cheese Hot Carrots Cucumbers Pineapple	Cheese Pizza Salad Cucumbers Fresh Carrots Sidekick	



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