

Fresh Ideas for Breakfast

October 1 - 29, 2010

Monday

Tuesday

Wednesday

Thursday

Friday



All Fresh Ideas menus are subject to change due to product shortage or program needs.

				1 Cereal Bagel Fresh Fruit Milk
4 Fruit Muffin Yogurt Fresh Fruit Milk	5 Pancake on Stick Fresh Fruit Milk	6 Biscuit Turkey Sausage Fresh Fruit Milk	7 Graham Crackers Cereal Fresh Fruit Milk	8 French Toast Sticks Turkey Sausage Fresh Fruit Milk
11 Cereal Fruit Muffin Fresh Fruit Milk	12 Biscuit Egg Patty Fresh Fruit Milk	14 Yogurt Fruit Muffin Fresh Fruit Milk	13 Bagel Turkey Sausage Fresh Fruit Milk	15 Pancake Turkey Sausage Fresh Fruit Milk
18 Yogurt Graham Crackers Fresh Fruit Milk	19 Fruit Muffin Cereal Fresh Fruit Milk	21 Pancake on Stick Fresh Fruit Milk	20 NO SCHOOL	22 NO SCHOOL
25 Cereal Fruit Muffin Fresh Fruit Milk	26 French Toast Sticks Turkey Sausage Fresh Fruit Milk	28 Biscuit Egg Patty Fresh Fruit Milk	27 Bagel Turkey Sausage Fresh Fruit Milk	29 NO SCHOOL

FRESH IDEAS HEALTH CORNER

**NATIONAL SCHOOL LUNCH WEEK
OCTOBER 11 - 15, 2010**

National School Lunch Week

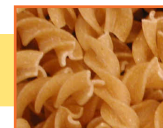
- Annual Celebration of National School Lunch Program (NSLP), using a fun theme
- Established by President John F. Kennedy in 1962
- Opportunity to highlight the important, positive role of school lunch in our nation



Happy Healthy Halloween!!!

October National Pasta Month

- There are more than 600 pasta shapes produced worldwide.
- The first American pasta factory was opened in Brooklyn, New York, in 1848, by a Frenchman named Antoine Zerega. Mr. Zerega managed the entire operation with just one horse in his basement to power the machinery. To dry his spaghetti, he placed strands of the pasta on the roof to dry in the sunshine
- The word pasta comes from the Italian word for paste, meaning the combination of flour and water.
- Pasta existed for thousands of years before anyone ever thought to put tomato sauce on it!
- Pasta is a good source of carbohydrates. It also contains protein. Carbohydrates help fuel your body by providing energy that is released slowly over time.
- The United States produces nearly 1.9 million tons per year
- The average person in North America eats about 15-1/2 pounds of pasta per year.



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1 Meatball Sandwich
Fresh Carrots
Fresh Fruit
Milk

4 Chicken Nuggets
Veggie Rice
Fresh Fruit
Milk

5 Turkey Dog
Green Beans
Fresh Fruit
Milk

6 Spaghetti
Roll
Salad
Fresh Fruit
Milk

7 Soft Taco
Corn
Fresh Fruit
Milk

8 Crispito
Fresh Carrots
Fresh Fruit
Milk

11 Nachos
Tomato Wedge
Fresh Fruit
Milk

12 Hamburger
Cooked Carrots
Fresh Fruit
Milk

13 Mini Turkey Corn Dogs
Mixed Veggies
Fresh Fruit
Milk

14 Cheese Bosco Stick
Marinara
Green Beans
Fresh Fruit

15 BBQ Chicken Sandwich
Baked Fries
Fresh Fruit
Milk

18 Cheeseburger Mac
Green Beans
Fresh Fruit
Milk

19 Taco Salad
Fresh Fruit
Milk

20 Turkey Sandwich
Fresh Carrots
Fresh Fruit
Milk

21 NO SCHOOL

22 NO SCHOOL

25 Salisbury Steak
Mashed Potatoes
Salad
Fresh Fruit
Milk

26 Sloppy Joe
Broccoli w/Cheese
Fresh Fruit
Milk

27 Crispito
Green Beans
Fresh Fruit
Milk

28 Fish Nuggets
Mac and Cheese
Fresh Carrots
Fresh Fruit
Milk

29 NO SCHOOL