



# OCTOBER | 2018

## Primary & Van Elementary

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Breakfast: Waffle Fruit-Fresh fruit-Milk Lunch: Grilled Chicken on Bun Broccoli Carrots Baked Apples Milk	<b>2</b> Breakfast: Toast Juice-Fresh Fruit-Milk Lunch: Nacho Naturals Refried Beans Salsa-Salad Juice Milk	<b>3</b> Breakfast: 592072 Banana Elf Muffin Fruit-Fresh Fruit-Milk Lunch: Cheese Pizza Green Beans-Vegetable Peaches Milk	<b>4</b> Breakfast: Toast/Cereal Fruit-Fresh fruit-Milk Lunch: Chicken Noodles Mashed Potato Peas Fruit Cocktail Milk	<b>5</b> Breakfast: Breakfast Pizza Juice-Fresh Mixed Fruit-Milk Lunch: Sub Sandwich Baby Carrot Celery Sticks Juice Milk
<b>8</b> Breakfast: French Toast Fruit-Fresh Fruit-Milk Lunch: Chicken Nuggets Normandy Blend Celery Pears Milk	<b>9</b> Breakfast: Toast Juice-Fresh Fruit-Milk Lunch: Chicken Tacos 2 Soft Shells Lettuce-Cheese-Salsa Refried Beans Juice Milk	<b>10</b> Breakfast: English Muffin Fruit-Fresh Fruit-Milk Lunch: Sausage Pizza Broccoli Carrots Applesauce Milk	<b>11</b> Breakfast: Toast/Cereal Fruit Fresh Fruit-Milk Lunch: Salisbury Steak Mashed Potato Capri Vegetables Jell-O with Fruit Milk	<b>12</b> Breakfast: Ham & Cheese Croissant Hash Brown Fresh Fruit Juice Milk Lunch: Turkey & Cheese on Bun Baby Carrots Cucumber Slices Juice Cookie Milk
<b>15</b> Breakfast: Flapstick Fruit-Fresh Fruit-Milk Lunch: Chicken on Bun Glazed Carrots Celery Orange Wedges Milk	<b>16</b> Breakfast: Toast Juice-Fresh Fruit-Milk Lunch: Beef Tamale Pie Refried Beans-Salsa Corn Juice Milk	<b>17</b> Breakfast: Berry Bread Fruit-Fresh Fruit-Milk Lunch: (2) Stuffed Breadstick Broccoli Cauliflower Grapes Milk	<b>18</b> Breakfast: Toast/Cereal Fruit-Fresh Fruit-Milk Lunch: Ham Scalloped Potato Winter Blend Peaches Dinner Roll Milk	<b>19</b> .  Fall  Break
<b>22</b> .  Fall  Break	<b>23</b> Breakfast: Toast Juice-Fresh Fruit-Milk Lunch: Quesadilla with Salsa Refried Beans Lettuce Juice Milk	<b>24</b> Breakfast: UBR Fruit-Fresh fruit-Milk Lunch: Pepperoni Pizza Broccoli Yellow Squash Strawberries Milk	<b>25</b> Breakfast: Toast/Cereal Fruit-Fresh Fruit-Milk Lunch: Spaghetti Green Beans Pineapple Breadstick Milk	<b>26</b> Breakfast: Breakfast Pizza Juice-Fresh Mixed Fruit-Milk Lunch: Hot Dog on Bun Baked Beans Carrots Juice Milk
<b>29</b> Breakfast: Pancake Fruit-Fresh Fruit-Milk Lunch: Chicken Popcorn Broccoli Carrots Baked Apples Milk	<b>30</b> Breakfast: Toast Juice-Fresh Fruit-Milk Lunch: Beef Tacos 2 Soft Shells Lettuce-Cheese-Salsa Lettuce Juice Milk	<b>31</b> Breakfast: 401042 Cinnamon Mini Bagel Fruit-Fresh Fruit-Milk Lunch: Cheese Pizza Italian Blend Vegetables Orange wedges Milk	<div style="border: 1px solid black; padding: 5px;"> <b>1</b> Breakfast: Yogurt/Crackers Fruit-Fresh Fruit-Milk Lunch: Chicken Noodle Mashed Potato Peas Pears Milk                     </div>	<div style="border: 1px solid black; padding: 5px;"> <b>2</b> Breakfast: Toast/Cereal Juice-Fruit-Milk Lunch: BBQ Sandwich Carrots-Celery sticks Juice Milk                     </div>

### News

**Wake up to School  
Breakfast a healthy  
school breakfast is the  
perfect way for your child  
to start their day.  
Students who eat school  
breakfast attend on  
average 1.5 more days of  
school per year & score  
17.5% higher on  
standardized math test.**

