

# Every week is School Lunch Week

By proclamation of the President of the United States, the second full week in October is celebrated as National School Lunch Week.

But, in a larger sense, *every week is school lunch week*. Studies show that when kids eat well, they learn better. They pay more attention in class, participate more, and perform better in the classroom. They even score higher on standardized tests.

So the nutritious meals we prepare and serve to our kids help make good education possible every single day of the school year.

Convenient, economical, healthy School Meals. Results like these are worth celebrating year-round!

**School Meals**  
We serve education every day™

Johnson City School Food and Nutrition Services



## Fall Break No School

Break begins at the end of classes:  
**Friday, Oct. 10**

Classes Resume:  
**Monday, Oct. 20**

## The Nutrition Sleuth

Taking a closer look at the foods we eat . . .

Time was, sour cream only appeared on American tables when baked potatoes were served. No more. The ever-increasing popularity of Mexican cuisine like tacos and taco salad, fajitas, and quesadillas has made sour cream far more common, and low-fat versions have also helped boost sour cream's popularity.



Calorie analysis of this typical School Lunch Combo:  
**Beef Taco Salad w/Salsa & Sour Cream**  
**Fresh Seedless Grapes**  
**Oatmeal Raisin Cookie**  
**Lowfat Chocolate Milk**

**Total calories: 722**  
**Cal. from protein: 15%**  
**Cal. from carbohydrates: 57%**  
**Calories from fat: 28%**  
**Goal: 30% or less fat calories**

### Monday, Oct. 20

Breakfast  
Cereal Bar  
Assorted Cereal  
Juice, Milk

Lunch  
Toasted Cheese Sandwich  
Pretzels  
Choice of Two:

Assorted Fruits, Juice  
Milk

Educare Snack:  
**PBJ, Milk**

### Tuesday, Oct. 21

Breakfast  
Bagel, jelly  
Assorted Cereal  
Juice, Milk

Lunch  
Beef Teriyaki Bites  
Egg Roll, Rice  
Choice of Two:

Steamed Broccoli, Tossed Salad  
Assorted Fruits, Juice  
Milk

Educare Snack:  
Chicken Biscuit, Juice

### Wed., Oct. 22

Breakfast  
Muffin  
Assorted Cereal  
Juice, Milk

Lunch  
Pork BBQ, Slaw  
Bun  
Choice of Two:  
Potato Rounds, Corn,  
Tossed Salad, Assorted Fruits, Juice  
Milk

Educare Snack:  
Cheese Breadstick, Marina, Juice

### Thursday, Oct. 23

Breakfast  
Cinnamon Biscuit  
Assorted Cereal  
Juice, Milk

Lunch  
Breaded Chicken  
WW Roll  
Choice of Two:  
Mashed Potatoes, Green Beans  
Tossed Salad, Assorted Fruits, Juice  
Milk

Educare Snack:  
Cereal Treat, Milk

### Friday, Oct. 24

Breakfast  
Poptart  
Assorted Cereal  
Juice, Milk

Lunch  
Beef -Cheese Fajita, Salsa  
Beans and Rice  
Choice of Two:  
Corn, Tossed Salad,  
Assorted Fruits, Juice  
Milk, Halloween Treat

Educare Snack:  
1/2 Turkey Sandwich, Juice

### Monday, Oct. 27

Breakfast  
Biscuit/Jelly  
Assorted Cereal  
Juice, Milk

Lunch  
Chicken Patty, trimmings  
Bun  
Choice of Two:

Green Peas, Tossed Salad,  
Assorted Fruits, Juice  
Milk

Educare Snack:  
Cereal, Milk

### Tuesday, Oct. 28

Breakfast  
French Toast Sticks, syrup  
Assorted Cereal  
Juice, Milk

Lunch  
Nachos with Chili/Cheese  
Beans and Rice  
Choice of Two:

Corn, Applesauce  
Tossed Salad, Fresh Fruit, Juice  
Milk

Educare Snack:  
Small Pizza, Juice

### Wed., Oct. 29

Breakfast  
Open Face Egg/Cheese Muffin  
Assorted Cereal  
Juice, Milk

Lunch  
Deli Turkey Wrap, trimmings  
Frito Lay Chips  
Choice of Two:

Pasta Salad, Tossed Salad,  
Assorted Fruits, Juice  
Milk

Educare Snack:  
Cheese Cube, Dolphin Crackers, Juice

### Thursday, Oct. 30

Breakfast  
PBJ Sandwich  
Assorted Cereal  
Juice, Milk

Lunch  
Pork Roast  
Biscuit  
Choice of Two:

Whole Potatoes, Tossed Salad,  
Assorted Fruits, Juice  
Milk

Educare Snack:  
Yogurt, Graham Snacks

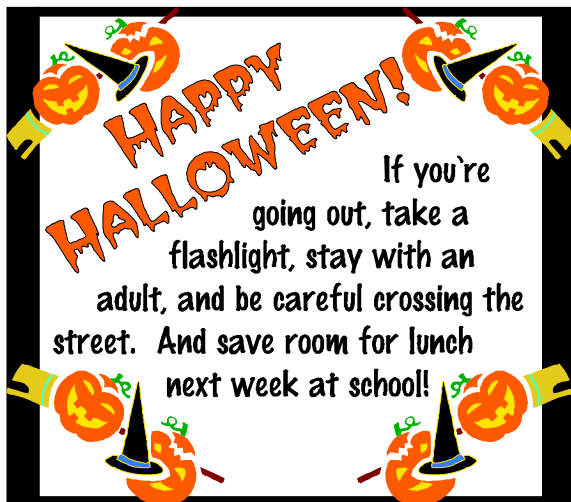
### Friday, Oct. 31

Breakfast  
Yogurt  
Assorted Cereal  
Juice, Milk

Lunch  
Macaroni and Cheese, Fish Nuggets  
Cornbread  
Choice of Two:

Slaw, Cooked Apples,  
Tossed Salad, Assorted Fruits, Juice  
Milk, Halloween Treat

Educare Snack:  
Animal Crackers, Milk



If you're going out, take a flashlight, stay with an adult, and be careful crossing the street. And save room for lunch next week at school!