



# MENUS FOR OCTOBER 2017

Sara Lindemuth/Anna Carter Primary School

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

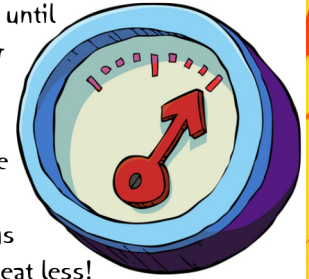
## NUTRITION TO GO

You've heard that "an apple a day keeps the doctor away." The original proverb, first recorded in Wales in the 1860s, was "Eat an apple on going to bed, and you'll keep the doctor from earning his bread." However you say it, apples are nutritious and tasty. Whole apples fill you up longer and are healthier than apple juice or apple sauce.

### A QUICK BITE FOR PARENTS

## NOT SO FAST.

Your brain isn't as fast as your mouth. That's why you don't feel full until about 20 minutes after you start eating. Most of us eat too fast, and so we take in way more calories than we need before our brains tell us we're full. Eat slower, eat less!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
**WELLNESS IS A WAY OF LIFE!**

# 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

French Bread Pizza with or without Pepperoni

Alternate Entrées  
Fish Sandwich or Salad

Served with Veggie Pick-up & Dip and Chilled Peaches

Choice of Milk

Tuesday, October 3

Taco Tuesday

Alternate Entrées  
Fish Sandwich or Salad

Served with Fiesta Fixings, Rice, Peas and 100% Fruit Juice

Choice of Milk

Wednesday, October 4

**NO LUNCH**

**EARLY DISMISSAL**

Thursday, October 5

Mini Corndog Nuggets

Alternate Entrées  
Fish Sandwich or Salad

Served with Baked Beans and 100% Fruit Juice

Choice of Milk

Friday, October 6

Chicken Tenders & Tea Roll

Alternate Entrées  
Fish Sandwich or Salad

Served with Steamed Broccoli and Mixed Fruit

Choice of Milk

Monday, October 9

**No School Today**



**Professional Day for Our Teachers**

Tuesday, October 10

Chicken Nuggets & Tea Roll

Alternate Entrées  
Hamburger or Salad

Served with Tater Tots, Veggie Pick-up & Dip and 100% Fruit Juice

Choice of Milk

Wednesday, October 11

Hot Diggity Dog

Alternate Entrées  
Hamburger or Salad

Served with Baked Beans, Steamed Broccoli and Orange Smiles

Choice of Milk

Thursday, October 12

Chicken Patty Sandwich

Alternate Entrées  
Hamburger or Salad

Served with Seasoned Potatoes and 100% Fruit Juice

Choice of Milk

Friday, October 13

Pepperoni Bosco Sticks w/Marinara Sauce

Alternate Entrées  
Hamburger or Salad

Served with Peas & Carrots and Apple Slices

Choice of Milk