



Shenendehowa Central School District, Elementary Menu
This institution is an equal opportunity provider.

Monday, October 3

Breakfast
 Breakfast Pizza with Juice

Choice of One
 Warm Ham and Cheese Croissant

Choice of Three
 Potato Puffs
 Peas and Carrots
 Apple Sauce
 Non/Low Fat Milk

◆ **WONDERS OF THE WORLD** ◆



Lake Toba in Indonesia is remote, rugged, beautiful -- and much more than the peaceful picture postcard it appears to be. The 60-mile-long lake is actually the remnant of a humongous volcano that 70,000 years ago produced the largest explosive eruption on earth in the last 25 million years. This so-called supervolcano led to a long "volcanic winter" with average temperatures up to 25°F colder around the world!

THE LAKE TOBA SUPERVOLCANO ◆ INDONESIA

Tuesday, October 4

Breakfast
 Hot and Cold Selections

Choice of One
 Rotini with Meatballs
 Dinner Roll

Choice of Three
 Italian Blend Veggies
 Tossed Salad
 Mixed Fruit Cup
 Non/Low Fat Milk

Wed., October 5

Breakfast
 Fruit and Yogurt Parfait and Sun Morning Mix-Ups

Choice of One
 Popcorn Chicken
 Whole Grain Bread Stick

Choice of Three
 Potato Wedges
 Mixed Vegetable Blend
 Fresh Apple
 Non/Low Fat Milk Selection

SAVE THE BANANA!



They're a nutritious, portable snack or part of a healthy breakfast -- but bananas are under attack! A disease could wipe out the world's supply of the most popular kind of banana in the next 25 years. Scientists are hard at work to identify banana varieties that resist the disease. Let's wish them luck!

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

Thursday, October 6

Breakfast
 Hot and Cold Selections

Choice of One
 Macaroni and Cheese

Choice of Three
 Fresh Spinach Salad
 Carrot Coins
 Chilled Peaches
 Non/Low Fat Milk Selection

Friday, October 7

Breakfast
 French Toast and Apple Sauce

Choice of One
 Cheese Pizza

Choice of Three
 Fresh Veggie Sticks
 Mandarin Oranges
 Fruited Jell-O
 Non/Low Fat Milk Selection

Word of the Month
courage

n. 1. the ability to face difficulty, danger, pain, etc., without fear
 2. mental or moral strength to stand firm against physical or other threats
 3. bravery

1 AND ONLY!

The bloodhound is the only animal that can give evidence that can be used in a court of law!

Monday, October 10
Columbus Day

No School

Tuesday, October 11

Breakfast
 Hot and Cold Selections

Choice of One
 Hamburger/Cheeseburger on Bun

Choice of Three
 Oven Roasted Potato Wedges
 Peas and Carrots
 Warm Apple and Cinnamon Slices
 Non/Low Fat Milk Selection

Wed., October 12

Breakfast
 Shenwich

Choice of One
 Create Your Own Sub

Choice of Three
 Pasta Salad
 Baby Carrots
 Mixed Fruit Cup
 Non/Low Fat Milk Selection

Thursday, October 13

Breakfast
 Hot and Cold Selections

Choice of One
 Baked Chicken-Bread Stuffing

Choice of Three
 Mashed Potato/Gravy
 Green Beans
 Blueberry Crisp
 Non/Low Fat Milk Selection

Friday, October 14

Breakfast
 Cinnamon Pancakes with Juice

Choice of One
 Bosco Sticks-Dipping Sauce
 (Cheese Enrobed Bread Stick)

Choice of Three
 Cucumber Wheels
 Carrot Coins
 Fresh Fruit
 Non/Low Fat Milk Selection