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**OCTOBER BIRTHDAYS**

Groucho Marx -- Oct. 2  
 Mahatma Gandhi -- Oct. 2  
 Eleanor Roosevelt -- Oct. 11  
 Wynton Marsalis (49) -- Oct. 18  
 Mahalia Jackson -- Oct. 26  
 Harvard University (374) -- Oct. 28

**NO BONES ABOUT IT.**

Touch the tip of your nose – that’s what bones feel like without calcium. Bones that don’t get enough calcium are weaker and more likely to break. Good sources of calcium include milk, yogurt, cheese, and calcium-fortified cereal and orange juice.

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

**Monday, October 4**

**Breakfast**  
 Sausage and Egg Biscuit  
 Potato Tots OR  
 Assorted Cereal and Toast  
 Assorted Juice

**Lunch**  
 Chicken BBQ Sandwich  
 Baked Potato Wedges  
 Mixed Fruit Cup

**Tuesday, October 5**

**Breakfast**  
 Pancakes w/ Syrup  
 Linked Sausage OR  
 Assorted Cereal w/ Toast  
 Assorted Juice

**Lunch**  
 Chicken Parmesan w/ Pasta  
 Garden Salad  
 Garlic Bread Stick  
 Fresh Fruit

**Wed., October 6**

**Breakfast**  
 Oatmeal  
 Banana Bread Muffin OR  
 Assorted Cereal w/ Toast  
 Assorted Juice

**Lunch**  
 Lima Beans and Ham  
 Turnip Greens  
 Corn Bread  
 Fruit Cup

**Thursday, October 7**

**Breakfast**  
 Waffle w/ Syrup  
 Sausage Patty OR  
 Assorted Cereal w/ Toast  
 Assorted Juice

**Lunch**  
 Chicken Tetrazzini  
 Broccoli/Cauliflower Polonaise  
 W/W Roll  
 Tropical Fruit

**Friday, October 8**

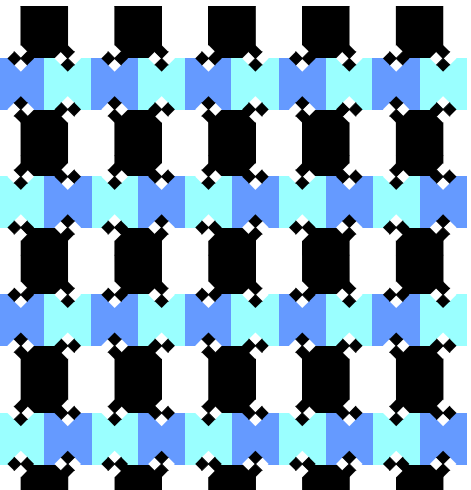
**Breakfast**  
 Sausage Gravy  
 w/ Biscuit OR  
 Assorted Cereal w/ Toast  
 Assorted Juice

**Lunch**  
 Pepperoni Pizza  
 Garden Salad  
 Fresh Fruit

**Friday, October 1**

**Breakfast**  
 French Toast Sticks w/ Syrup  
 Sausage Patty OR  
 Assorted Cereal and Toast  
 Assorted Juice

**Lunch**  
 Cheese Pizza  
 Garden Salad  
 Fresh Fruit



**Only an Illusion**

At first glance, the rows of lighter colored squares appear to be slanted – but they’re actually parallel to each other. Check it out with a ruler – the distance between the rows of lighter squares is exactly the same on the left and the right!

**Word of the Month**

**in·i·ti·a·tive**

*n.* 1. The power or ability to begin or to follow through energetically with a plan or task  
 2. enterprise and determination

**Monday, October 11**

**Breakfast**  
 Grits and Ham  
 Buttered Toast OR  
 Assorted Cereal w/ Toast  
 Assorted Juice

**Lunch**  
 Hot Dog  
 Mac and Cheese  
 Garden Peas  
 Flavored Apple Sauce

**Tuesday, October 12**

**Breakfast**  
 Waffle w/ Syrup  
 Sausage Patty OR  
 Assorted Cereal w/ Toast  
 Assorted Juice

**Lunch**  
 Cheesy Chicken and Rice  
 Garden Peas  
 W/W Roll  
 Diced Pears

**Wed., October 13**

**Breakfast**  
 Scrambled Eggs w/  
 Cheese Grits OR  
 Assorted Cereal w/ Toast  
 Assorted Juice

**Lunch**  
 Chicken Nuggets  
 Baked Potato Wedges  
 Mixed Vegetables  
 Peach Cobbler

**Thursday, October 14**

**Breakfast**  
 Ham and Cheese Biscuit  
 Potato Tots  
 Assorted Cereal w/ Toast  
 Assorted Juice

**Lunch**  
 Spaghetti w/ Meat Sauce  
 Green Beans  
 Garlic Bread Stick  
 Mixed Fruit Cup

**Friday, October 15**

**Breakfast**  
 Pancakes w/ Syrup  
 Linked Sausage OR  
 Assorted Cereal w/ Toast  
 Assorted Juice

**Lunch**  
 Cheese Pizza  
 Garden Salad  
 Fresh Fruit  
 Home Baked Cookie

**Monday, October 18**

**Breakfast**  
Sausage and Egg Biscuit  
Potato Tots OR  
Assorted Cereal w/ Toast  
Assorted Juice

**Lunch**  
Chicken Nuggets  
Buttered Rice  
Orange Glazed Carrots  
Fresh Fruit

**Tuesday, October 19**

**Breakfast**  
Scrambled Eggs w/  
Cheese Grits OR  
Assorted Cereal w/ Toast  
Assorted Juice

**Lunch**  
Country Fried Steak  
Seasoned Turnip Greens  
Corn Bread  
Mixed Fruit

**Wed., October 20**

**Breakfast**  
Grits and Ham  
Sweet Potato Muffin  
Assorted Cereal w/ Toast  
Assorted Juice

**Lunch**  
Loaded Baked Potato w/  
Ham, Cheese, & Broccoli  
Sliced Peaches  
W/W Roll

**Thursday, October 21**

**Breakfast**  
French Toast Sticks w/ Syrup  
Linked Sausage  
Assorted Cereal w/ Toast  
Assorted Juice

**Lunch**  
Meatball Sub  
Baked Potato Wedges  
Diced Pears

**Friday, October 22**

**Breakfast**  
Sausage Gravy w/  
Biscuit OR  
Assorted Cereal w/ Toast  
Assorted Juice

**Lunch**  
Stuffed Crust Pizza  
Garden Salad  
Fresh Fruit  
Home Baked Cookie

**Monday, October 25**

**Breakfast**  
Sausage Pancake on a Stick  
Syrup  
Assorted Cereal w/ Toast  
Assorted Juice

**Lunch**  
Grilled Chicken Breast w/  
Lemon Butter Seasoning  
Buttered Mashed Potatoes  
W/W Roll  
Mixed Fruit

**Tuesday, October 26**

**Breakfast**  
Scrambled Eggs w/  
Grits OR  
Assorted Cereal w/ Toast  
Assorted Juice

**Lunch**  
Turkey Pot Pie w/ Biscuit  
and Mixed Vegetables  
Tossed Salad  
Flavored Apple Sauce

**Wed., October 27**

**Breakfast**  
Ham and Cheese Biscuit  
Potato Tots OR  
Assorted Cereal w/ Toast  
Assorted Juice

**Lunch**  
Fish Sticks  
Cheese Grits  
Seasoned Green Beans  
Tropical Fruit

**Thursday, October 28**

**Breakfast**  
Waffle w/ Syrup  
Sausage Patty OR  
Assorted Cereal w/ Toast  
Assorted Juice

**Lunch**  
BBQ Pork Riblet Sub  
Buttered W/K Corn  
Mixed Fruit  
Brownie

**Friday, October 29**

**Breakfast**  
Sausage and Egg Biscuit  
Potato Tots  
Assorted Cereal w/ Toast  
Assorted Juice

**Lunch**  
Cheese Pizza  
Garden Salad  
Fresh Fruit



**A:** PLENTY! When the colonists first came to North America, they found Native Americans making mats out of pumpkin strips, using pumpkin as medicine, and also roasting strips and seeds for food. The colonists learned to slice the tops off pumpkins, fill them with milk, spices, and honey and bake them directly in hot ashes. That was the origin of Pumpkin Pie!

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Economical.  
Healthy.**

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We serve education every day™

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**Breakfast**  
**\$1.00**

**Lunch**  
**\$1.75**

We provide free and reduced-price meals (\$.30 for breakfast, \$.40 for lunch) for eligible students. Please call your school for details.

**HAPPY HALLOWEEN!**

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!



Join students, teachers, parents, and other folks all over America in celebrating drug-free lifestyles this week! Wear a red ribbon to show your commitment!

**RED RIBBON WEEK  
October 23-31, 2010**