



Blountstown Elementary School

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National School Lunch Week - October 10-14, 2011

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!

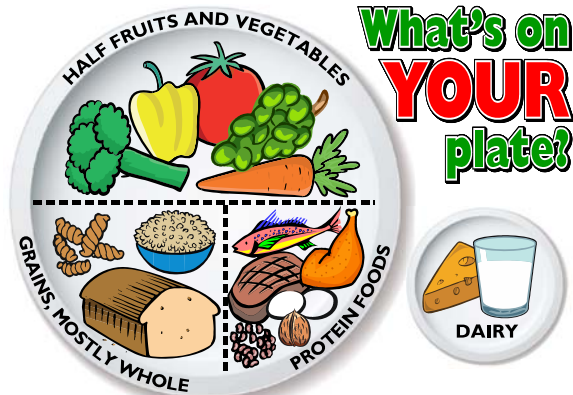
EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!



AND ONLY!

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

Monday, October 3	Tuesday, October 4	Wed., October 5	Thursday, October 6	Friday, October 7
<p>Breakfast W/W Pancakes w/ Syrup Sausage Links OR Assorted Cereal and Buttered Toast Assorted Juice</p> <p>Lunch Fish Nuggets Baked Beans Corn Bread Peach Cup</p>	<p>Breakfast Scrambled Eggs Grits OR Assorted Cereal and Buttered Toast Assorted Juice</p> <p>Lunch Salisbury Steak w/ Gravy Buttered Brown Rice Turnip Greens Corn Bread Tropical Fruit</p>	<p>Breakfast Ham and Cheese Biscuit Potato Tots OR Assorted Cereal and Buttered Toast Assorted Juice</p> <p>Lunch Cheese Burger Baked Potato Wedges Fruit Cup</p>	<p>Breakfast Waffles w/ Syrup Sausage Patty OR Assorted Cereal and Buttered Toast Assorted Juice</p> <p>Lunch Spaghetti w/ Meat Sauce Green Beans Garlic Bread Stick Mixed Fruit Cup</p>	<p>Breakfast Sausage and Cheese Biscuit Potato Tots OR Assorted Cereal and Buttered Toast Assorted Juice</p> <p>Lunch Cheese Pizza Garden Salad Fresh Fruit</p>
Monday, October 10	Tuesday, October 11	Wed., October 12	Thursday, October 13	Friday, October 14
<p>Breakfast Sausage Gravy Biscuit OR Assorted Cereal and Buttered Toast Assorted Juice</p> <p>Lunch Chicken Nuggets Mashed Potatoes W/W Roll Mixed Fruit</p>	<p>Breakfast W/W Pancakes w/ Syrup Linked Sausage OR Assorted Cereal and Buttered Toast Assorted Juice</p> <p>Lunch Chicken Burger French Fries Tropical Fruit</p>	<p>Breakfast Scrambled Eggs w/ Grits Sweet Potato Muffin OR Assorted Cereal and Buttered Toast Assorted Juice</p> <p>Lunch Beef Ravioli w/ Meat Sauce Garden Peas Grilled Cheese Sandwich Apple Crisp</p>	<p>Breakfast Egg and Cheese Wrap Potato Tots OR Assorted Cereal and Buttered Toast Assorted Juice</p> <p>Lunch Sliced Turkey w/ Gravy Buttered Rice W/K Corn W/W Roll Diced Pears</p>	<p>Breakfast French Toast Sticks w/ Syrup Linked Sausage OR Assorted Cereal and Buttered Toast Assorted Juice</p> <p>Lunch Stuff Crust Pizza Garden Salad Fresh Fruit Home Baked Cookie</p>



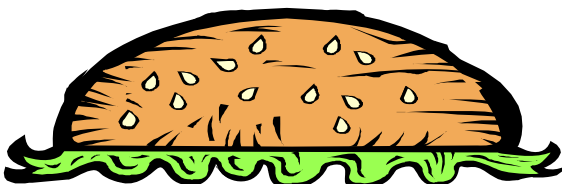
Superfood?

Did you know that Parsley is a vegetable? We mainly use it as a cooking herb or as garnish to make a plate look nice, but you'd do well to munch it rather than toss it out when you scrape your plate. Parsley



contains three times as much vitamin C as oranges, twice as much iron as spinach, and lots of vitamin A and minerals, too. Plus, chewing parsley helps prevent bad breath!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html



NUTRITION TO GO

School pizza is typically much healthier than supermarket pizza or slices from a pizzeria. Whole wheat crust, reduced-sodium sauce, and lowfat mozzarella cheese are a few ways that school pizza has been "re-imagined" to make pizza a nutritious choice for kids -- especially since you know they'll eat it!

A TASTY MORSEL FOR PARENTS

Monday, October 17



Be Safe

Tuesday, October 18

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

Lunch
Hot Dog
Mac and Cheese
Vegetable
Mixed Fruit
W/W Roll

Wed., October 19

Breakfast
Ham and Cheese Biscuit
Potato Tots OR
Assorted Cereal and
Buttered Toast
Assorted Juice

Lunch
Beef Tacos w/ Cheese
Lettuce and Tomato
W/W Corn
Fresh Fruit

Thursday, October 20

Breakfast
Cheese Toat
Grits and Ham Cubes OR
Assorted Cereal and
Buttered Toast
Assorted Juice

Lunch
Chicken Nuggets
Buttered Rice
Cooked Carrots
W/W Roll
Diced Peaches

Friday, October 21

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

Lunch
Cheese Pizza
Garden Salad
Fresh Fruit

Monday, October 24

Breakfast
Ham and Egg Biscuit
Potato Tots OR
Assorted Cereal and
Buttered Toast
Assorted Juice

Lunch
Chicken BBQ Sandwich
Baked Potato Wedges
Mixed Fruit Cup

Tuesday, October 25

Breakfast
W/W Pancakes w/ Syrup
Linked Sausage OR
Assorted Cereal and
Buttered Toast
Assorted Juice

Lunch
Chili con Carne w/ Beans
Grilled Cheese Sandwich
Carrot Sticks
Peach Cup

Wed., October 26

Breakfast
Grits w/ Ham and Cubes
Sweet Potato Muffin OR
Assorted Cereal and
Buttered Toast
Assorted Juice

Lunch
Turkey and Cheese Sandwich
Steamed Broccoli Bites w/
Lite Ranch Dip
Fruit Cup

Thursday, October 27

Breakfast
Waffles w/ Syrup
Sausage Patty OR
Assorted Cereal and
Buttered Toast
Assorted Juice

Lunch
Chicken and Noodles
Green Beans
W/W Roll
Tropical Fruit Cup

Friday, October 28

Breakfast
Sausage Gravy
Biscuit OR
Assorted Cereal and
Buttered Toast
Assorted Juice

Lunch
Pepperoni Pizza
Garden Salad
Fruit Cup

Monday, October 31

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

Lunch
Chicken Nuggets
Mashed Potatoes
Orange Glazed Carrots
Fresh Fruit

THE TSUNAMI THAT HIT JAPAN LAST MARCH CAUSED ICEBERGS TO BREAK OFF FROM THE ICE SHELF IN ANTARCTICA -- **8,000 MILES AWAY!** IT TOOK 18 HOURS FOR THE WAVES TO REACH THAT DISTANT SHORE, AND THEY WERE ONLY ABOUT A FOOT HIGH WHEN THEY GOT THERE, BUT THE ACTION WAS ENOUGH TO BREAK OFF ICEBERGS WITH COMBINED SURFACE AREAS MORE THAN **TWICE THE SIZE OF MANHATTAN!**

STRANGE
BUT TRUE!

