

GREEN YOUR TRANSPORTATION

Drive less. Consider carpooling or using public transportation when convenient. Walk or bike when traveling short distances. Combining errands will also reduce travel. **Keep your car as long as possible.** Choose long-life tires and batteries.. Keeping your car well-tuned uses less gas and produces fewer emissions. **Buy retread tires.** Americans dispose of hundreds of millions of tires each year; retreading them keep them out of landfills. **Recycle your car oil and car parts.** Encourage your local garage to accept used oil and other car recyclables such as tires and batteries.

Thursday, October 1

Baked Potato with Toppings
Or Grilled Cheese Sandwich
Cup of Soup
Fruit Selection
Dessert Treat

Friday, October 2

PIZZA DAY
Fruit Selection
Dessert Treat

Monday, October 5

Golden Baked Chicken Nuggets
Creamy Mac and Cheese
Seasoned Green Beans
Fruit Cup

Tuesday, October 6

Big Beefy Burger
Or All Beef Hot Dog
Baked Crinkle Cut Fries
Seasoned Vegetables
Dessert Treat

Wednesday, October 7

Spaghetti with Meat Sauce
Warm Garlic Bread Stick
Garden Salad
Dessert Treat

Thursday, October 8

Cheese Quesadilla
Or Chicken Sandwich
Nacho Chips and Cheese
Seasoned Vegetables
Ice Cream

Friday, October 9

PIZZA DAY
Fresh Veggies & Dip
Dessert Treat

Monday, October 12

Golden Baked Chicken Tenders
Whipped Mashed Potatoes
Seasoned Vegetables
Fruit Cup

Tuesday, October 13

Max Pizza Sticks
with Marinara Dipping Sauce
Buttered Noodles
Garden Salad
Dessert Treat

Wednesday, October 14

Baked Ziti
Or Chicken Sandwich
Warm Garlic Bread Stick
Garden Salad
Dessert Treat

Thursday, October 15

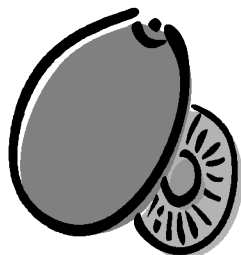
Soft Taco
Or Big Beefy Burger
Baked Crinkle Cut Fries
Seasoned Vegetables
Frozen Dessert

Friday, October 16

PIZZA DAY
Fruit Selection
Dessert Treat

FUN FRUIT FACT:

Kiwi's are more nutrient dense than any other fruit.



A Kiwi is actually a berry and the skin of the kiwi is edible, although not appealing to most people.

Monday, October 19

Chicken Sandwich
Baked Crinkle Cut Fries
Seasoned Vegetables
Dessert Treat

Tuesday, October 20

French Toast Sticks
Lean Sausage Links
Potato Gems
Yogurt

Wednesday, October 21

Golden Baked Chicken Tenders
Whipped Mashed Potatoes
Seasoned Vegetables
Dessert Treat

Thursday, October 22

PIZZA DAY
Fresh Veggies & Dip
Dessert Treat

Friday, October 23

Fall Festival
No School

Monday, October 26

Fall Festival
No School

Tuesday, October 27

Golden Baked Chicken Nuggets
Creamy Mac and Cheese
Seasoned Green Beans
Fruit Cup

Wednesday, October 28

Spaghetti with Meat Sauce
Warm Garlic Bread Stick
Garden Salad
Dessert Treat

Thursday, October 29

Meatball Sub
Or Chicken Sandwich
Baked Crinkle Cut Fries
Seasoned Vegetables
Fruit Selection

Friday, October 30

PIZZA DAY
Fruit Selection
Dessert Treat

Healthy Eating Tip: What is a Serving Size?

In this world of supersized portions, teaching kids about serving sizes by comparing them to everyday objects can help prevent them from eating more than they need:

2 1/2 ounces meat: size of a deck of cards
Medium piece of fruit: a tennis ball
1 ounce of cheese: 4 stacked dice
1/2 cup ice cream: tennis ball
1/2 cup rice, pasta, mashed potatoes or broccoli: about the size of a fist
1 tsp peanut butter: the tip of your thumb
1 ounce of nuts: one handful

Beverage included with all entrees

Questions or Comments:
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