



# MENUS FOR OCTOBER 2019

**Homer Brink Elementary School**

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



## AVAILABLE DAILY

### Weekly Salads:

- 10/1-10/4: Chef Salad
- 10/7-10/10: Popcorn Chicken Salad
- 10/15-10/18: Turkey Bacon Ranch
- 10/21-10/25: Marinated Chicken Salad
- 10/28-10/31: Chef Salad

### Daily 2nd Choice:

- Mon: Hot Dog on a Roll
- Tues: Stuffed Crust Pizza
- Wed: Chicken Nuggets
- Thurs: Chicken Patty/Roll
- Fri: Fish Sandwich/Roll

### Served Daily

- Yogurt Meal
- 4 oz. yogurt, string cheese
- Served with: Homemade Granola
- PB & Jelly Sandwich

\*All salads served w/Garlic Croutons

\*All options served with same fruit & vegetable of the day\*

\*100% Juice available for Breakfast & Lunch\*

Our website: [www.spartansfs.org](http://www.spartansfs.org)

\*\*Milk Choices: 1% Chocolate, 1% White, Skim White, Skim Strawberry\*\*



### Tuesday, October 1

#### Breakfast

- Assorted Cereal
- Graham Snack
- 100% Fruit Juice
- Low Fat Milk

#### Lunch

- Tacos on a Shell w/Assorted Toppings
- Seasoned Rice
- Corn
- Chilled Applesauce
- Low Fat Milk

### Wednesday, October 2

#### Breakfast

- Mini Waffles
- Assorted Fruit
- 100% Fruit Juice
- Low Fat Milk

#### Lunch

- Marinated Chicken Sandwich w/Lettuce & Tomato
- Oven Roasted Potatoes
- Veggie Cruncher Cup w/ Hummus & Dip
- Fresh Banana
- Low Fat Milk

### Thursday, October 3

#### Breakfast

- Assorted Cereal
- Graham Snack
- 100% Fruit Juice
- Low Fat Milk

#### Lunch

- Chicken Mac & Cheese
- Garlic Bread Stick
- Steamed Broccoli
- Chilled Mixed Fruit
- Low Fat Milk

### Friday, October 4

#### Breakfast

- Mini Maple Pancakes
- Assorted Fruit
- 100% Fruit Juice
- Low Fat Milk

#### Lunch

- Stuffed Crust Pizza
- Garden Salad w/Chickpeas
- Assorted Fresh Fruit
- Low Fat Milk

## mySchoolBucks®



Breakfast

Lunch

FREE

\$2.75

Go to: [mySchoolBucks.com](http://mySchoolBucks.com)

### Monday, October 7

#### Breakfast

- Mini Cinnis
- Assorted Fruit
- 100% Fruit Juice
- Low Fat Milk

#### Lunch

- Popcorn Chicken
- Mashed Potatoes
- Glazed Carrots
- Fresh Apple
- Low Fat Milk

### Tuesday, October 8

#### Breakfast

- Assorted Cereal
- Graham Snack
- Fresh Fruit/Juice
- Low Fat Milk

#### Lunch

- Fruit & Yogurt Parfait
- Mozzarella String Cheese
- Scooby Grahams
- Chocolate Hummus
- Veggie Cruncher Cup w/Dip
- Chilled Peaches/Milk

### Wednesday, October 9

#### Breakfast

- Apple Frudel
- Assorted Fruit
- 100% Fruit Juice
- Low Fat Milk

#### Lunch

- French Toast Sticks
- Sausage Patty
- Potato Puffs
- Fresh Orange
- Low Fat Milk

### Thursday, October 10

#### Breakfast

- Assorted Cereal
- Graham Snack
- Fresh Fruit/Juice
- Low Fat Milk

#### Lunch

- Pasta w/Meat Sauce
- Garlic Bread Stick
- Steamed Broccoli
- Chilled Applesauce
- Low Fat Milk

### Friday, October 11

No School Today!



### OCTOBER FARM TO SCHOOL HIGHLIGHT



ON OCTOBER 17TH, OUR NY THURSDAY MEAL WILL MENU A CHICKEN BURRITO BOWL WITH LOCAL CHICKEN AND BEANS COOKED FROM SCRATCH!

DID YOU KNOW THERE IS OVER 40,000 VARIETIES OF DRY BEANS IN THE WORLD?



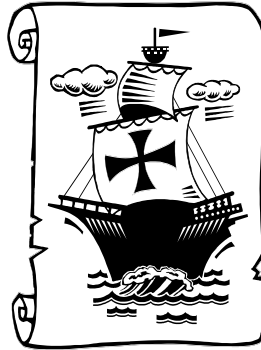
**How can you magically transform a pumpkin into another vegetable?**

**(Hold the page upside down and read it in a mirror for the answer!)**

**Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)**

**Monday, October 14**

**Columbus Day**



**No School**

**Tuesday, October 15**

**Breakfast**

Assorted Cereal  
Graham Snack  
Fresh Fruit/Juice  
Low Fat Milk

**Lunch**

Cheesburger on a Bun w/Lettuce & Tomato  
Sweet Potato Fries  
Green Beans  
Fresh Apple  
Low Fat Milk

**Wednesday, October 16**

**Breakfast**

French Toast Sticks  
Assorted Fruit  
100% Fruit Juice  
Low Fat Milk

**Lunch**

Lupo's Chicken Spiedie Sub  
Harvest Cheddar Sun Chips  
Veggie Cruncher Cup w/Hummus & Dip  
Fresh NY Pear  
Low Fat Milk

**Thursday, October 17**

**Breakfast**

Assorted Cereal  
Graham Snack  
Fresh Fruit/Juice  
Low Fat Milk

**Lunch**

**NY Thursday!**  
Chicken Burrito Bowl w/Pinto Beans & Peppers/Onions  
NY Rainbow Cabbage Salad  
Fresh NY Pear  
Low Fat Milk

**Friday, October 18**

**Breakfast**

Mini Strawberry Bagels  
Assorted Fruit  
100% Fruit Juice  
Low Fat Milk

**Lunch**

Breaded Mozz Sticks  
Side Pasta Garden Salad w/Chickpeas  
Assorted Fresh Fruit  
Low Fat Milk

**Monday, October 21**

**Breakfast**

Mini Cinnis  
Assorted Fruit  
100% Fruit Juice  
Low Fat Milk

**Lunch**

Chicken Nuggets w/ Dipping Sauce  
Wheat Dinner Roll  
Mashed Potatoes  
Glazed Carrots  
Fresh Apple  
Low Fat Milk

**Tuesday, October 22**

**Breakfast**

Assorted Cereal  
Graham Snack  
Fresh Fruit/Juice  
Low Fat Milk

**Lunch**

Hot Dog on a Bun  
Baked Crinkle Cut Fries  
Veggie Cruncher Cup w/Hummus & Dip  
Chilled Pears  
Low Fat Milk

**Wednesday, October 23**

**Breakfast**

Cinnamon Bread  
Fresh Fruit  
100% Fruit Juice  
Low Fat Milk

**Lunch**

Grilled Cheese Sandwich  
Tomato Soup  
Fresh Cucumbers w/Dip  
Fresh Orange  
Low Fat Milk

**Thursday, October 24**

**Breakfast**

Assorted Cereal  
Graham Snack  
Fresh Fruit/Juice  
Low Fat Milk

**Lunch**

Cheese Lasagna  
Garlic Bread Stick  
Harvest Apple Kale Salad  
Steamed Broccoli  
Chilled Peaches  
Low Fat Milk

**Friday, October 25**

**Breakfast**

Cherry Frudel  
Assorted Fruit  
100% Fruit Juice  
Low Fat Milk

**Lunch**

Homemade Cheese or Pepperoni Pizza  
Garden Salad w/Chickpeas  
Assorted Fresh Fruit  
Low Fat Milk

**Monday, October 28**

**Breakfast**

Mini Cinnis  
Assorted Fruit  
100% Fruit Juice  
Low Fat Milk

**Lunch**

Chicken Patty on a Bun  
Sweet Potato Crinkle Fries  
Mixed Vegetables  
Fresh Apple  
Low Fat Milk

**Tuesday, October 29**

**Breakfast**

Assorted Cereal  
Graham Snack  
Fresh Fruit/Juice  
Low Fat Milk

**Lunch**

Tacos on a Shell w/Assorted Toppings  
Seasoned Rice  
Corn  
Chilled Applesauce  
Low Fat Milk

**Wednesday, October 30**

**Breakfast**

Mini Waffles  
Assorted Fruit  
100% Fruit Juice  
Low Fat Milk

**Lunch**

Marinated Chicken Sandwich w/Lettuce & Tomato  
Oven Roasted Potatoes  
Veggie Cruncher Cup w/Hummus & Dip  
Fresh Banana  
Low Fat Milk

**Thursday, October 31**

**Breakfast**

Assorted Cereal  
Graham Snack  
Fresh Fruit/Juice  
Low Fat Milk

**Lunch**

Chicken Mac & Cheese  
Garlic Bread Stick  
Steamed Broccoli  
Chilled Mixed Fruit  
Low Fat Milk

