When coming home after school, children are hungry and ready for a quick snack before supper. They can help prepare the food and by following the below recommendations, they can help prevent illnesses:

- Place books, bookbags, and sporting equipment on the floor, not on the eating counters or kitchen table.
- Wash your hands before you make or eat the snack.
- Always use clean spoons, forks, and plates.
- Wash fruits and vegetables with running tap water before they are eaten.
- Do not leave items, such as milk, lunchmeat, hardcooked eggs, or yogurt on the counter at room temperature. Put these foods back in the refrigerator as soon as you’ve fixed the snack.

Following these steps will help children stay safe after school so that they can get ready for the next day!

Week of Oct 21-25, 2019

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Meal</td>
<td>323</td>
<td>16%</td>
</tr>
<tr>
<td>1 Lunch per Day</td>
<td>525</td>
<td>26%</td>
</tr>
</tbody>
</table>

This information is available in alternate formats for the visually impaired. Please call 531-299-0230 for further information.

EXTRA!
Lunch Page News

Menu Key:
- Contains beans and/or peas which have been harvested dry.
- Locally grown
- Meatless item
- Whole-grain

No Pork products are served at Head Start

Special Meals offered daily at lunch include vegetarian choices.

Week of Oct 28-Nov 1, 2019

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Meal</td>
<td>204</td>
<td>10%</td>
</tr>
<tr>
<td>1 Lunch per Day</td>
<td>406</td>
<td>20%</td>
</tr>
</tbody>
</table>

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Special Meals offered daily at lunch include vegetarian choices.

2018 Early Childhood Menu

Complimentary Breakfast is available for ALL Enrolled Students in All Schools!

Our menu has been planned to meet federal regulations including, but not limited to, age groups and portion sizes. Over the course of each week, our menus meet calorie ranges, meat/meat alternate ranges, grain ranges, and at least if not more of the required vegetable subgroup consisting of dark green, red/orange, legumes, starches, and other.

This institution is an equal opportunity provider.

Lunch Prices

<table>
<thead>
<tr>
<th>Lunch Prices</th>
<th>Full Paid Reduced</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elem.</td>
<td>$1.45</td>
</tr>
<tr>
<td>Sec.</td>
<td>$1.75</td>
</tr>
<tr>
<td>Adult</td>
<td>$3.75</td>
</tr>
</tbody>
</table>

Special Meals offered daily at lunch include vegetarian choices.

Visit our website for nutrition information, free/reduced applications and more about our program at http://district.ops.org! Medical statements can be found on our website for students requiring special meals. For more information about special meals, contact our office at 531-299-9859. School lunch may be transferred to other accounts, carried over to the next school year or refunded. Contact your school’s cafeteria manager for details. To eliminate cash or checks being sent to the school, we accept on-line payments at www.schoolcafe.com.

Stay Safe - Preparing After School Snacks!

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**Nutrition Facts**

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Sausage Pizzaz Pizza</th>
<th>Ice-cold 1% &amp; fat-free White Milk</th>
<th>Chilled 100% Juice</th>
<th>Lunch Prices</th>
</tr>
</thead>
<tbody>
<tr>
<td>Served with:</td>
<td>Vanila Bear Grahams</td>
<td>Colby Cheese Omelet</td>
<td>White Milk</td>
<td>$1.45</td>
</tr>
<tr>
<td>Full Paid</td>
<td>$1.45</td>
<td>Sec.</td>
<td>$1.75</td>
<td>$3.75</td>
</tr>
<tr>
<td>Reduced</td>
<td>.35</td>
<td>Adult</td>
<td>$3.75</td>
<td>$3.75</td>
</tr>
<tr>
<td>Full Paid Reduced</td>
<td>.40</td>
<td>Sec.</td>
<td>$1.75</td>
<td>$3.75</td>
</tr>
<tr>
<td>Reduced Reduced</td>
<td>.40</td>
<td>Adult</td>
<td>$3.75</td>
<td>$3.75</td>
</tr>
</tbody>
</table>

* Percent Values are based on the comparison for the USDA nutrient standard traditional menu plan.

**Condiments are included in the price.**

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### Cycle 6
**Monday, October 21**
- Lunch: Hamburger Pizza
- Snack: Golden corn, Chilled Diced Peaches, White Milk

### Cycle 7
**Tuesday, October 22**
- Lunch: Soft Shell Beef Taco
- Snack: Refried Beans, Fresh Banana, White Milk

### Cycle 1
**Wednesday, October 23**
- Lunch: Juice
- Snack: NO SCHOOL

### Cycle 2
**Thursday, October 24**
- Lunch: NO SCHOOL
- Snack: NO SCHOOL

### Cycle 3
**Friday, October 25**
- Lunch: NO SCHOOL
- Snack: Teacher Planning Day

---

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Fat Calories</th>
<th>Calories</th>
<th>% Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Meal</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

**Lunch Prices**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full Paid</td>
<td>$3.75</td>
</tr>
<tr>
<td>Reduced</td>
<td>$1.75</td>
</tr>
<tr>
<td>Sec</td>
<td>$0.40</td>
</tr>
<tr>
<td>Adult</td>
<td>$3.75</td>
</tr>
<tr>
<td>Milks</td>
<td>$0.35</td>
</tr>
</tbody>
</table>

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**Menu Key:**
- *No Pork products are served at Head Start*
- Menu changes daily at lunch include vegetarian choices.
- *New item*
- Whole-grain
- Locally grown
- Contains beans and/ or peas which have been harvested dry.
- Meatless item
- Fish product
- Spicy
- **Condiments are included**

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