Stay Safe - Preparing After School Snacks!

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.

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

**National Oatmeal Day**

**Monday October 21**
- Breakfast: Piggly Wiggly Wrap with Maple Syrup, Applesauce Cup
- Lunch: Hamburger Pizza, Fresh Grape Tomatoes, Golden Corn, Chilled Diced Peaches
- Cycle 6

**Tuesday October 22**
- Breakfast: Glazed Raised Donut, Strawberry Cup
- Lunch: Macho Nachos, X-Ray Vision Carrots, Refried Beans, Fresh Banana
- Cycle 7

**Wednesday October 23**
- Breakfast: Cinnamon Muffin Square, Fresh Banana
- Lunch: Orange Chicken, Steamed Brown Rice, Cool as a Cucumber Coins, Steamed Carrots, Frozen Sliced Strawberries
- Cycle 8

**Thursday October 24**
- Breakfast: NO SCHOOL
- Lunch: Teacher Planning Day

**Friday October 25**
- Breakfast: NO SCHOOL

**Week of Oct 21-25, 2019**

**Nutrition Facts**

<table>
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<tr>
<th>Item</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Sugar</th>
<th>Protein</th>
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<td>11</td>
<td>1.3</td>
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<td>0</td>
<td>14</td>
<td>12</td>
<td>12</td>
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</table>

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

- Offered daily: Hot Oatmeal or Cold Cereal or Yogurt & Graham Crackers & Chilled Juice

**This institution is an equal opportunity provider.**

Visit 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 menus, contact our office at 531-298-9659. School lunch money 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.