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- 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!

<table>
<thead>
<tr>
<th>Cycle 6</th>
<th>Cycle 7</th>
<th>Cycle 8</th>
<th>Cycle 9</th>
<th>Cycle 10</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
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<td><strong>Wednesday</strong></td>
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<tr>
<td>October 21</td>
<td>October 22</td>
<td>October 23</td>
<td>October 24</td>
<td>October 25</td>
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<tr>
<td><strong>Breakfast</strong></td>
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</tr>
<tr>
<td>Hard Boiled Egg</td>
<td>Blueberry Muffin Top</td>
<td>Orange Crumb Muffin Top</td>
<td>Orange Crumb Muffin Top</td>
<td>Orange Crumb Muffin Top</td>
</tr>
<tr>
<td>Vanilla Bear Grahams</td>
<td>Vanilla Bear Grahams</td>
<td>Vanilla Bear Grahams</td>
<td>Vanilla Bear Grahams</td>
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<tr>
<td>Applesauce Cup</td>
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</tr>
<tr>
<td>Hamburger Pizza</td>
<td>Soft Shell Beef Tacon</td>
<td>Grilled Southwest Chicken</td>
<td>Fish Wedge Sandwich</td>
<td>Fluffy Egg Wrap</td>
</tr>
<tr>
<td>Golden Corn</td>
<td>Refried Beans</td>
<td>Steamed Brown Rice</td>
<td>Spudzilla Whipped Potatoes</td>
<td>Iced Mixed Fruit Cup</td>
</tr>
<tr>
<td>Chilled Diced Peaches</td>
<td>Fresh Banana</td>
<td>Chilled Applesauce</td>
<td>Halloween Sorbet Cup</td>
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**National Oatmeal Day**

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<thead>
<tr>
<th>Cycle 1</th>
<th>Cycle 2</th>
<th>Cycle 3</th>
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<tbody>
<tr>
<td><strong>Monday</strong></td>
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<tr>
<td>October 28</td>
<td>October 29</td>
<td>October 30</td>
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<tr>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
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<tr>
<td>Sausage Pizzazz Pizza</td>
<td>Hot Peach Oatmeal</td>
<td>Orange Crumb Muffin Top</td>
</tr>
<tr>
<td>Chilled 100% Juice</td>
<td>Vanilla Bear Grahams</td>
<td>Vanilla Bear Grahams</td>
</tr>
<tr>
<td>White Milk</td>
<td>Fresh Kiwi</td>
<td>Applesauce Cup</td>
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<tr>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
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<tr>
<td>Beef Ranchero Pizza</td>
<td>Sweet &amp; Sour Chicken</td>
<td>Grilled Southwest Chicken</td>
</tr>
<tr>
<td>Glazed Butternut Squash</td>
<td>Steamed Brown Rice</td>
<td>Chicken on a Bun</td>
</tr>
<tr>
<td>Chilled Diced Peaches</td>
<td>Golden Corn</td>
<td>Cool as a Cucumber Coins</td>
</tr>
<tr>
<td>White Milk</td>
<td>Chilled Applesauce</td>
<td>Chilled Diced Pears</td>
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**Nutrition Facts**

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<tr>
<td>White Milk</td>
<td>Chilled Applesauce</td>
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</tbody>
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**Complimentary Breakfast is available for ALL Enrolled Students in All Schools!**

This institution is an equal opportunity provider.

This information is available in alternate formats for the visually impaired. Please call 531-299-9859 for further information.

Lunch Prices:

- **Full Paid**
  - Elem: $1.45
  - Sec: $1.75
  - Adult: $3.75
- **Reduced**
  - Elem: $0.40
  - Sec: $0.40
  - Adult: $0.40

Menu Key:

- I     Protein!
- G     Whole-grain
- E     Meatless item
- S     Spicy
- L     Locally grown
- C     Contains beans and/or peas which have been harvested dry.
- T     New item
- W     No Pork products are served at Head Start
- X     Menu changes 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 websitefor students requiring special meals. For more information about special menus, contact our office at 531-299-9859. 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].
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<td>October 23</td>
</tr>
<tr>
<td>Lunch</td>
<td>Lunch</td>
<td>Hamburger Pizza</td>
<td>Soft Shell Beef Taco</td>
<td>NO SCHOOL</td>
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<td></td>
<td></td>
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