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.
- 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>Monday</th>
<th>October 21</th>
<th>Cycle 7</th>
<th>Tuesday</th>
<th>October 22</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Piggy Wiggly Wrap Apple Sauce Cup</td>
<td>Lunch</td>
<td>Hamburger Pizza Fresh Grape Tomatoes Golden Corn Chilled Diced Peaches</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Sandwich Box:** Smoked Turkey & Mozzarella Sandwich Fresh Grape Tomatoes Fresh Broccoli Trees Chilled Peaches

**Chef Salad:** Diced Egg, Diced Pears, Lettuce & Spinach Mix, Broccoli, Carrots Roasted Red Pepper Hummus Buns

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<table>
<thead>
<tr>
<th>Cycle 8</th>
<th>Wednesday</th>
<th>October 23</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Glazed Cinnamon Roll Iced Strawberry Cup</td>
<td>Lunch</td>
</tr>
</tbody>
</table>

**Sandwich Box:** Country Boy Sandwich X-Ray Vision Carrots Fresh Broccoli Trees Fresh Cheese Salad Mix Fresh Broccoli Trees Fresh Cheese Salad Mix Fresh Broccoli Trees Fresh Cheese Salad Mix

**Chef Salad:** Turkey, Cheese, Lettuce & Spinach Mix, Broccoli, Carrots Roasted Red Pepper Hummus Buns

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<table>
<thead>
<tr>
<th>Cycle 9</th>
<th>Monday</th>
<th>October 28</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Sausage Pizzazz Pizza Apple Sauce Cup</td>
<td>Lunch</td>
</tr>
</tbody>
</table>

**Sandwich Box:** Smoked Turkey & Mozzarella Sandwich Fresh Salad Mix Fresh Grape Tomatoes Fresh Broccoli Trees Chilled Diced Peaches

**Chef Salad:** Diced Egg, Diced Pears, Lettuce & Spinach Mix, Broccoli, Carrots Roasted Red Pepper Hummus Buns

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<table>
<thead>
<tr>
<th>Cycle 10</th>
<th>Tuesday</th>
<th>October 29</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Glazed Cinnamon Roll Fresh Kiwi</td>
<td>Lunch</td>
</tr>
</tbody>
</table>

**Sandwich Box:** Turkey Deli Sandwich Fresh Grape Tomatoes Fresh Broccoli Trees Fresh Lunch Bunch Grapes

**Chef Salad:** Grilled Chicken Strips, American, Lettuce & Spinach Mix, Broccoli, Carrots Roasted Red Pepper Hummus Buns

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<table>
<thead>
<tr>
<th>Cycle 1</th>
<th>Wednesday</th>
<th>October 30</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Orange Crumb Muffin Top Vanilla Bear Graham Fresh Lunch Bunch Grapes</td>
<td>Lunch</td>
</tr>
</tbody>
</table>

**Sandwich Box:** Pantrami & White American Sandwich X-Ray Vision Carrots Fresh Broccoli Trees Fresh Lunch Bunch Grapes

**Chef Salad:** Grilled Chicken Strips, American, Lettuce & Spinach Mix, Broccoli, Carrots Roasted Red Pepper Hummus Buns

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<table>
<thead>
<tr>
<th>Cycle 2</th>
<th>Thursday</th>
<th>October 31</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Pumpkin Crumb Muffin Square Iced Strawberry Cup</td>
<td>Lunch</td>
</tr>
</tbody>
</table>

**Sandwich Box:** Classic Sandwich X-Ray Vision Carrots Fresh Broccoli Trees Fresh Lunch Bunch Grapes

**Chef Salad:** Smoked Turkey, American, Lettuce & Spinach Mix, Broccoli, Carrots Roasted Red Pepper Hummus Buns

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<table>
<thead>
<tr>
<th>Cycle 3</th>
<th>Friday</th>
<th>November 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Fluffy Egg Wrap Iced Mixed Fruit Cup</td>
<td>Lunch</td>
</tr>
</tbody>
</table>

**Sandwich Box:** Turkey & American Sandwich X-Ray Vision Carrots Fresh Broccoli Trees Fresh Cheese Salad Mix Fresh Cheese Salad Mix Fresh Cheese Salad Mix Fresh Cheese Salad Mix

**Chef Salad:** Turkey, Cheese, Lettuce & Spinach Mix, Broccoli, Carrots Roasted Red Pepper Hummus Buns

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**National Oatmeal Day**

**Cycle 6**
- **Monday, October 21**
  - **Breakfast:** Piggy Wiggly Wrap Apple Sauce Cup
  - **Lunch:** Hamburger Pizza Fresh Grape Tomatoes Golden Corn Chilled Diced Peaches

**Cycle 7**
- **Tuesday, October 22**
  - **Breakfast:** Glazed Cinnamon Roll Iced Strawberry Cup
  - **Lunch:** Orange Chicken Steamed Brown Rice Cool as a Cucumber Coins Steamed Carrots Frozen Sliced Strawberries

**Cycle 8**
- **Wednesday, October 23**
  - **Breakfast:** Cinnamon Muffin Square Fresh Banana
  - **Lunch:** Smoked Turkey & Mozzarella Sandwich Fresh Grape Tomatoes Fresh Broccoli Trees Chilled Peaches

**Cycle 9**
- **Monday, October 28**
  - **Breakfast:** Sausage Pizzazz Pizza Apple Sauce Cup
  - **Lunch:** Beef Ranchero Pizza Fresh Grape Tomatoes Glazed Butternut Squash Chilled Diced Peaches

**Cycle 10**
- **Tuesday, October 29**
  - **Breakfast:** Glazed Cinnamon Roll Fresh Kiwi
  - **Lunch:** General Tso Chicken Steamed Brown Rice Golden Corn Fresh Broccoli Trees Fresh Lunch Bunch Grapes

**Cycle 1**
- **Wednesday, October 30**
  - **Breakfast:** Orange Crumb Muffin Top Fresh Lunch Bunch Grapes
  - **Lunch:** Pork Tenderloin on a Bun Cool as a Cucumber Coins X-Ray Vision Carrots Chilled Diced Pears

**Cycle 2**
- **Thursday, October 31**
  - **Breakfast:** Pumpkin Crumb Muffin Square Fresh Lunch Bunch Grapes
  - **Lunch:** Creamed Turkey Spudzilla Whipped Potatoes X-Ray Vision Carrots Chilled Diced Pears

**Cycle 3**
- **Friday, November 1**
  - **Breakfast:** Fluffy Egg Wrap Iced Mixed Fruit Cup
  - **Lunch:** Stadium Beef Frank on a Bun Go Green! Fresh Spinach Salad Homemade Baked Beans Fresh Orange Smiles

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Fat</th>
<th>Calories</th>
<th>Protein</th>
<th>Total Carbohydrate</th>
<th>Cholesterol</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Meal</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

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

**Lunch Prices**

<table>
<thead>
<tr>
<th>Cycle 7</th>
<th>Monday, October 22</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Lunch Prices</strong></td>
<td></td>
</tr>
<tr>
<td>Full Paid Reduced</td>
<td>$1.05</td>
</tr>
<tr>
<td>Sec.</td>
<td>$1.75</td>
</tr>
<tr>
<td>Adult</td>
<td>$3.75</td>
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</tbody>
</table>

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

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

Visit our website for nutrition information, free/reduced applications and more about our program at [http://district.ops.org](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 531-299-9859. 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.

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

**Week of Oct 28-Nov 1, 2019**

**Menu Key:**
- Contains pork
- Contains beans and/or peas which have been harvested dry.
- Locally grown
- Meatless item
- Fish product
- Spicy
- New item
- Whole-grain

**EXTRA!**

- **Menu Key:**
  - Contains pork
  - Contains beans and/or peas which have been harvested dry.
  - Locally grown
  - Meatless item
  - Fish product
  - Spicy
  - New item
  - Whole-grain

- **Nutrition Facts**
  - Serving Size: 1 Lunch per Day
  - Serving Size: 1 Meal

- **Lunch Prices**
  - Full Paid Reduced
  - Sec.
  - Adult

- **Nutrition Facts**
  - Serving Size: 1 Lunch per Day
  - Serving Size: 1 Meal

- **Lunch Prices**
  - Full Paid Reduced
  - Sec.
  - Adult

- **Nutrition Facts**
  - Serving Size: 1 Lunch per Day
  - Serving Size: 1 Meal

- **Lunch Prices**
  - Full Paid Reduced
  - Sec.
  - Adult

- **Nutrition Facts**
  - Serving Size: 1 Lunch per Day
  - Serving Size: 1 Meal

- **Lunch Prices**
  - Full Paid Reduced
  - Sec.
  - Adult