For a complete Breakfast, you must select three stars, at least one star must be a fruit. For a complete lunch, you must select three stars, at least one star must be a vegetable or a fruit.

Make snacks work for you by choosing nutrient-rich foods from the MyPlate food groups. Snacks can boost your energy between meals and supply essential vitamins and minerals. There is a place for snacks in a healthy eating plan. Use the following tips when deciding what snacks to eat:

- Think of snacks as mini-meals that contribute nutrient-rich foods. Keep snack calories to less than 200 and try to include a fruit or vegetable with each snack.
- Snack only when you are hungry. Skip the urge to eat when you are bored, frustrated, or stressed. Instead, try taking a walk or meditating.
- Keep portion control in mind. Either eat pre-portioned snacks or place a single serving from a package into a bowl. Eating directly from a multiple-serving package can lead to overeating.
- Plan snacks ahead of time. Keep a variety of nutritious ready-to-eat supplies on hand, such as whole-grain crackers, low-fat cheese, fruits, and vegetables.

**Monday, October 21, 2019**

**Breakfast**
- Sausage Wrap with Maple Syrup or Hot Oatmeal or Assorted Cold Cereal or Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bear Graham

**Lunch**
- Hamburger Pizza or Buffalo Style Chicken Munchins with Tea Roll or Cheese Pizza or Slappy Joe Sandwich or Sandwich of the Day: Smoked Turkey & Mozzarella or Golden Corn

**Tuesday, October 22, 2019**

**Breakfast**
- Glazed Raised Donut or Cereal Strawberry Cup or Hot Peach Oatmeal or Assorted Cold Cereal or Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bear Graham

**Lunch**
- Macho Nachos or Chicken and Cheese Tacos or Not So Macho Nachos or Country Beef Cutlet on a Bun or Sandwich of the Day: Turkey & American or Refried Beans or Green Beans

**Wednesday, October 23, 2019**

**Breakfast**
- Cinnamon Muffin Square or Hot Oatmeal or Assorted Cold Cereal or Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bear Graham

**Lunch**
- Hamburger on a Bun or BBQ Chicken Teriyaki with Rice and a Tea Roll or Chicken Alfredo with Penne Pasta and a Tea Roll or Cheeseburger on a Bun or Sandwich of the Day: Country Boy or Baked School Fries or Frozen Sliced Strawberries

**Thursday, October 24, 2019**

**Breakfast**
- Biscuit or Frozen Peach Cup or Hot Peach Oatmeal or Assorted Cold Cereal or Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bear Graham

**Lunch**
- Barbecued Chicken Bowl with Tea Roll or Smoked Turkey and Cheese Melt or Beef Lasagna with Tea Roll or Sandwich of the Day: Turkey Deli or Whipped Potatoes with Gravy

**Friday, October 25, 2019**

**Breakfast**
- Warm Pancakes with Maple Syrup or Hot Oatmeal or Assorted Cold Cereal or Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bear Graham

**Lunch**
- Mini Corn Dogs or Spicy Chicken on a Bun or Pepperoni Calzone with Pasta Sauce or Crispy Chicken Potty on a Bun or Sandwich of the Day: Italian Deli Wrap or Baked School Fries or Golden Corn

**Menu Key:**
- Contains Pork
- Locally Grown
- Meats Item
- Spicy
- New Item

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

**Lunch Prices**

<table>
<thead>
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<th>Item</th>
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To access our website for more information about how to access the website with disabilities, please visit our website at [link]. Medical statements can be found on our website for students requiring special meals. For more information about special meals, contact our office at 531-299-9858. 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.schoolbucks.com.
As a child, Halloween candy was a highly treasured and desired reason to go trick-or-treating and you may head out this Halloween for the same reason. It may be challenging to rely on self-control when eating Halloween candy in moderation, so follow the suggestions below:

- **Eat in the company of others.** Surround yourself with others as this may make you more conscious of what and how much food you are eating. You are more prone to overeating when you are by yourself.
- **Drink water.** Try to fill yourself up with water before and while eating the candy. By having a cup at your lips, you will be interrupting the continuous motion of lifting your fingers to put more candy into your mouth.
- **Portion the candy.** Select a couple of pieces you are going to eat and put the rest away instead of eating directly out of the candy bag. This will help prevent from overeating.

These helpful tips don’t have to be just during the Halloween season or with just candy. Utilize some of them regarding holiday eating or if you are just trying to portion control any meal!

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**Monday, October 28, 2019**

**Breakfast**
- Sausage Breakfast Pizzazz Pizza
- or
- Hot Peach Oatmeal or Assorted Cold Cereal
- or
- Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bean Grains

**Lunch**
- Beef Ranchero Pizza
- Cheese Breadsticks with Pasta Sauce
- Oven Baked Fiery Chicken or Mini Jalapeno Cornbread Muffin
- Sandwich of the Day: Smoked Turkey & Mozzarella
- Glazed Butternut Squash Fries

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**Tuesday, October 29, 2019**

**Breakfast**
- Glazed Cinnamon Roll
- or
- Hot Peach Oatmeal or Assorted Cold Cereal
- or
- Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bean Grains

**Lunch**
- General Tso Chicken or Steamed Brown Rice
- BBQ Rib on a Bun
- Chicken Egg Roll or Steamed Brown Rice
- Sandwich of the Day: Turkey Deli
- Steamed Fresh Broccoli
- Golden Corn
- Fresh Lunch Bunch Grapes

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**Wednesday, October 30, 2019**

**Breakfast**
- Orange Crumb Muffin Top w/ Vanilla Bean Grains
- or
- Hot Peach Oatmeal or Assorted Cold Cereal
- or
- Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bean Grains

**Lunch**
- Pork Tenderloin on a Bun
- Pizzeria Style Cheese Pizza or Beef Quesadilla
- Pizzeria Style Pepperoni Pizza
- Sandwich of the Day: Pastrami and White American
- Steamed Green Beans
- Baked School Fries

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**Thursday, October 31, 2019**

**Breakfast**
- Pumpkin Crumb Cake
- or
- Iced Strawberry Cup
- or
- Hot Peach Oatmeal or Assorted Cold Cereal
- or
- Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bean Grains

**Lunch**
- Creamed Turkey with Breadstick
- Hamburger on a Bun
- Pepperoni Packet
- Cheeseburger on a Bun
- Sandwich of the Day: Classic
- Whipped Potatoes with Gravy

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**Friday, November 1, 2019**

**Breakfast**
- Colby Cheese Omelet or Warm Biscuit or Tortilla
- or
- Iced Mixed Fruit Cup
- or
- Hot Peach Oatmeal or Assorted Cold Cereal
- or
- Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bean Grains

**Lunch**
- Cheesy Dog on a Bun
- BBQ Pulled Pork Nachos
- Or Cheese Pizza
- Hot Dog on a Bun
- Sandwich of the Day: Turkey & American
- Homemade Baked Beans

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