

Sure Start

# OCTOBER 2012

Happy Halloween!



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| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|--|--|--|--|
| <b>1</b><br>Cheese or Pepperoni Pizza<br>Garden Salad<br>Orange Wedges<br>Milk               | <b>2</b><br>BBQ or Plain Chicken Bites<br>Mashed Potatoes<br>Cucumber & Tomato Salad<br>Pears<br>Milk  | <b>3</b><br>Mozzarella Sticks<br>Carrot Sticks<br>Grapes<br>Whole Grain Dinner Roll<br>Milk                | <b>4</b><br>Chicken or Black Bean Quesadillas<br>Fresh Veggie Bowl<br>Banana<br>Milk   | <b>5</b><br>Chicken Parmesan<br>Peas<br>Fresh Fruit<br>Milk  |
| <b>8</b><br><b>Columbus Day</b><br>No School   | <b>9</b><br>Broccoli Cheese Minis<br>Cucumber & Carrot Sticks<br>Apple Slices<br>Milk                  | <b>10</b><br>Cheese Omelet or Sausage Patty<br>French Toast Sticks<br>Broccoli<br>Mandarin Oranges<br>Milk | <b>11</b><br>Turkey Hot Dog<br>Steamed Carrots<br>Applesauce<br>Milk   | <b>12</b><br>Buffalo or Plain Chicken Bites<br>Fresh Veggie Bowl<br>Fresh Fruit<br>Whole Grain Dinner Roll<br>Milk |
| <b>15</b><br>Chicken & Veggie Alfredo<br>Carrot Sticks<br>Orange Wedges<br>Milk              | <b>16</b><br>Southwest Taco Bowl<br>Steamed Zucchini & Squash<br>Peaches<br>Milk                       | <b>17</b><br>Chicken Fryz<br>Garden Salad<br>Grapes<br>Whole Grain Dinner Roll<br>Milk                     | <b>18</b><br>Hamburger<br>Baked Beans<br>Banana<br>Milk  | <b>19</b><br>Chicken & Mini Dumplings<br>Tomato & Cucumber Salad<br>Fresh Fruit<br>Milk                            |
| <b>22</b><br>Chicken Tenders<br>Garden Salad<br>Pineapple<br>Whole Grain Dinner Roll<br>Milk | <b>23</b><br>Macaroni & Cheese<br>Sweet Potato Crinkles<br>Apple Slices<br>Milk                        | <b>24</b><br>Meat Nachos<br>Tomato & Cucumber Salad<br>Mandarin Oranges<br>Milk                            | <b>25</b><br>Pasta Pockets & Meatballs<br>Fresh Veggie Bowl<br>Applesauce<br>Milk  | <b>26</b><br>Fish Sticks<br>Garlic Toast<br>Carrot Sticks<br>Fresh Fruit<br>Milk                                   |
| <b>29</b><br>Cheese or Pepperoni Pizza<br>Garden Salad<br>Orange Wedges<br>Milk              | <b>30</b><br>BBQ or Plain Chicken Bites<br>Mashed Potatoes<br>Cucumber & Tomato Salad<br>Pears<br>Milk | <b>31</b><br>Mozzarella Sticks<br>Carrot Sticks<br>Grapes<br>Whole Grain Dinner Roll<br>Milk               | <b>DID YOU KNOW?</b><br>Halloween is thought to have originated over 4,000 B.C., which means Halloween has been around for over 6,000 years. |  |

