

Food for Thought



**Celebrate School Lunch Week
October 10th-14th, 2011**

School lunch helps you grow healthy by offering the foods and nutrients you need most. When you choose school lunch over other options, you're setting yourself up for strong bones, a fit body, and a mind ready to learn!

HealthierUS School Challenge

The HealthierUS School Challenge is part of the First Lady's *Let's Move!* initiative. Schools committed to the HealthierUS School Challenge promote good nutrition and physical activity. Wondering how you can help your school be healthier?

- Get your friends fired up to be #1 in the country! Schools can win awards for their commitment to the challenge.
- Start or participate in a nutrition club or afterschool sports club.
- Eat smart and move more everywhere—at home and school!

Nutrilink: Learn more by going to <http://teamnutrition.usda.gov/healthierUS/index.html>.






October

- Apple Month
- Vegetarian Awareness Month
- International Walk to School Day (5th)

Menus for October 2011

Cedar Creek Middle & Terrell Lane Middle



Monday, October 3	Tuesday, October 4	Wednesday, October 5	Thursday, October 6	Friday, October 7
<p>BREAKFAST General Mill's Cinni Minis 40</p> <p>LUNCH Steak & Cheese Biscuit 26</p> <p>Sweet Corn 24 Field Peas 33 Crisp Garden Salad 2 Fresh Crispy Apple 19</p> 	<p>BREAKFAST Breakfast Granola Round 43</p> <p>LUNCH Creamy Macaroni & Cheese w/ Ham 18 w/ Dinner Roll 14</p> <p>Steamed Cabbage 5 Green Peas 8 Crisp Garden Salad 2 Jell-O Pineapple Cup 35</p>	<p>BREAKFAST Breakfast Pizza Bagel 19</p> <p>LUNCH Tender Turkey Tips & Gravy 4 w/ Roll 14</p> <p>Creamy Mashed Potatoes 3 Green Lima Beans 19 Crisp Garden Salad 2 Refreshing Mixed Fruit 19</p>	<p>BREAKFAST Mini Maple Pancakes 34</p> <p>LUNCH Fish Sandwich 29</p> <p>Green Beans 6 Scalloped Potatoes 21 Crispy Cole Slaw 6 Applesauce 14</p>	<p>BREAKFAST Blueberry Muffin</p> <p>LUNCH Grilled Cheese Sandwich 22</p> <p>Baked Beans 33 Homemade Vegetable Soup 16 w/ Crackers 18 Crisp Garden Salad 2 Mandarin Oranges 17</p> 
Monday, October 10	Tuesday, October 11	Wednesday, October 12	Thursday, October 13	Friday, October 14
<p>BREAKFAST Kellogg's Double Poptart 74</p> <p>LUNCH Chef-Boyardee Ravioli 27 w/ Dinner Roll 24</p> <p>Black Eye Peas 27 Sweet Corn 24 Crisp Garden Salad 2 Baked Apples 20</p>	<p>BREAKFAST Cheese & Egg Biscuit 27</p> <p>LUNCH Chicken Fajita 22</p> <p>Pinto Beans 23 Au Gratin Potatoes 20 Crisp Garden Salad 2 Fresh Melons</p> 	<p>BREAKFAST Pancake Griddle 25</p> <p>LUNCH Beef-A-Roni 27 w/ Breadstix 19</p> <p>Green Beans 6 Steamed Broccoli & Cheese 6 Crisp Garden Salad 2 Fresh Grapes 15</p> 	<p>BREAKFAST Apple Cinnamon Breakfast Bar 48</p> <p>LUNCH Chicken Fillet Sandwich 15</p> <p>Baby Carrot Cup 6 Fresh NC Apple 19</p> <p>EARLY RELEASE</p>	<p>TEACHER WORKDAY</p> <p>ALL SCHOOLS CLOSED</p> 

Additional Menu Choices:

Monday:

Pepperoni Pizza 36
Chicken Nuggets 14 w/ Roll 14
French Fries 31

Tuesday:

Corn Dog Nuggets 31
Chicken Fillet Sandwich 15

Wednesday:

Fiesta Pizza 54
Chicken Tenders 14 w/ Roll 14

Thursday:

Cheesy Mozzarella Sticks 30
BBQ Sandwich 19

Friday:

Cheeseburger 16
Chicken Nuggets 14 w/ Roll 14
French Fries 31

Applications for free and reduced meals are available at your child's school. They may be completed at any time during the school year.

Middle School Prices:

Breakfast: Full Price..1.25
Reduced..Free

Lunch



Full Price..2.25
Reduced...40



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Sources: www.schoolnutrition.org, http://kidshealth.org

<p>Monday, October 17</p> <p>BREAKFAST Cherry Frudel36</p> <p>LUNCH Salisbury Steak & Gravy 4 w/ Roll 14</p> <p>Rice</p> <p>Steamed Cabbage 5 Green Peas 23 Crisp Garden Salad 2 Applesauce 14</p>	<p>Tuesday, October 18</p> <p>BREAKFAST Breakfast Pizza</p> <p>LUNCH Spaghetti w/ Meat Sauce 28 w/ Breadstix 19</p> <p>Glazed Carrots 22 Green Beans 6 Crisp Garden Salad 2 Sliced Pears 31</p>	<p>Wednesday, October 19</p> <p>BREAKFAST Chicken Slider 21</p> <p>LUNCH Soft Taco 24</p> <p>Steamed Broccoli & Cheese 6 Pinto Beans 23 Crisp Garden Salad 2 Fresh Orange 11</p> <p>Mexican Rice 23</p> 	<p>Thursday, October 20</p> <p>BREAKFAST Mini Maple Pancakes 34</p> <p>LUNCH Chicken Pastry 7 w/ Roll 14</p> <p>Glazed Sweet Potatoes 21 Seasoned Greens 4 Crisp Garden Salad 2 Mixed Fruit 19</p>	<p>Friday, October 21</p> <p>BREAKFAST Cinnamon Pastry 39</p> <p>LUNCH Hot Dog 15 w/ Chili 5</p> <p>Corn on the Cob 29 Baked Beans 33 Crisp Garden Salad 2 Fresh Apple 19</p> <p>STATE FAIR DAY</p> 
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<p>Monday, October 24</p> <p>BREAKFAST Super Donut 43</p> <p>LUNCH Chef Boyardee Ravioli 27 w/ Dinner Roll 14</p> <p>California Veggies 5 Field Peas 33 Crisp Garden Salad 2 Applesauce 14</p> 	<p>Tuesday, October 25</p> <p>BREAKFAST Fabulous French Toast 8</p> <p>LUNCH Nacho's w/ Meat & Cheese 15</p> <p>Baked Potato 38 Pinto Beans 23 Crisp Garden Salad 2 Mandarin Oranges 17</p>	<p>Wednesday, October 26</p> <p>BREAKFAST Jimmy Dean Sausage Biscuit 15</p> <p>LUNCH Pork Tips & Gravy 3 w/ Dinner Roll 14</p> <p>Rice</p> <p>NC Sweet Potato 21 Black Eye Peas 27 Broccoli Salad 21 Fresh Tangerine 12</p>	<p>Thursday, October 27</p> <p>BREAKFAST General Mill's Cinni Minis 40</p> <p>LUNCH Italian Lasagna 28 w/ Breadstix 19</p> <p>Green Beans 6 Sweet Corn 24 Crisp Garden Salad 2 Fresh NC Apple 19</p> 	<p>Friday, October 28</p> <p>BREAKFAST Blueberry Muffin 45</p> <p>LUNCH Grilled Cheese Sandwich 22</p> <p>Homemade Vegetable Soup 16 w/ Crackers 18 Baby Carrot Cup 6 Crisp Garden Salad 2 Peachy Peaches 22</p>
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Monday, October 31

BREAKFAST
Mini Strawberry Splash Pancakes 34

LUNCH
Teriyaki Beef Dippers 4 w/ Dinner Roll 14

Green Beans 6
Sweet Corn 24
Crisp Garden Salad 2
Fresh Orange 11

Milk Choices Available:
Skim Chocolate..24
Strawberry..31
1% White..12
Skim White..11
Vanilla [Lowfat]..31

Juices Available for Breakfast:
Apple..15
Grape..19
Orange..14
Orange-Pineapple..16

Assorted Cereal Offered for Breakfast:
Cinnamon Toasters 46 Marshmallow Mateys 48 Tootie Fruities 37

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