

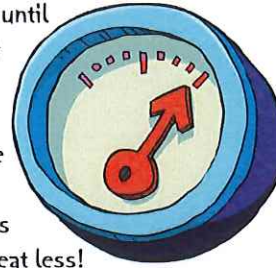
MENUS FOR OCTOBER 2017

Coatesville Area School District—North & South Brandywine Middle Schools

This institution is an equal opportunity provider. Menus are subject to change.

NOT SO FAST. STRANGE

Your brain isn't as fast as your mouth. That's why you don't feel full until about 20 minutes after you start eating. Most of us eat too fast, and so we take in way more calories than we need before our brains tell us we're full. Eat slower, eat less!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

BUT TRUE?

TREES THAT NATURALLY LOSE THEIR LEAVES ARE CALLED "DECIDUOUS," WHILE THOSE THAT NEVER LOSE THEIR LEAVES ARE "EVERGREEN." IN NORTH AMERICA, WE'RE USED TO DECIDUOUS TREES THAT LOSE THEIR LEAVES WHEN COLD WEATHER APPROACHES. **BUT THAT'S NOT TRUE EVERYWHERE.** SOME TREES, LIKE THE DESERT ACACIA TREE PICTURED HERE, LOSE THEIR LEAVES **BECAUSE IT'S TOO HOT, NOT TOO COLD!** WHEN DROUGHT AND HEAT THREATEN THEIR SURVIVAL, THEY CAN **DROP THEIR LEAVES ENTIRELY TO CONSERVE WATER!**



Monday, October 2

Breakfast

Cinnamon Toast Crunch Cereal Bar & Yogurt or
 Apple Cinnamon Muffins
 Apple Juice
 Clementine Orange
 Milk Selection

Lunch

Toasted Cheese Sandwich
 Tomato Soup w/ Goldfish Crackers
 PB Jamwich Meal or
 Tuna Salad on WG Roll
 Baby Carrots w/ Veggie Dip
 Fresh Grapes, Sliced Peaches
 Apple Juice, Milk Selection

Tuesday, October 3

Breakfast

Cheerios Cereal & String Cheese or
 Cherry Strudel
 Fresh Grapes
 Fruit Punch
 Milk Selection

Lunch

Chicken Tenders w/ Buttered Noodles or
 Yogurt Delights or
 Bologna & Cheese on Wheat
 Seasoned Green Peas
 Celery Sticks w/ Ranch Dip
 Fresh Apple Slices, Sliced Pears
 Grape Juice, Milk Selection

Wednesday, October 4

Breakfast

Trix Cereal Bar & Yogurt or
 Maple Mini Waffles
 Fresh Apple Slices
 Orange Juice
 Milk Selection

Lunch

Hot Dog or
 PB Jamwich Meal or
 Turkey & Cheese Wrap
 Vegetarian Baked Beans
 Sliced Cucumbers w/ Ranch Dip
 Orange Halves, Pineapple Chunks
 Blueberry Squares
 Fruit Punch, Milk Selection

Thursday, October 5

Breakfast

Cinnamon Toast Crunch Cereal & String Cheese or
 Mini Cinnamon French Toast
 Grape Juice, Raisins
 Milk Selection

Lunch

Rotini w/ Meat Sauce or
 Yogurt Delights or
 Tuna Salad w/ WG Roll & Crackers
 Baby Carrots w/ Veggie Dip
 Caesar Salad
 Fresh Apple Slices, Sliced Peaches
 Apple Juice, Milk Selection

Friday, October 6

Breakfast

Cocoa Puffs Cereal Bar & Yogurt or
 Strawberry Pop Tart
 Bananas
 Apple Juice
 Milk Selection

Lunch

Cheese Pizza Rectangle or
 PB Jamwich Meal or
 Salad w/ Turkey & Cheese w/ WG Roll & Crackers
 Mixed Vegetables
 Celery Sticks w/ Ranch Dip
 Bananas, Mandarin Oranges
 Grape Juice, Milk Selection

Monday, October 9

Teacher In-Service Day - No School

Tuesday, October 10

Breakfast

Cocoa Puffs Cereal & String Cheese or
 Cinnamon Roll
 Fresh Grapes
 Fruit Punch
 Milk Selection

Lunch

Chicken Patty Sandwich or
 Yogurt Delights or
 Ham & Cheese Wrap
 Seasoned Green Beans
 Celery Sticks w/ Ranch Dip
 Fresh Apple Slices, Sliced Pears
 Grape Juice, Milk Selection

Wednesday, October 11

Breakfast

Trix Cereal Bar & Yogurt or
 Mini Bagels w/ Cinnamon Cream Cheese
 Fresh Apple Slices
 Orange Juice
 Milk Selection

Lunch

Piggle Pancakes or
 PB Jamwich Meal or
 Bologna & Cheese Sandwich
 Hash Browns
 Sliced Cucumbers w/ Ranch Dip
 Orange Halves, Pineapple Chunks
 Fruit Punch, Milk Selection

Thursday, October 12

Breakfast

Cinnamon Toast Crunch Cereal & String Cheese or
 Mini Blueberry Pancakes
 Grape Juice, Raisins
 Milk Selection

Lunch

Turkey Tacos or
 Yogurts Delights or
 Chef Salad w/ WG Roll & Crackers
 Refried Beans
 Carrot Sticks w/ Veggie Dip
 Fresh Apple Slices, Sliced Peaches
 Apple Juice, Milk Selection

Friday, October 13

Breakfast

Cocoa Puffs Cereal Bar & Yogurt or
 WG Powdered Doughnuts
 Bananas
 Apple Juice, Milk Selection

Lunch

Pepperoni Pizza or
 PB Jamwich Meal or
 Salad w/ Ham & Cheese w/ WG Roll & Crackers
 Caesar Salad
 Celery Sticks w/ Ranch Dip
 Bananas, Mandarin Oranges
 Grape Juice, Milk Selection



SCHOOL LUNCH RECIPES FOR SUCCESS

JOIN US FOR NATIONAL SCHOOL LUNCH WEEK OCTOBER 9-13, 2017



What's on YOUR plate?



How can you magically transform a pumpkin into another vegetable?

(Hold the page upside down and read it in a mirror for the answer!)



How can you magically transform a pumpkin into another vegetable?
When it comes to pumpkins, it's all about the seeds.

Monday, October 16

Breakfast
 Cinnamon Toast Crunch Cereal Bar & Yogurt or
 Chocolate Chip Muffins
 Apple Juice
 Clementine Orange
 Milk Selection

Lunch
 Macaroni & Cheese or
 PB Jamwich Meal or
 Fruit, Cheese & Crackers
 Steamed Broccoli
 Baby Carrots w/ Veggie Dip
 Fresh Grapes, Sliced Peaches
 Apple Juice, Milk Selection

Tuesday, October 17

Breakfast
 Cheerios Cereal & String Cheese or
 Apple Frudel
 Fresh Grapes
 Fruit Punch
 Milk Selection

Lunch
 Chicken Sticks w/ WG Roll or
 Yogurt Delights or
 Bologna & Cheese Sandwich
 Glazed Carrots
 Celery Sticks w/ Ranch Dip
 Fresh Apple Slices, Sliced Pears
 Grape Juice, Milk Selection

Wednesday, October 18

Breakfast
 Trix Cereal Bar & Yogurt or
 Blueberry Mini Waffles
 Fresh Apple Slices
 Orange Juice
 Milk Selection

Lunch
 Meatball Sandwich or
 PB Jamwich Meal or
 Turkey & Cheese Wrap
 Oven Baked Waffle Fries
 Sliced Cucumbers w/ Ranch Dip
 Orange Halves, Pineapples Chunks
 Fruit Juice, Milk Selection

Thursday, October 19

Breakfast
 Cinnamon Toast Crunch Cereal &
 String Cheese or Mini Cinnamon
 French Toast, Grape Juice, Raisins
 Milk Selection

Lunch
 Mini Ham & Cheese Hoagie or Mini
 Turkey & Cheese Hoagie or
 Yogurts Delights or
 Chicken Caesar Salad w/ WG Roll &
 Crackers
 Baked Chips, Chickpea Salad
 Baby Carrots w/ Veggie Dip
 Fresh Apple Slices, Sliced Peaches
 Apple Juice, Milk Selection

Friday, October 20

Breakfast
 Cocoa Puffs Cereal Bar & Yogurt or
 Cinnamon Pop Tart
 Bananas
 Apple Juice
 Milk Selection

Lunch
 Personal Cheese Pizza or
 PB Jamwich Meal or
 Salad w/ Turkey & Cheese w/ WG
 Roll & Crackers
 Garden Salad
 Celery Sticks w/ Ranch Dip
 Bananas, Mandarin Oranges
 Grape Juice, Milk Selection

Monday, October 23

Breakfast
 Cinnamon Toast Crunch Cereal Bar &
 Yogurt or
 Blueberry Muffins
 Apple Juice, Clementine Orange
 Milk Selection

Lunch
 The Max Cheese Sticks w/ Marinara
 Dipping Sauce or
 PB Jamwich Meal or
 Fruit, Cheese & Crackers
 Steamed Broccoli
 Baby Carrots w/ Veggie Dip
 Fresh Grapes, Sliced Peaches
 Apple Juice, Milk Selection

Tuesday, October 24

Breakfast
 Cocoa Puffs Cereal & String Cheese
 or Cinnamon Roll
 Fresh Grapes
 Fruit Juice
 Milk Selection

Lunch
 Chicken Nuggets w/ WG Roll or
 Yogurt Delights or
 Ham & Cheese Wrap
 Mashed Potatoes
 Celery Sticks w/ Ranch Dip
 Fresh Apple Slices, Sliced Pears
 Grape Juice, Milk Selection

Wednesday, October 25

Breakfast
 Trix Cereal Bar & Yogurt or
 Cinnamon Mini Bagels w/ Cream
 Cheese
 Fresh Apple Slices
 Orange Juice, Milk Selection

Lunch
 Cheeseburger or
 PB Jamwich Meal or
 Turkey & Cheese Sandwich
 Baked Sweet Potato Fries
 Sliced Cucumbers w/ Ranch Dip
 Orange or Strawberry Craisins
 Blueberry Squares
 Fruit Punch, Milk Selection

Thursday, October 26

Breakfast
 Cinnamon Toast Crunch Cereal
 & String Cheese or
 Mini Maple Pancakes
 Grape Juice, Raisins
 Milk Selection

Lunch
 General Tso's Chicken w/ Brown
 Rice or Yogurts Delights or
 Salad w/ Ham & Cheese w/ WG
 Roll & Crackers
 Baby Carrots w/ Veggie Dip
 Edamame, Fresh Apple Slices,
 Sliced Peaches
 Apple Juice, Milk Selection

Friday, October 27

Breakfast
 Cocoa Puffs Cereal Bar & Yogurt or
 WG Powdered Doughnuts
 Bananas
 Apple Juice
 Milk Selection

Lunch
 Stuffed Crust Cheese Pizza or
 PB Jamwich Meal or
 Chef Salad w/ WG Roll & Crackers
 Garden Salad
 Celery Sticks w/ Ranch Dip
 Bananas, Mandarin Oranges
 Grape Juice, Milk Selection

Monday, October 30

Breakfast
 Cinnamon Toast Crunch Cereal Bar
 & Yogurt or
 Apple Cinnamon Muffins
 Apple Juice, Clementine Orange
 Milk Selection

Lunch
 Toasted Cheese Sandwich
 Tomato Soup w/ Goldfish Crackers
 PB Jamwich Meal or
 Tuna Salad on WG Roll
 Baby Carrots w/ Veggie Dip
 Fresh Grapes, Sliced Peaches
 Apple Juice, Milk Selection

Tuesday, October 31

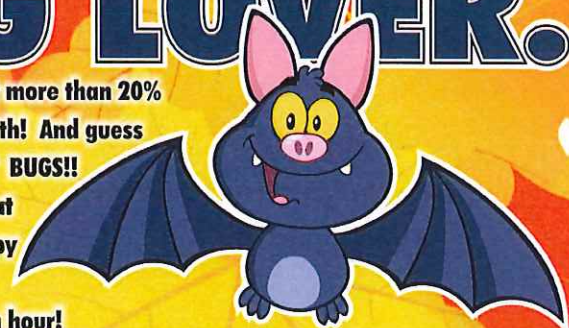
Breakfast
 Cheerios Cereal & String Cheese or
 Cinnamon Roll
 Fresh Grapes
 Fruit Punch, Milk Selection

Lunch
 Chicken Tenders w/ Buttered
 Noodles or
 Yogurt Delights or
 Bologna & Cheese on Wheat
 Seasoned Green Peas
 Celery Sticks w/ Ranch Dip
 Fresh Apple Slices, Sliced Pears
 Grape Juice, Milk Selection
 Chillin Bat Orange Water Ice

BUG LOVER.

Bat species account for more than 20% of all mammals on earth! And guess what they love to eat? BUGS!!

A single little brown bat can eat up to 600 creepy mosquitoes and other flying insects in just an hour!



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

ANIMAL APPETITES