

NUTRITION *TO GO*

The cheese in a ham and cheese sandwich adds a much higher percentage of calories from fat to the sandwich than the ham does. Typically, only about 30% of the calories in ham come from fat, making it a fairly low-fat protein choice, although cured ham is quite high in sodium. "Fresh" or uncured ham has fewer additives and is even healthier.

A QUICK BITE FOR PARENTS

**YOU NEVER
KNOW WHAT YOU
MIGHT RUN INTO
OUT THERE!**



**STAY ALERT
& BE SAFE!**



ARE YOU READY FOR THIS GUY?



The flu bug makes the scene in October and can stick around until May! The flu vaccine can keep the bug at bay, help limit the spread of the flu in our community, and make the illness less severe if you do come down with it.

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

Monday, October 20	Tuesday, October 21	Wednesday, October 22	Thursday, October 23	Friday, October 24
Lunch -Corn Dog -Hot & Spicy Chicken Sandwich -Popcorn Chicken Salad & Bosco Stick -Deli Sandwich Green Beans Mixed Fruit Cold Milk	Lunch -French Toast Sticks & Sausage* -Sub Sandwich -Italian Salad & Bosco Stick* -Deli Sandwich Baby Carrots Chilled Pears Gogurt Yogurt Cold Milk	Lunch -Hot Dog on Bun -Cheesy Breaded Chicken Sandwich -Chef Salad & Bosco Stick -Deli Sandwich French Fries Blue Raspberry Applesauce Cold Milk	Lunch Orange Chicken & Fried Rice -Turkey & Cheese Wrap -Italian Salad & Bosco Stick* -Deli Sandwich Fresh Broccoli Chilled Pineapple Fortune Cookie Cold Milk	Lunch -Straw Hat -Fish Shapes & Cornbread Muffin -Chef Salad & Bosco Stick -Deli Sandwich Fiesta Beans Fresh Apple Cold Milk
Monday, October 27	Tuesday, October 28	Wednesday, October 29	Thursday, October 30	Friday, October 31
Lunch -Cheese Pizza -Ham & Cheese Croissant -Popcorn Chicken Salad & Bosco Stick -Deli Sandwich Baked Beans Chilled Pears Cold Milk	Lunch -Mini Corn Dogs -BBQ Ribette Sandwich* -Italian Salad & Bosco Stick* -Deli Sandwich Goldfish Crackers Steamed Broccoli Chilled Applesauce Cold Milk	Lunch -Soft Chicken Tacos -Hamburger on Bun -Chef Salad & Bosco Stick* -Deli Sandwich Sweet Corn Chilled Peaches Cold Milk	Lunch -Pumpkin Pretzel, Popcorn Chicken & Cheese Sauce -Sub Sandwich -Italian Salad & Bosco Stick* -Deli Sandwich Seasoned Carrots EEEE! Frozen Juice Cup (Orange & Cream Flavored) Cold Milk	No School Teacher Institute