

MENUS FOR OCTOBER 2011

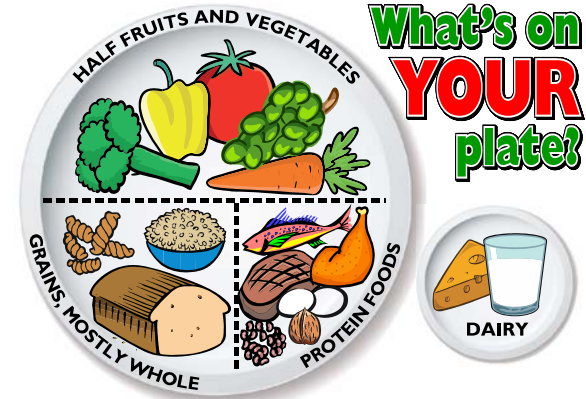
MANZANITA
ELEMENTARY
SCHOOL DISTRICT

Available Daily

Breakfast
Cold Cereal, Non-Fat Yogurt, 3 Fresh Fruit Choices
(Apples, Oranges, Melon, Berries, Mango, Kiwi, Plums, Pineapple, etc.)
100% Juice (Apple, Grape, and Orange)

Lunch
Peanut Butter & Jelly Uncrustable, Vegetarian Meal,
Choice of Fruits & Garden Salad Bar
(Mixed Greens, Tomatoes, Carrots, Cucumbers, Other Veggies,
Low & Non Fat Dressings)

All You Can Eat Fruit & Salad Bar
Milk offered with all meals
1% Unflavored, Nonfat Chocolate & 1% Strawberry Available



Superfood?

Did you know that Parsley is a vegetable? We mainly use it as a cooking herb or as garnish to make a plate look nice, but you'd do well to munch it rather than toss it out when you scrape your plate.



Parsley contains three times as much vitamin C as oranges, twice as much iron as spinach, and lots of vitamin A and minerals, too. Plus, chewing parsley helps prevent bad breath!

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

Monday, Oct. 3

Breakfast
Waffle Bar with Vanilla Yogurt, Nuts and Strawberries/Bananas
3 Fresh Fruit Choices
Milk and Juice

Lunch
Chicken Fries
Corn on the Cob
Variety of Fruit
Garden Salad Bar with Coleslaw
Milk

Tuesday, Oct. 4

Breakfast
Country Breakfast Meal
3 Fresh Fruit Choices
Milk and Juice

Lunch
Taco Bar—Beef/Chicken
Refried Beans
Olives/Peppers/Salsa
Sour Cream/Cheese
Grapes, Apples, Oranges
Fruit & Garden Salad Bar
Milk

Wed., Oct. 5

Breakfast
Cold Cereal or Yogurt
Cinnamon Grahams
3 Fresh Fruit Choices
Milk and Juice

Lunch
Hot Dog or Chili Dog (Turkey)
Pretzels
Cottage Cheese & Fruit
Fruit & Garden Salad Bar
Milk

Thurs., Oct. 6

Breakfast
Bagel & Cream Cheese
Peanut Butter and/or Jelly
3 Fresh Fruit Choices
Milk and Juice

Brunch for Lunch
Cin. French Toast (WW)
Ham Slice
Tator Tots
Mixed Melon Medley
Fruit & Garden Salad Bar
Milk

Friday, Oct. 7

Breakfast
Egg & Sausage Scramble
Biscuit & Jelly
3 Fresh Fruit Choices
Milk and Juice

Lunch
Bubble Pizza or Flat Bread Cheese Pizza—Pepperoni/Vegetarian & Garlic Chicken Pizza
Hot Veggie
Fruit & Super Salad Bar
Milk

Monday, Oct 10

Breakfast
Breakfast Burrito/Salsa (Egg & Cheese)
3 Fresh Fruit Choices
Milk & Juice

Lunch
Homemade Spaghetti
Garlic Flat Bread (WG)
Fruit & Garden Salad Bar
With Caesar Salad
Milk

Tuesday, Oct. 11

Breakfast
French Toast Sticks
3 Fresh Fruit Choices
Milk and Juice

Lunch
Turkey Deli Sandwiches OR Tuna Boat
Avocado, Pickles, Olives
Garden Salad Bar with Bowtie Pasta Salad
Milk

Wed., Oct. 12

Breakfast
Variety of Yoplait Yogurt
Chocolate Grahams
3 Fresh Fruit Choices
Milk and Juice

Lunch
Chicken Nuggets
Mashed Potatoes & Gravy
Fruit & Salad Bar with Romaine Veggie Salad
Milk

Thurs. Oct. 13

Breakfast
Mustang Breakfast Pizza
3 Fresh Fruit Choices
Milk and Juice

Lunch
Cheese/Chicken Quesadilla OR Burrito Bowl
Sour Cream & Salsa
Spanish Rice
Garden Salad Bar with Tortilla Salad
Milk

Friday, Oct 14

Breakfast
Cheese Omelet
Tator Tots
3 Fresh Fruit Choices
Milk and Juice

Lunch
French Bread Pizza or Tony's Whole Grain Pizza
Cheese/Vegetarian
Pepperoni/Combo
Hot Veggie
Fruit & Super Salad Bar
Milk

NUTRITION TO GO

School pizza is typically much healthier than supermarket pizza or slices from a pizzeria. Whole wheat crust, reduced-sodium sauce, and lowfat mozzarella cheese are a few ways that school pizza has been "re-imagined" to make pizza a nutritious choice for kids -- especially since you know they'll eat it!

A TASTY MORSEL FOR PARENTS

Monday, Oct. 17

Breakfast

Pancakes (WG) with Strawberries
3 Fresh Fruit Choices
Milk and Juice

Lunch

Sloppy Joe
Seasoned Potato Wedges
Grapes, Apples, Oranges
Garden Salad with Coleslaw
Milk

Tuesday, Oct. 18

Breakfast

Country Biscuit Meal
3 Fresh Fruit Choices
Juice
Milk

Lunch

Fresh Baked Lasagna
Garlic Flat Bread (WG)
Fruit & Garden Salad Bar
With Caesar Salad
Milk

Wed., Oct. 19

Breakfast

Cold Cereal or Yogurt
Chocolate Grahams
3 Fresh Fruit Choices
Juice
Milk

Lunch

Chicken Fries
Corn on the Cob
Fruit and Garden Salad Bar
With Broccoli-Bacon Salad
Milk

Thurs., Oct. 20

Breakfast

Bagel & Cream Cheese
Peanut Butter and/or Jelly
3 Fresh Fruit Choices
Milk and Juice

Lunch

Hamburger/Veggie Burger
Or Fishwich (order ahead)
Lettuce/Tomato/Pickles
Baked Garlic Fries
Garden Salad Bar with
Fresh Fruit Salad
Milk

Friday, Oct. 21

Breakfast

Cheesy Scrambled Eggs
Tortilla & Salsa
3 Fresh Fruit Choices
Milk and Juice

Lunch

Bubble Pizza or
Homemade Pizza-
Pepperoni/Vegetarian
& Garlic Chicken Pizza
Hot Veggie
Fruit & Super Salad Bar
Milk

SAVE THE BANANA!



They're a nutritious, portable snack or part of a healthy breakfast -- but bananas are under attack! A disease could wipe out the world's supply of the most popular kind of banana in the next 25 years. Scientists are hard at work to identify banana varieties that resist the disease. Let's wish them luck!

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



Join students, teachers, parents, and other folks all over America in celebrating drug-free lifestyles this week! Wear a red ribbon to show your commitment!

**RED RIBBON WEEK
October 22-30, 2011**

Monday, Oct. 24

Breakfast

Breakfast Burrito (Egg & Cheese)
3 Fresh Fruit Choices
Juice
Milk

Lunch

Mac N Cheese
Ham Slice
Fruit & Salad Bar with
Caesar Salad
Milk

Tuesday, Oct. 25

Breakfast

Mustang Breakfast Pizza
3 Fresh Fruit Choice
Juice
Milk

Lunch

Deli Sandwiches
Turkey or Tuna Boat
Baked Doritos
Garden Salad Bar with
Tropical Fruit Salad
Milk

Wed., Oct. 26

Breakfast

Egg & Sausage Scramble
Biscuit & Jelly
3 Fresh Fruit Choices
Milk & Juice

Lunch

Chicken Nuggets
Corn on the Cob
Variety of Fruit
Garden Salad Bar with
Romaine Avocado Salad
Milk

Thurs., Oct. 27

Breakfast

French Toast Sticks
3 Fresh Fruit Choice
Milk and Juice

Lunch

Chef Salad Bar-Mixed Greens
Meat/Olives/Carrots/Zucchini
Cucumbers/Tomato/Avocado
Garbanzo & Kidney Beans
And Pasta Salad
Variety of Fruit
Milk

Friday, Oct. 28

Breakfast

Variety of Yoplait Yogurt
Breakfast Bar
3 Fresh Fruit Choices
Milk and Juice

Lunch

French Bread Pizza or
Tony's Whole Grain Pizza
Cheese/Vegetarian
Pepperoni/Combo
Hot Veggie
Fruit & Super Salad Bar
Milk

Monday, Oct. 31

Breakfast

Waffle Bar
Vanilla Yogurt, Nuts
Strawberries/Bananas
3 Fresh Fruit Choices
Milk and Juice

Lunch

Grilled Chicken Sandwich
Tomato/Lettuce/Pickles
Cheese Nachos & Fixins'
Fruit & Garden Salad Bar
Milk

Happy Halloween!



If you're going out, take a flashlight, stay with an adult, and be careful crossing the street. And save room for lunch next week at school!