

What's on
YOUR
plate?



Great Pumpkins!

The biggest pumpkin

ever recorded

weighed over

2,600 pounds!

That's like a

small car! But

wait, it gets

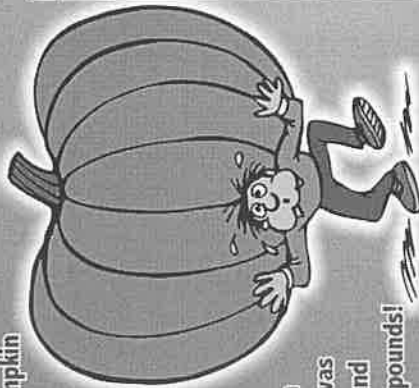
better! The

largest pumpkin

PIE ever made was

20 feet across and

weighed 3,699 pounds!



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

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



STAY ALERT & BE SAFE!

Monday, October 12

Breakfast

Cereal
Fruit

Lunch

Ground Beef &
Macaroni
Carrot Coins
Fruit
Roll

Tuesday, October 13

Breakfast

Churro
Sausage
Fruit

Lunch

Tostada
Lettuce/Tomato
Spanish Rice
Peas
Fruit

Wednesday, October 14

Breakfast

Pop-Tart
String Cheese
Juice

Lunch

Chicken Sandwich
Lettuce/Tomato
California Veggies
Fruit

Thursday, October 15

Breakfast

PB&J
Juice

Lunch

Pigs in a Blanket
Coleslaw
Fruit

Monday, October 19

Breakfast

Cereal
Fruit

Lunch

Hamburger Gray
Mashed Potatoes
Green Beans
Fruit

Tuesday, October 20

Breakfast

Breakfast Pizza
Fruit

Lunch

Southwestern
Sandwich
Lettuce/Tomato
Carrots & Celery
Fruit

Wednesday, October 21

Breakfast

Go-Gurt
Graham Crackers
Juice

Lunch

Nuggets
Mac & Cheese
Fruit
Roll

Thursday, October 22

Breakfast

Muffins
Juice

Lunch

Pizza
Dark Green Salad
Fruit

Monday, October 26

Breakfast

Cereal
Fruit

Lunch

Soft Taco
Lettuce/Tomato
Beans
Fruit

Tuesday, October 27

Breakfast

French Toast
Sausage
Fruit

Lunch

Spaghetti
Green Beans
Fruit
Bread Stick

Wednesday, October 28

Breakfast

Bagels
& Cream Cheese
Juice

Lunch

Hot Ham & Cheese
Sandwich
Tater Tots
Fruit

Thursday, October 29

Breakfast

Breakfast Bart
Juice

Lunch

BBQ Rib Sandwich
Southwest Pasta
Carrot Coins
Fruited Jello

This institution
is an equal
opportunity
provider.

Menus for OCTOBER

Monday, October 5

Breakfast
Cereal
Fruit

Lunch
Corn Dog
Baked Bean
Baby Carrots
Fruit

Tuesday, October 6

Breakfast
Pancake
Wrap
Fruit

Lunch
Nachos
Pea & Carrots
Rice Pilaf
Fruit

Wednesday, October 7

Breakfast
Muffins
Juice

Lunch
Pizza
Dark Green Salad
Fruit

Thursday, October 1

Breakfast
Bagel & Cream
Cheese
Juice

Lunch
Frito Pie
Corn
Fruit
Cookie

Thursday, October 8

Breakfast
UBR
Juice

Lunch
Cheese Burger
Fries
Broccoli
Fruit

**The original value meal is
more valuable than ever!**

All of our complete meals are
NO CHARGE
for all students
Through December 2020.
Available in schools if open or
at any remote serving location.

**STRANGE
BUT TRUE!**

CHECK THIS OUT! A HUMMINGBIRD'S TONGUE IS
ENORMOUS, ESPECIALLY CONSIDERING ITS TINY
OVERALL SIZE! THAT TONGUE IS JUST AS LONG AS ITS
LONG BEAK, AND THE BIRD

USES IT TO
DRINK NECTAR
FROM FLOWERS AND BACKYARD
FEEDERS. WHEN HUMMINGBIRDS
ARE NOT FEEDING, THAT GIANT
TONGUE ROLLS UP LIKE A HOSE
INSIDE THEIR HEAD
BEHIND THEIR EYES!

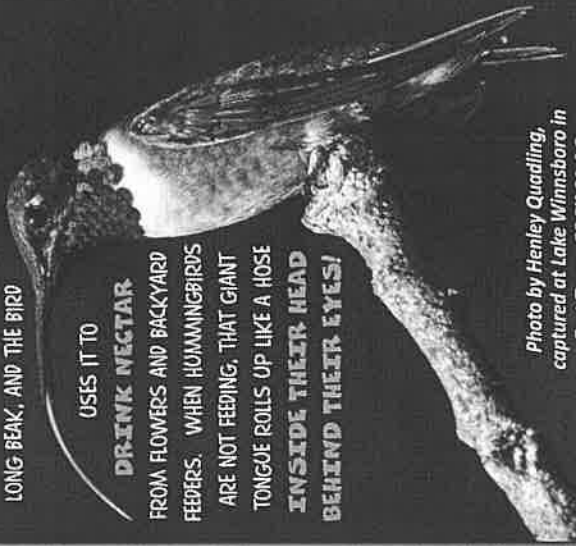


Photo by Henley Quadling,
captured at Lake Winsboro in
East Texas, CC BY-SA 4.0

Make sure to apply yourself.

That's good advice any time, but especially these days, when there's so much disruption in our lives – whether we're trying to work or learn or take care of our families. But there's something else you need to make sure to apply for: *free and reduced-price school meals*. Sure, meals are free for all kids without an application – right now. But that only lasts until the end of the year or the funding runs out. And when that time comes, we want you to be ready so your family can continue to benefit from convenient, healthy, dependable school meals. Plus, our entire district benefits when you apply, because a lot of federal funding for all sorts of education and technology programs is tied to those applications, although most folks don't realize that. So please, get in touch with us and take a moment to fill out that application. Kids throughout our community will benefit when you do. *Pick up an application at school or the district office, or visit our web site at Monte.k12.co.us or call 179-852-5996.* Thanks in advance!

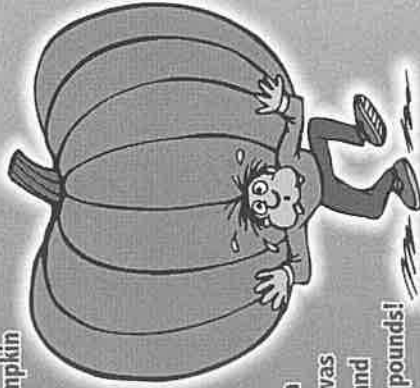
School Meals
We serve education every day™

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Monday, October 12
Sack Breakfast
Cereal
Fruit

Sack Lunch
Pretzel
String Cheese
Fresh Veggie
Fruit

Tuesday, October 13
Sack Breakfast
Stuffed Bagel
Fruit

Sack Lunch
PB&J
Fresh Veggie
Fruit

Wednesday, October 14
Sack Breakfast
Pop-Tart
String Cheese
Juice

Sack Lunch
Turkey Wrap
Fresh Veggies
Fruit

Thursday, October 15
Sack Breakfast
PB&J
Juice

Sack Lunch
PB&J
Fresh Veggie
Fruit

Monday, October 19
Sack Breakfast
Cereal
Fruit

Sack Lunch
PB&J
Fresh Veggie
Fruit

Tuesday, October 20
Sack Breakfast
UBR
Fruit

Sack Lunch
Turkey & Cheese
Sandwich
Fresh Veggie
Fruit

Wednesday, October 21
Sack Breakfast
Go-Gurt
Graham Crackers
Juice

Sack Lunch
Pretzel
String Cheese
Fresh Veggie
Fruit

Thursday, October 22
Sack Breakfast
Muffins
Juice

Sack Lunch
Ham & Cheese
Sandwich
Fresh Veggie
Fruit

Monday, October 26
Sack Breakfast
Cereal
Fruit

Sack Lunch
Pretzel
String Cheese
Fruit

Tuesday, October 27
Sack Breakfast
PB&J
Fruit

Sack Lunch
Ham & Cheese
Sandwich
Fresh Veggie
Fruit

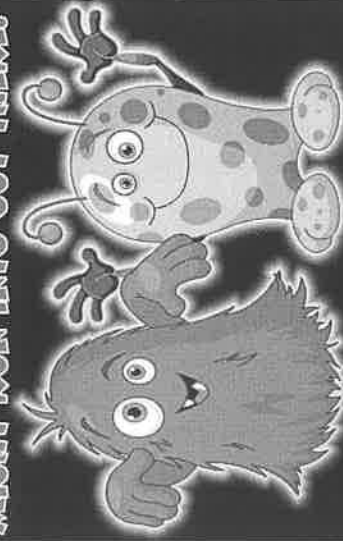
Wednesday, October 28
Sack Breakfast
Bagels
& Cream Cheese
Juice

Sack Lunch
PB&J
Fresh Veggie
Fruit

Thursday, October 29
Sack Breakfast
Breakfast Bart
Juice

Sack Lunch
Turkey & Cheese
Sandwich
Fresh Veggie
Fruit

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Menus for OCTOBER

Monday, October 5

Sack Breakfast
Cereal
Fruit

Sack Lunch
Pretzel
String Cheese
Fresh Veggie
Fruit

Tuesday, October 6

Sack Breakfast
Pancake
Wrap
Fruit

Sack Lunch
Turkey &
Cheese Sandwich
Fresh Veggie
Fruit

Wednesday, October 7

Sack Breakfast
Muffins
Juice

Sack Lunch
Ham & Cheese
Fresh Veggie
Fruit

Thursday, October 8

Sack Breakfast
UBR
Juice

Sack Lunch
PB&J
Fresh Veggie
Fruit

Thursday, October 1

Sack Breakfast
Bagel & Cream
Cheese
Juice

Sack Lunch
Turkey & Cheese
Sandwich
Fresh Veggie
Fruit

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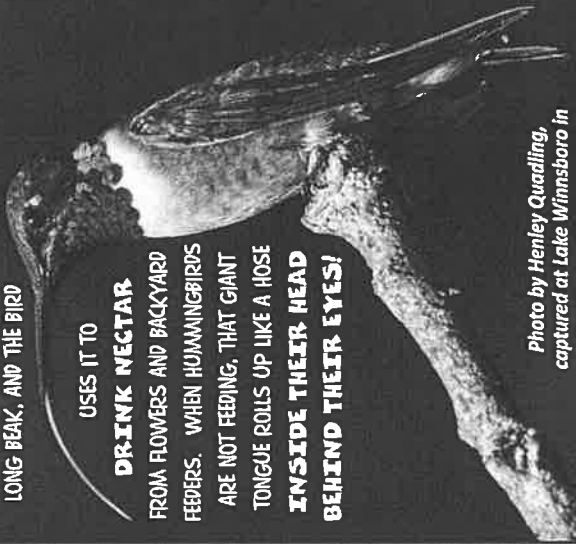


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