

Nutrition Across the Curriculum

October 2018

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

	1 Build Your Own Stir Fry	2 Pasta Fagioli Garlic Bread Tropical Fruit	3 Ham & Cheese Sandwich Bean Salad Applesauce	4 Mini Salad w/Baked Potato Roll Raisins	5 Veggie Pizza Fruit Veggie	6
7	8 No School	9 Chicken w/Rice Fresh Broccoli Fruit Cocktail	10 BBQ Pulled Pork Chickpea Salad Peaches	11 Steak Wrap Fresh Peppers Raspberries	12 Breakfast Pizza Fruit Veggie	13
14	15 Pancakes Eggs Yams Apple Juice	16 Chili Cornbread Pear	17 Beef Stroganoff Green Beans Baked Apples	18 Turkey Sandwich w/Pasta Salad Celery Plum	19 Pizza Melt Fruit Veggie	20
21	22 Sausage Gravy w/Biscuits Roasted Potatoes Mandarin Oranges	23 Tortilla Soup Cornbread Apple Nachos	24 Tuned Up Casserole Peas Pineapple	25 Taco Salad Tortilla Chips Apple	26 Bagel Pizza Fruit Veggie	27
28	29 Nachos Black Beans w/Corn Pineapple	30 Broccoli Cheese Soup Roll Peaches	31 Mac & Cheese Potato Wedges Fruit Cocktail			

~Eat Healthy, Think Better~