Menus for OCTOBER 2023

Fairfield City Schools K-8 WG= Whole Grain

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

Many Moons

Native Americans had special names for every full moon of the year. One name for the October full moon is the "Yellow Leaf Moon," as the changing colors of the leaves signal a new season!

STAY!!!!!

Feeling sick as a dog? If you think it's the flu, please do yourself, your teachers, your classmates, and their families a favor and stay home until your fever's been gone for at least 24 hours. That's a good boy.

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

DON'T 4GET!

To make a lunch, choose at least one

Fruit/Juice or Veggie

Grains, Milk, Protein, Fruit/Juice, Vegetables

and 3-5 items total

FAIRFIELD CITY SCHOOLS CHILD NUTRITION DEPARTMENT

Monday, October 2

Breakfast
Chicken Biscuit (WG)
Fruit cup
Fruit Juice
Milk

Lunch
Crispy Chicken Sandwich (WG)
Corn on the cob
Baked Beans
Fresh Fruit
Milk Choices

Tuesday, October 3

Breakfast
Breakfast Bar (WG) & Yogurt
Fruit cup Fruit Juice
Milk

Lunch
Waffle Sticks (WG)
Scrambled Eggs
Sausage Links
Carrot Sticks
Tator Tots, Salsa
Fruit Variety

Wednesday, October 4

Breakfast
French Toast Mini (WG)
Fresh Fruit
Fruit Juice
Milk

Lunch
Spaghetti w/Meat Sauce (WG)
Green Beans
Garden Salad
Fruit Variety
Milk Choices

Thursday, October 5

Breakfast
Grits w/Toast (WG)
Sausage Patty
Fruit cup, Fruit Juice
Milk

Lunch
Baked Chicken
Cornbread
Fresh Collard Greens
Sweet Potato Yams
Fresh Fruit
Milk Choices

Friday, October 6

Breakfast
Cereal w/ Toast (WG)
Fresh Fruit
Fruit Juice
Milk

Lunch
Pepperoni Pizza (WG)
Baked French Fries
Garden Salad
Fruit Variety
Milk Choices

Monday, October 9

E-Learning Day!

Students Will Not Report to School

Tuesday, October 10

Breakfast
Muffin (WG) & Yogurt
Fruit cup Fruit Juice
Milk

Lunch
Taco Tuesday (WG)
Pinto Beans
Mexicali Corn
Fruit Variety
Milk Choices

Wednesday, October 11

Breakfast
Steak Biscuit (WG)
Fresh Fruit
Fruit Juice
Milk

Lunch
Chicken Alfredo
Breadstick (WG)
Garden Salad
Broccoli
Fruit Variety
Milk Choices

Thursday, October 12

Breakfast
Pop Tart
String Cheese
Fruit cup, Fruit Juice
Milk

Lunch
Salisbury Steak
Steamed Rice (WG)
Sweet Potato Yams
English Peas
Dinner Roll
Fresh Fruit
Milk Choices

Friday, October 13

Breakfast
Breakfast Pizza (WG)
Fresh Fruit
Fruit Juice
Milk

Lunch
Turkey & Cheese Sandwich (WG)
French Fries
Garden Salad
Milk Choices

OCTOBER

The name "October" comes from the Latin word for "eight" – but it's the tenth month! What gives? In the Roman calendar, it WAS the eighth month, but then January and February were added when the calendar was revised, and October kept its name.

Lepidopterist

A "Lepidopterist" is someone who collects or studies butterflies.

YOU'RE still GOOD™

ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

FAIRFIELD CITY SCHOOLS CHILD NUTRITION

Monday, October 16

Breakfast
Mini Donuts (WG)
Fruit cup
Fruit Juice
Milk

Lunch
Cheeseburger Deluxe (WG)
Potato Wedges
Garden Salad
Fresh Fruit
Milk Choices

Tuesday, October 17

Breakfast
Breakfast Yogurt Parfait W/Granola (WG)
Fruit cup
Milk

Lunch
Sweet & Sour Chicken
Rice (WG)
Roasted Vegetable Mix
Garden Salad
Fruit Variety
Milk Choices

Wednesday, October 18

Breakfast
Sausage Biscuit (WG)
Fresh Fruit
Fruit Juice
Milk

Lunch
Hotdog (WG)
Baked Beans
Garden Salad
Fruit Variety
Milk Choices

Thursday, October 19

Breakfast
Grits w/Toast (WG)
Sausage Patty
Fruit cup, Fruit Juice
Milk

Lunch
Baked Porkchop
Dinner Roll (WG)
Creamy Potatoes
Seasoned Green Beans
Fresh Fruit
Milk Choices

Friday, October 20

Breakfast
Cereal w/ Toast (WG)
Fresh Fruit
Fruit Juice
Milk

Lunch
Pepperoni Pizza (WG)
Oven Baked Fries
Steamed Broccoli
Fruit Variety
Milk Choices

Monday, October 23

Breakfast
Mini Pancakes (WG)
Fruit cup
Fruit Juice
Milk

Lunch
Corndog (WG)
Mac & Cheese
Baked Beans
Garden Salad
Fresh Fruit
Milk Choices

Tuesday, October 24

Breakfast
Oatmeal w/Berries (WG)
Yogurt
Fruit cup
Fruit Juice
Milk

Lunch
Chicken Noodle Soup (WG)
Crackers
Steamed Mixed Vegetables
Garden Salad
Fruit Variety
Milk Choices

Wednesday, October 25

Breakfast
Ham & Cheese Biscuit (WG)
Fresh Fruit
Fruit Juice
Milk

Lunch
Beef Steak Nuggets
English Peas
Sweet Potato Fries
Dinner Roll (WG)
Fruit Variety
Milk Choices

Thursday, October 26

Breakfast
Breakfast Pizza (WG)
Fruit cup
Fruit Juice
Milk

Lunch
Chicken Tenders
Dinner Roll (WG)
Creamy Mashed Potatoes
Seasoned Green Beans
Fresh Fruit
Milk Choices

Friday, October 27

Monday, October 30

Breakfast
French Toast Mini (WG)
Fruit cup
Fruit Juice
Milk

Lunch
Chicken Nuggets
Dinner Roll (WG)
Baked Beans
Oven Baked Fries
Fresh Fruit
Milk Choices

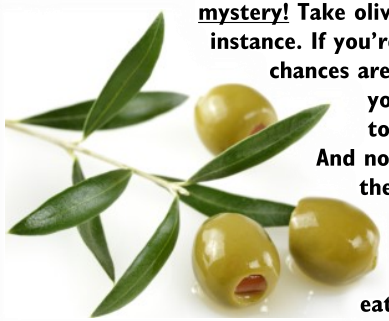
Tuesday, October 31

Breakfast
Sausage & Cheese Breakfast Bagel (WG)
Fruit cup
Fruit Juice
Milk

Lunch
Beef & Bean Chili
Grilled Cheese Sand. (WG)
Steamed Carrots
Garden Salad
Fruit Variety
Milk Choices

this month: olives

There are some foods that most kids don't like, but most adults do. Why? It's a mystery! Take olives, for instance. If you're a kid, chances are that you won't touch them. And no wonder -- they have a strong flavor and are also quite salty. But some grocery stores sell dozens of different kinds. SOMEBODY must be eating all those olives. Guess who? ADULTS!



YOU MIGHT NOT LIKE THIS STUFF NOW BUT ONE DAY YOU PROBABLY WILL! FUTURE FOODS