

MENUS FOR OCTOBER 2023



Fairfield City Schools PREK WG = Whole Grain

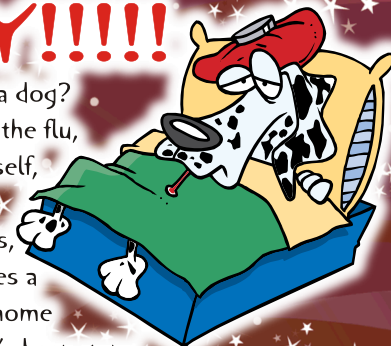
This institution is an equal opportunity provider. Menus are subject to change.

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 GET!

To make a lunch, choose at least one



or



FAIRFIELD CITY SCHOOLS
CHILD NUTRITION DEPARTMENT

Monday, October 2

Breakfast

Chicken Biscuit (WG)
Fruit cup
Milk

Lunch

Crispy Chicken Sandwich (WG)
Baked Beans
Fresh Fruit
Milk

Tuesday, October 3

Breakfast

Yogurt
Fruit cup
Milk

Lunch

Waffle Sticks (WG)
Carrot Sticks
Tator Tots
Fruit Variety
Milk

Wednesday, October 4

Breakfast

French Toast Mini (WG)
Fresh Fruit
Milk

Lunch

Spaghetti w/Meat Sauce (WG)
Green Beans
Fruit Variety
Milk

Thursday, October 5

Breakfast

Grits w/Toast (WG)
Sausage Patty
Fruit Cup
Milk

Lunch

Baked Chicken
Cornbread
Sweet Potato Yams
Fresh Fruit
Milk

Friday, October 6

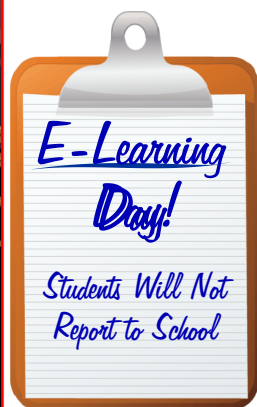
Breakfast

Cereal (WG)
Fresh Fruit
Fruit Juice
Milk

Lunch

Pepperoni Pizza (WG)
Baked French Fries
Fruit Variety
Milk

Monday, October 9



Tuesday, October 10

Breakfast

Yogurt
Fruit cup
Milk

Lunch

Taco Tuesday (I) (WG)
Mexicali Corn
Fruit Variety
Milk

Wednesday, October 11

Breakfast

Steak Biscuit (WG)
Fresh Fruit
Milk

Lunch

Chicken Alfredo
Broccoli
Fruit Variety
Milk

Thursday, October 12

Breakfast

Cereal (WG)
Fresh Fruit
Fruit Juice
Milk

Lunch

Salisbury Steak
Steamed Rice (WG)
English Peas
Fresh Fruit
Milk

Friday, October 13

Breakfast

Breakfast Pizza (WG)
Fresh Fruit
Milk

Lunch

Turkey & Cheese Sandwich (WG)
French Fries
Milk

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

French Toast Mini (WG)
 Fruit cup
 Milk

Lunch

Cheeseburger Deluxe (WG)
 Potato Wedges
 Fresh Fruit
 Milk

Tuesday, October 17

Breakfast

Breakfast Yogurt Parfait
 Fruit cup
 Milk

Lunch

Sweet & Sour Chicken
 Rice (WG)
 Roasted Vegetable Mix
 Fruit Variety
 Milk

Wednesday, October 18

Breakfast

Sausage Biscuit (WG)
 Fresh Fruit
 Milk

Lunch

Hotdog (WG)
 Baked Beans
 Fruit Variety
 Milk

Thursday, October 19

Breakfast

Grits w/Toast (WG)
 Fruit Cup
 Milk

Lunch

Baked Porkchop
 Dinner Roll (WG)
 Seasoned Green Beans
 Fresh Fruit
 Milk

Friday, October 20

Breakfast

Cereal (WG)
 Fresh Fruit
 Fruit Juice
 Milk

Lunch

Pepperoni Pizza (WG)
 Steamed Broccoli
 Fruit Variety
 Milk

Monday, October 23

Breakfast

Mini Pancakes (WG)
 Fruit cup
 Milk

Lunch

Corndog (WG)
 Baked Beans
 Fresh Fruit
 Milk

Tuesday, October 24

Breakfast

Oatmeal w/Berries (WG)
 Fruit cup
 Milk

Lunch

Chicken Noodle Soup (WG)
 Crackers
 Steamed Mixed Vegetables
 Fruit Variety
 Milk

Wednesday, October 25

Breakfast

Ham & Cheese Biscuit (WG)
 Fresh Fruit
 Milk

Lunch

Beef Steak Nuggets
 Sweet Potato Fries
 Dinner Roll (WG)
 Fruit Variety
 Milk

Thursday, October 26

Breakfast

Breakfast Pizza (WG)
 Fruit cup
 Milk

Lunch

Chicken Tenders
 Seasoned Green Beans
 Fresh Fruit
 Milk

Friday, October 27



No School Today

Monday, October 30

Breakfast

French Toast Mini (WG)
 Fruit cup
 Milk

Lunch

Chicken Nuggets
 Baked Beans
 Oven Baked Fries
 Fresh Fruit
 Milk

Tuesday, October 31

Breakfast

Cereal (WG)
 Fresh Fruit
 Fruit Juice
 Milk

Lunch

Grilled Cheese Sand. (WG)
 Garden Salad
 Fruit Variety
 Milk

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!

