

# Menus for OCTOBER 2023



Waverly High School, School District 145  
 This institution is an equal opportunity provider.

## 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!

Take at least ONE

FRUIT or VEGGIE

and at least THREE

items total so your meal counts as a complete lunch!

**Monday, October 2**

**Breakfast**  
 Pancake Bites 37g & Cereal Bowl, Fruit, 100% Juice Milk

**Lunch**  
 Chef's Choice

**Tuesday, October 3**

**Breakfast**  
 Maple Waffle 30g & Cereal Bowl, Fruit, 100% Juice Milk

**Lunch**  
 Calzone Pepperoni 33g  
 Nacho Dorito Chip

**Wed, October 4**

**Breakfast**  
 Maple Sausage Breakfast Sandwich 19g and/or Cereal Bowl  
 Fruit, 100% Juice, Milk

**Lunch**  
**"NEW"**  
 Waffle Chicken Sandwich 48g  
 Whole Grain Chip

**Thursday, October 5**

**Breakfast**  
 Breakfast Pizza - 23g And/or Cereal Bowl  
 Fruit, 100% Juice, Milk

**Lunch**  
 Hamburger - 26g  
 Fries - 18g

**Friday, October 6**

**Breakfast**  
 Blueberry Waffle 30g & Cereal Bowl, Fruit, 100% Juice Milk

**Lunch**  
 Sweet Chili Thai Pork 16g  
 Served over Coconut Rice 36.2g  
 Dinner roll 20g

TAKE YOUR HEALTH TO THE NEXT LEVEL

LEVEL UP

With School Lunch!

JOIN US FOR NATIONAL SCHOOL LUNCH WEEK

OCTOBER 9-13, 2023

**Monday, October 9**

**Breakfast**  
 Strawberry Waffle 30g & Cereal Bowl, Fruit, 100% Juice Milk

**Lunch**  
 Corndog 30g & Seasoned Spicy Fries - 20g

**Tuesday, October 10**

**Breakfast**  
 French Toast Sticks 38g & Cereal Bowl Fruit, 100% Juice, Milk

**Lunch**  
 Softshell Chicken Taco 54g  
 Spanish Rice 38g & Dorito Chips  
 Sour Cream/Salsa

**Wed, October 11**

**Breakfast**  
 Maple Sausage Breakfast Sandwich 19g and/or Cereal Bowl  
 Fruit, 100% Juice, Milk

**Lunch**  
 Breaded Chicken Sandwich 33g  
 Fries 34g

**Thursday, October 12**

**Breakfast**  
 WG Cinni Minnis - 35g And/or Cereal Bowl  
 Fruit, 100% Juice, Milk

**Lunch**  
 Ham & Cheese Quiche 11g  
 Mini Donuts - 41g

**Friday, October 13**

**Breakfast**  
 Mini Waffles - 35g & Cereal Bowl Fruit, 100% Juice, Milk

**Lunch**  
 Country Fried Steak 19g  
 Mashed Potatoes 34g  
 Peppered Gravy 24g  
 Dinner Rolls (2) 20g each

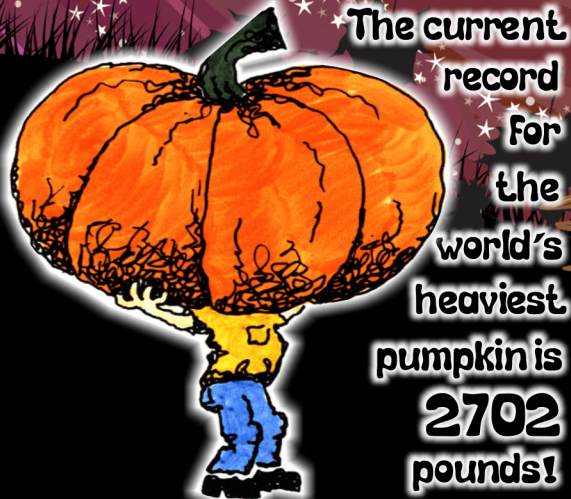
# OCTOBER

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.



The current record for the world's heaviest pumpkin is **2702 pounds!**

**Monday, October 16**

**No School**

**Tuesday, October 17**

**No School**

**Wed, October 18**

**Breakfast**  
Blueberry Waffle 30g & Cereal Bowl, Fruit, 100% Juice Milk

**Lunch**  
General Tso's Grilled Chicken Sandwich 28.5g  
Coleslaw 9g  
Sour Cream & Chive Wedges 25g

**Thursday, October 19**

**Breakfast**  
Maple Sausage Breakfast Sandwich 19g and/or Cereal Bowl  
Fruit, 100% Juice, Milk

**Lunch**  
Rotini & Meat Sauce 82g  
Cheese Breadstick 25g

**Friday, October 20**

**Breakfast**  
Strawberry Waffle 30g & Cereal Bowl, Fruit, 100% Juice Milk

**Lunch**  
Home-style "Viking" Cheese Pizza 33g  
WG Cookie  
Fresh Fruit, Fresh Vegetable Milk

**Monday, October 23**

**Breakfast**  
Pancake Bites 37g & Cereal Bowl, Fruit, 100% Juice Milk

**Lunch**  
Popcorn Chicken 19g  
Dipping Sauce  
Dinner Roll 20g  
WG Chip

**Tuesday, October 24**

**Breakfast**  
Maple Waffle 30g & Cereal Bowl, Fruit, 100% Juice Milk

**Lunch**  
Hot Dog 29g  
Sour Cream & Chive Potato Wedges 25g

**Wed, October 25**

**Breakfast**  
Maple Sausage Breakfast Sandwich 19g and/or Cereal Bowl  
Fruit, 100% Juice, Milk

**Lunch**  
Waffles 31.1g & Sausage Patties 0g  
Granola Bar 19g

**Thursday, October 26**

**Breakfast**  
Breakfast Pizza - 23g  
And/or Cereal Bowl  
Fruit, 100% Juice, Milk

**Lunch**  
Turkey 12g  
Mashed Potatoes  
Gravy 34g  
2-Dinner Roll (20g each)

**Friday, October 27**

**Breakfast**  
Blueberry Waffle 30g & Cereal Bowl, Fruit, 100% Juice Milk

**Lunch**  
Chef's Choice

**Monday, October 30**

**Breakfast**  
Strawberry Waffle 30g & Cereal Bowl, Fruit, 100% Juice Milk

**Lunch**  
Orange Chicken 19g  
Seasoned Rice 38g  
Egg Roll 21g  
Soy sauce  
Fresh Fruit, Fresh Vegetable

**Tuesday, October 31**

**Breakfast**  
French Toast Sticks 38g & Cereal Bowl, Fruit, 100% Juice, Milk

**Lunch**  
"NEW"  
Donut Sandwich 30g (Ham, cheese & lettuce)  
Seasoned Spicy Fries – 20g  
WG Chip  
Mini Chocolate chip cookies 25g

## 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!

