

Menus for OCTOBER 2023



Waverly Middle 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!

