


SPRINGVILLE UNION SCHOOL DISTRICT

HOME OF THE SPARTANS

LUNCH MENU – OCTOBER 2018

SUBJECT TO CHANGE WITHOUT NOTICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Totally Taco Quesadilla Ranch Beans Tossed Green Salad Baby Carrots Banana	2 Chicken Strips Crinkle Fries w/ketchup Broccoli Coleslaw Diced Peaches	3 #Sliced Baked Ham Whole Grain Waffle Maple Syrup Sweet Potatoes Applesauce	4 Orange Chicken Steamed Brown Rice Mixed Veggies & Broccoli Orange Slices	5 Pizza Pocket Ranch Dip Corn on the Cob Cinnamon Apples
8 PROFESSIONAL DAY NO STUDENTS	9 Chicken Taquitos Shredded Cabbage Guacamole Sauce Refried Beans Pear	10 Bean and Cheese Burrito Salsa Broccoli & Cauliflower Florets Diced Peaches	11 Fish Sticks & Tartar Sauce Coleslaw Vegetarian Beans Fish Crackers Orange Slices	12 Cheese Sticks Rom Tom & Spinach Salad Ranch Dressing Fruit Cocktail
15 #Pancake & Sausage Wrap Maple Syrup Waffle Fries with Ketchup Orange Slices	16 *Chicken Fajitas W/G Tortilla Bell Peppers, Onions Steamed Corn Rice & Beans Churro	17 "The Untrustable" Peanut Butter & Grape Jelly Baby Carrots & Celery Sticks Ranch Dip Garbanzo Beans	18 Roast Turkey w/ Gravy Mashed Potatoes Corn on the Cob Hot Roll Cinnamon Apples	19 Pepperoni Pizza Baked Broccoli & Cauliflower Ranch Dressing Fruit Medley
22 Chicken Nuggets Tater Coins with Ketchup Carrots & Celery Sticks Ranch Dip Banana	23 Turkey Wrap Deli Smoked Turkey Cheese, Lettuce, Tomatoes Ranch Dip Orange Wedges	24 Chicken Enchilada Rice Refried Beans Rom Tom & Spinach Salad Raisels	25 *Hot Dog on a Whole Grain Bun Crinkle Fries with Ketchup Steamed Corn Apple	26 Cheese Pizza Corn on the Cob Cauliflower Florets Ranch Dip Diced Pears
29 Nachos Corn Chips Shredded Lettuce Diced tomatoes Refried Beans Red Apple	30 *Pasta with Marinara and meat sauce Garden Salad w/ Dressing Steamed Corn Bread stick Diced Peaches	31 Chicken Sand Witch Frankenstein Fries with Ketchup Count Dracula Carrot & Celery Sticks Vanilla Graham Fruity Bat Medley	 <p>HAPPY HALLOWEEN! BE SAFE Check all Your Goodies At Home.</p>	

CHOICE OF 1% UNFLAVORED OR NONFAT MILK SERVED DAILY
 ALL DIPS, DRESSINGS, AND SAUCES ARE LOW FAT. COMMENTS WILL BE SERVED WITH APPROPRIATE MENU ITEMS.
 ALL BREADS AND PASTAS ARE WHOLE GRAIN. *CONTAINS BEEF MEAT #CONTAINS PORK MEAT
 The U.S.D.A. and S.U.S.D. are equal opportunity providers.

HARVEST OF THE MONTH

Fruit: Tomatoes

Vegetables: Squash

Other fruits and vegetables available during Autumn/Winter seasons are:

Apples

Asian Pears

Pears

Persimmons

Pomegranates

Escarole

Lettuce

Sprouts

Pumpkins

Circle all the fresh fruit on the menu.

Don't forget to try a NEW vegetable.



GET HEALTHY AND GET MOVING

EAT HEALTHY

Try a healthy snack; like a handful of nuts or fruit.

GET ACTIVE

While kids can always run around in their backyards, sometimes the weather doesn't cooperate. If a family still wants to integrate movement and exercise into their everyday lives, there are plenty of quick—and fun—exercises that can be done right in your living room. Try any one of these of the list:

Headstands: A great activity for your core muscles and to get blood going to the brain.

Balloon ball: There are endless ways to play with balloons indoors. Try to keep it off the ground or just play catch.

Wheelbarrow, crab and bear-walk races: Holding one of these tough positions gives you a real workout.

Animal races: Hop like a bunny or frog, squat and waddle like a duck, etc

TAKE ACTION

Make sure to get permission from your parents. Be the first one to ask about playing indoors.

