

MENUS FOR OCTOBER 2016



Prince George's County Elementary Schools (K-8)

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

Available Daily

Garden Salad w/Fresh Tomatoes Offered w/Reduced Fat Dressing
Seasonal Fresh Fruit Bowl and Fruit Cup
100% Fruit Juice is offered on Tuesday and Thursday
+Item is Meatless
*Item Contains Pork
*Item Contains Beef
*Item Contains Turkey

Full student lunch includes choice of entrée (meat/meat alternate w/a grain accompaniment), up to two vegetables, a choice of one fruit, and a choice of one milk. Students will be offered an additional grain item with the cold Deli Sandwiches.

Monday, October 3

Entrée Choices

Fiesta Bean Pizza+
Turkey Bacon Club Wrap²
PB & J Sandwich & Cheese Stick+
Chicken Fajita Salad Platter & Grain

Sides

Steamed California Blend Vegetables
Cucumber & Tomato Salad
Rips - Frozen Fruit Slushy



JUST WHAT THE DOCTOR ORDERED.

Experts urge that we eat 5-9 servings of fruits and vegetables every day - and a growing number of American doctors are putting that advice in writing by actually prescribing fruits and vegetables for their patients.

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

Tuesday, October 4

Entrée Choices

Teriyaki Beef Bites¹ w/Steamed Rice
Tuna Salad Sandwich
PB & J Sandwich & Cheese Stick+
Chef Salad Platter² & Grain

Sides

Steamed Carrots
Steamed Edamame (Soybeans)
Orange Smiles

Wednesday, October 5

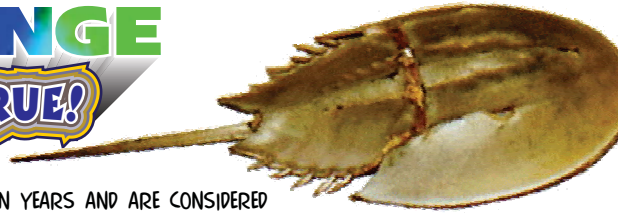
Entrée Choices

Spaghetti & Meat Sauce¹ & Garlic Breadstick
Fiesta Chicken & Cheese Wrap
PB & J Sandwich & Cheese Stick+
Tuna Salad Platter & Grain

Sides

Steamed Broccoli
Steamed Mixed Vegetables
Mixed Fruit

STRANGE BUT TRUE!



HORSESHOE CRABS HAVE EXISTED FOR 450 MILLION YEARS AND ARE CONSIDERED TO BE **LIVING FOSSILS!** THEY AREN'T REALLY CRABS, OR EVEN CRUSTACEANS - THEY'RE RELATED TO **SPIDERS!** HORSESHOE CRABS HAVE BEEN OVERFISHED FOR USE AS BAIT AND FERTILIZER, BUT THEY MIGHT BE MISSED: TURNS OUT THAT AT LEAST ONE SPECIES OF ENDANGERED MIGRATING SHORE BIRD TIMES ITS TRIP TO **EXACTLY** WHEN THE HORSESHOE CRABS' NUTRIENT-RICH EGGS ARE AVAILABLE TO FUEL ITS LONG-DISTANCE FLIGHT. NO CRABS, NO EGGS, **NO BIRDS.** AND, **OH YEAH,** IT ALSO TURNS OUT THE CRABS' **BLUE BLOOD** CONTAINS A SUBSTANCE THAT IS INCREDIBLY USEFUL IN MEDICAL APPLICATIONS FOR US HUMANS, TOO. **MIGHT BE GOOD** IF THEY STUCK AROUND AWHILE!

Thursday, October 6

Entrée Choices

Fiesta Nachos¹
Turkey & Cheese Sandwich
PB & J Sandwich & Cheese Stick+
Fiesta Chicken Salad Platter & Grain

Sides

Steamed Sweet Corn
Refried Beans
Mandarin Oranges

Friday, October 7

Entrée Choices

Eggo Pancakes+ & Pork Sausage*
Turkey Italian Cold Cut Sub
PB & J Sandwich & Cheese Stick+
Cheese & Veggie Salad Platter & Grain

Sides

Tater Tots
Celery & Carrot Sticks w/Dip
Applesauce



JOIN US FOR NATIONAL SCHOOL LUNCH WEEK
OCTOBER 10-14, 2016

Monday, October 10

Entrée Choices

Oven Fried Chicken w/Steamed Rice
Turkey Bacon Club Wrap²
PB & J Sandwich & Cheese Stick+
Chicken Fajita Salad Platter & Grain

Sides

Cajun Red Beans
Steamed Collard Greens
Orange Smiles

Tuesday, October 11

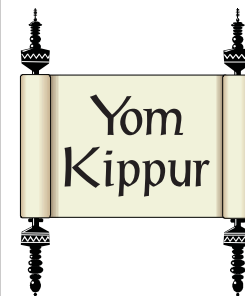
Entrée Choices

Cheesy Pull Apart+ w/Marinara Dip
Chicken Salad Sandwich
PB & J Sandwich & Cheese Stick+
Chef Salad Platter² & Grain

Sides

Steamed Sweet Corn
Fresh Broccoli Florets w/Dip
Fresh Pear

Wednesday, October 12



No School Today

Thursday, October 13

Entrée Choices

Soft Shell Taco¹
Turkey & Cheese Sandwich
PB & J Sandwich & Cheese Stick+
Fiesta Chicken Salad Platter & Grain

Sides

Steamed Mixed Vegetables
Baked Plantains
Diced Pears

Tuesday, October 14

Entrée Choices

Macaroni & Cheese+ w/Fish Nuggets
Turkey Italian Cold Cut Sub
PB & J Sandwich & Cheese Stick+
Cheese & Veggie Salad Platter+ & Grain

Sides

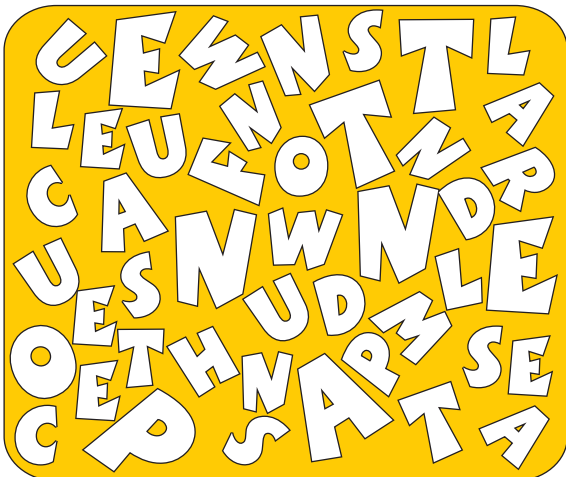
Steamed Peas & Carrots
Steamed Green Beans
Apple Crisp



What food isn't so nutty after all?

Nuts and seeds are an incredible snack, full of protein, fiber, and great taste! But one popular treat that you might think belongs with the nuts on this list isn't really a nut at all. To discover the answer, find and color all of the letters in each word on the list, and then unscramble the leftover letters to learn the name of the nutty food that's not really a nut!

Walnut Pecan Almond
Chestnut Sunflower Seeds



ANSWER: _____

These "nuts" are actually a "legume" or type of bean. They contain more protein than true nuts, plus lots of vitamins, minerals, and fiber. So whatever you call them, go ahead and go nuts!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, October 17

Entrée Choices
4x6 Cheese Pizza+
Turkey Bacon Club Wrap²
PB & J Sandwich & Cheese Stick+
Chicken Fajita Salad Platter & Grain

Sides
Steamed Broccoli
Steamed Peas & Carrots
Diced Pears

VEGETABLE OF THE MONTH

Cauliflower

Cauliflower loses some of its fantastic nutrients when it's boiled. Instead, steam it or cut it into small florets and roast it in the oven sprinkled with a little olive oil and salt.

Tuesday, October 18

Entrée Choices
Roasted BBQ Chicken & Vegetable Rice Pilaf
Tuna Salad Sandwich
PB & J Sandwich & Cheese Stick+
Chef Salad Platter² & Grain

Sides
Baked Plantains
Coleslaw
Orange Smiles

Wednesday, October 19

Entrée Choices
Turkey Corn Dog Nuggets
Fiesta Chicken & Cheese Wrap
PB & J Sandwich & Cheese Stick+
Tuna Salad Platter & Grain

Sides
Vegetarian Baked Beans
Steamed California Blend Vegetables
Mixed Fruit

Thursday, October 20

Entrée Choices
Café Burger¹
Turkey & Cheese Sandwich
PB & J Sandwich & Cheese Stick+
Fiesta Chicken Salad Platter & Grain

Sides
Crinkle Cut Fries
Tuscan Kale Salad
Mandarin Oranges

Friday, October 21

No School Today

MSEA Convention

Monday, October 24

Entrée Choices
Cheese Calzonettes+ w/Marinara Dip
Turkey Bacon Club Wrap²
PB & J Sandwich & Cheese Stick+
Chicken Fajita Salad Platter & Grain

Sides
Steamed Broccoli
Steamed Carrots
Orange Smiles

Word of the Month

tol·er·ance

n. 1. willingness to recognize and respect the beliefs or practices of others 2. understanding of those who are different from oneself

Tuesday, October 25

Entrée Choices
Stuffed Crust Cheese Pizza+
Chicken Salad Sandwich
PB & J Sandwich & Cheese Stick+
Chef Salad Platter² & Grain

Sides
Steamed California Blend Vegetables
Celery Sticks & Dip
Fresh Pear

Wednesday, October 26

Entrée Choices
Fiesta Nachos¹
Turkey Ham & Cheese Sandwich
PB & J Sandwich & Cheese Stick+
Chicken Salad Platter & Grain

Sides
Refried Beans
Steamed Sweet Corn
Applesauce

Thursday, October 27

Entrée Choices
Teriyaki Beef Bites¹ w/Steamed Rice
Turkey & Cheese Sandwich
PB & J Sandwich & Cheese Stick+
Fiesta Chicken Salad Platter & Grain

Sides
Sweet Potato Fries
Cole Slaw
Diced Pears

Friday, October 28

Entrée Choices
Cinnamon French Toast Sticks+ & Pork* Sausage
Turkey Italian Cold Cut Sub
PB & J Sandwich & Cheese Stick+
Cheese & Veggie Salad Platter+ & Grain

Sides
Tater Tots
Carrots Sticks w/Dip
Hot Cinnamon Apples

Monday, October 31

No School Today

Professional Day for Our Teachers