

Artificial
Ingredients,
Additives,
Preservatives

High-Fructose
Corn Syrup

Fried Foods
Mystery Meats

ALWAYS fresh
NEVER frozen

4-Star Schod
Lunch Provider!



October. Lunch. Greenbay.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Mini Hamburgers Veggies- 1/4 cup Fruit- 1/4 cup Milk- 1 cup	2 4 star Mac & cheese -4 oz. Veggies-1/4 Cup Fruit-1/4 Cup Mil -1 cup	3 Chicken Tender Veggies- 1/4 cup Fruit- 1/4 cup Milk- 1 cup	4 No School
7 Baked Chicken Nuggets -2 each Veggies- 1/4 cup Fruit- 1/4 cup Milk- 1 cup	8 Mini Hamburgers Veggies- 1/4 cup Fruit- 1/4 cup Milk- 1 cup	9 4 star Mac & cheese -4 oz. Veggies-1/4 Cup Fruit-1/4 Cup Mil -1 cup	10 Chicken Tender Veggies- 1/4 cup Fruit- 1/4 cup Milk- 1 cup	11 Ham & Cheese Wraps Veggies-1/4 Cup Fruit- 1/4 Cup Milk - 1 cup
14 Columbus Day No School	15 Mini Hamburgers Veggies- 1/4 cup Fruit- 1/4 cup Milk- 1 cup	16 4 star Mac & cheese -4 oz. Veggies-1/4 Cup Fruit-1/4 Cup Mil -1 cup	17 Chicken Tenders Veggies- 1/4 cup Fruit- 1/4 cup Milk- 1 cup	18 Ham & Cheese Wraps Veggies-1/4 Cup Fruit- 1/4 Cup Milk - 1 cup
21 Baked Chicken Nuggets - 4 each Veggies- 1/4 cup Fruit- 1/4 cup Milk- 1 cup	22 Mini Hamburgers Veggies- 1/4 cup Fruit- 1/4 cup Milk- 1 cup	23 4 star Mac & cheese -4 oz. Veggies-1/4 Cup Fruit-1/4 Cup Mil -1 cup	24 Sack Lunches (Turkey & Cheese Sandwich, Fruit & Milk)	25 No School
28 Baked Chicken Nuggets Veggies- 1/4 cup Fruit- 1/4 cup Milk- 1 cup	29 Mini Hamburgers Veggies- 1/4 cup Fruit- 1/4 cup Milk- 1 cup	30 4 star Mac & cheese -4 oz. Veggies-1/4 Cup Fruit-1/4 Cup Mil -1 cup	31 Chicken Tenders Veggies- 1/4 cup Fruit- 1/4 cup Milk- 1 cup	

Note:
100% juice is
consider a Fruit
Component



Pumpkin Facts:
-Pumpkin Is a
Fruit, Not a
Vegetable

-90% of
pumpkin is water

-Over 1 billion
pounds of
pumpkin are
produced in the
USA every year.

