

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



**1**  
Chicken Nuggets with Brown Rice  
Peppi Salad/WG Roll  
Chicken Sandwich  
Hamburger

**2**  
Teriyaki Chicken with Brown Rice  
Chef Salad/WG Roll  
Chicken Sandwich  
Pepperoni Pizza

**3**  
Chili Fritos  
Crispy Chicken Salad with Whole Grain Roll  
Chicken Sandwich  
Hamburger

**4**  
BBQ Beef Sandwich  
Cobb Salad with Whole Grain Roll  
Chicken Sandwich  
Cheese Pizza

Please join us for a No Cost Breakfast for all Students October 7 through October 10th

**7**  
Turkey Hot Dog  
Chef Salad with Whole Grain Roll  
Chicken Sandwich  
Cheese Pizza

**8**  
Chicken Nuggets with Brown Rice  
Egg Salad Sandwich  
Chicken Sandwich  
Hamburger

**9**  
Cheesy Nachos  
Chef Salad with Whole Grain Roll  
Chicken Sandwich  
Pepperoni Pizza

**10**  
Sloppy Joe  
Crispy Chicken Salad with Whole Grain Roll  
Chicken Sandwich  
Hamburger

**11**  
No School  
K-12

Breakfast Prices: Student: \$1.25, Reduced: Free, Adult: \$2.25, Milk: \$.55.

**14**  
Beef Soft Taco  
Chef Salad with Whole Grain Roll  
Chicken Sandwich  
Cheese Pizza

**15**  
Chicken Nuggets with Brown Rice  
Peppi Salad/WG Roll  
Chicken Sandwich  
Hamburger

**16**  
Breakfast for Lunch  
French Toast Sticks & Sausage  
Chef Salad/WG Roll  
Chicken Sandwich  
Pepperoni Pizza

**17**  
Turkey Gravy/WG Roll  
Mashed Potatoes  
Crispy Chicken Salad  
Chicken Sandwich  
Hamburger

**18**  
BBQ Chicken Sandwich  
Cobb Salad  
Whole Grain Roll  
Chicken Sandwich  
Cheese Pizza

Lunch Prices: Student: \$2.50, Reduced k-3: Free, Reduced 4-5: \$.40. Adult: \$3.50, Milk: \$.55.

**21**  
Beefy Nachos  
Chef Salad with Whole Grain Roll  
Chicken Sandwich  
Cheese Pizza

**22**  
Chicken Nuggets with Brown Rice  
Egg Salad Sandwich  
Chicken Sandwich  
Hamburger

**23**  
Teriyaki Beef Dippers with Brown Rice  
Chef Salad/WG Roll  
Chicken Sandwich  
Pepperoni Pizza

**24**  
Bean and Cheese Enchiladas  
Crispy Chicken Salad with Whole Grain Roll  
Chicken Sandwich  
Hamburger

**25**  
No School  
K-12

Students are offered up to 6 different Vegetables and Fruits each day to finish their plate. This months Fresh Pick is Washington Apples

**28**  
Chicken Soft Taco  
Chef Salad with Whole Grain Roll  
Chicken Sandwich  
Cheese Pizza

**29**  
Chicken Nuggets with Brown Rice  
Peppi Salad/WG Roll  
Chicken Sandwich  
Hamburger

**30**  
Teriyaki Chicken with Brown Rice  
Chef Salad/WG Roll  
Chicken Sandwich  
Pepperoni Pizza

**31**  
Chicken Taco Soup  
Crispy Chicken Salad with Whole Grain Roll  
Chicken Sandwich  
Hamburger



## Is Snacking Allowed?

The answer is, "that depends". Snacking can be a part of a very healthy diet and it can be essential too. The average meal takes about 4 to 5 hours to digest, so if more than 5 hours will pass between meals, then planning a sensible snack makes sense to hold you over until your next meal. For some people they prefer to eat smaller meals more often. In this case, they may need snacks to satisfy their appetite from one meal to another. The challenge with snacking is when it is mindless and excessive. Americans in general have a bad habit of mindless eating, which essentially means that we eat because it's fun, it's social, we're bored, we're distracted, and the list goes on. It's important to plan for snacks so that we don't overeat, make sure students are not indulging in snacks that are laden with hidden fats and sugars and promote

snacks and beverages that will maximize their performance. For school foodservice this means finding ways to expedite students through the lines, making healthier choices the easier choices and making sure that we are maximizing the opportunities to reduce sources of extra sugars, sodium and saturated fats in the foods offered. School foodservice promotes eating a completely balanced meal and selecting snacks that meet strict nutritional guidelines. For some students with higher than normal calorie or energy needs, snacks can provide a healthful source of extra calories. For more information on our snacks and beverages and/or the soon to be implemented "competitive food guidelines" from USDA, please contact your foodservice manager.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

[www.liftoffplayground.com](http://www.liftoffplayground.com)

## BREAKFAST

Ultimate Breakfast Round & Low Sugar WG Cereals with WG Toast offered daily along with Fresh and Canned Fruit

**MONDAY:** WG Pancakes with Hot Cinnamon Apples

**TUESDAY:** Breakfast Pizza

**WEDNESDAY:** Waffles or Oatmeal

**THURSDAY:** Pancake Sausage Stick

**FRIDAY:** French Toast Sticks

Join us the week of October 7th to the 10th for No Cost Student Breakfast

### *Fresh Pick Recipe*

#### APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.



### From The Garden Fresh Salad Bar

Everyday Kennewick Nutrition Services offers a variety of fruits and vegetables that every student can choose from to finish building their plate: They will find, salad mix, baby carrots, a dark green veggie such as broccoli or spinach, a rotation of green beans, peas, corn and healthful legumes such as black beans and garbonzo beans. A variety of canned fruit, fresh apples, bananas and oranges.

