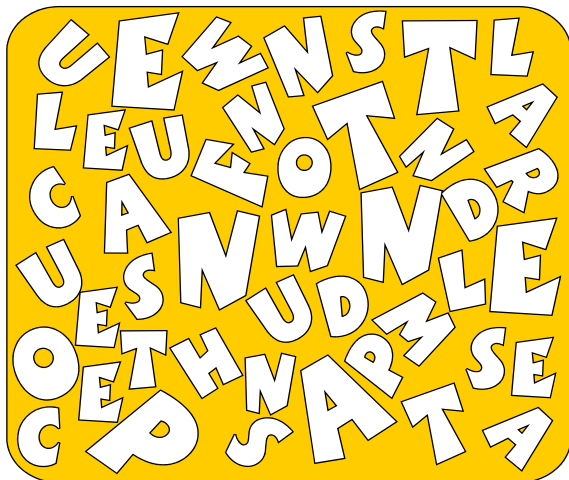


What food isn't so nutty after all?

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

Chicken Nuggets
Or
Egg Roll with
Nuggets both with
Rice

Steamed Broccoli
Applesauce
Orange Juice
Milk

Tuesday, October 18

BB-Q Pork Hoagie
Or
Corn Dog

Lattice Cut
Sweet Potato
Green Beans
Mixed Fruit
Pineapple Chunks
Milk

Wednesday, Oct. 19

Chicken Taquitos
Or Chicken
Quesadilla both
with Salsa

Refried Beans
Baby Carrots
with Ranch
Fresh Apple
Milk

Thursday, Oct. 20

Chicken Fried Beef
Fingers with Roll
Or
Cheese Burger

Mashed Potatoes
Gravy
Winter Mix
Diced Peaches
Milk

Friday, October 21

Pizza
or
Corn

Fresh Apple
Diced Pears
Snicker Doodle
Cookie
Milk

Monday, October 24

Corn Dog
or
BB-Q Pork Hoagie

Baked Beans
Lattice Cut Sweet
Potatoes
Apple Juice
Milk

Tuesday, October 25

Cheese Burger
Or
Popcorn Chicken

KK Fries
Green Beans
Banana
Milk

Wednesday, Oct. 26

Teriyaki Chicken
or
Chicken Fried Beef
Fingers
both with Rice
Fresh Broccoli
With Ranch
Mandarin
Oranges
Applesauce
Milk

Thursday, October 27

Beef -N-Bean
Tacos with Salsa
or
Pizza Stick
Romaine Salad
Fresh Pears
Orange Juice
Milk

Friday, October 28

Breaded Chicken
Sandwich
Or Pretzel
with Cheese

Corn
Diced Peaches
Strawberry Cup
Milk

Monday, October 31

Honey BB-Q Pork
Nuggets
Or Popcorn
Chicken both with
Rice
Green Beans
Fresh Apple
Mixed Fruit
Snicker Doodle
Cookie
Milk

OUR NATION'S HISTORY



**NATIONAL
PARK
SERVICE**

This year, the United States National Park Service turns 100 years old. Two years later, Yellowstone became our first official national park when the Army turned management of the park over to the new National Park Service in October 1918. The poster to the right is an ad from the 1920's for railroad trips to Yellowstone to see the new park's amazing geysers and plentiful wildlife. In 2015, over 4 million people visited Yellowstone and, for the first time, visitors to all 400+ Park Service sites topped 300 million!



**YELLOWSTONE
NATIONAL PARK**

UNION PACIFIC

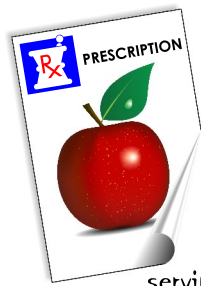
WITH LIBERTY & JUSTICE FOR ALL

Menus for October 2016



KPBSD Middle School

This institution is an equal opportunity provider.



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!



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

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!



Monday, October 3

Pork Nuggets
Or
Popcorn Chicken
both with WG Rice
Fresh Apple
Green Beans
Mixed Fruit
Snicker Doodle
Cookie
Milk

Tuesday, October 4

BB-Q Pulled Pork
Sandwich
or
Chicken Nuggets

Jo-Jo's
Fresh Pear
Baked Beans
Milk

Wednesday, Oct. 5

French Toast
with Sausage
Or
Ham N Cheese
Hoagie

Tater Tots
Strawberry Cup
Apple Juice
Milk

Thursday, October 6

Manwich Sloppy
Joe
or
Pizza Sticks

Spinach Salad
with Garlic Toast
Fresh Oranges
Apple Juice
Milk

Friday, October 7

Baja Fish Sticks
Or
Corn Dogs
Fresh Broccoli
Baby Carrots with
Hummus Dip
Triple Berry Blend
Goldfish Pretzel
Milk

Monday, October 10

Pretzel with
Cheese
or
Ham N Cheese
Hoagie
Green Beans
Fresh Apple
Orange Juice
Bunny Grahams
Milk

Tuesday, October 11

Fiesta Bowl with
Tortilla or
Chicken Taquitos
and
Salsa

Diced Peaches
Refried Beans
Apple Juice
Milk

Wednesday, Oct. 12

Egg Roll with
Nuggets
or
Honey BB-Q pork
nuggets both
With Fried Rice
Fresh Broccoli
Hummus Dip
Pineapple Chunks
Applesauce
Milk

Thursday, October 13

Bosco Cheese
Stick with Dipping
Sauce
or
Popcorn Chicken

Romaine Salad
with Dressing
Banana
Apple Juice
Milk

Friday, October 14

Corn Dog
Or
Chicken Nuggets

Corn
Mixed Fruit
Baby Carrots
Waffle Graham
Milk