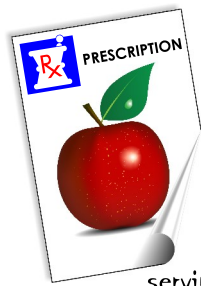


# Menus for October 2016



KPBSD K-12 Schools / Chapman 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 with  
WG Rice

Fresh Apple  
Green Beans  
Mixed Fruit  
Snicker Doodle  
Cookie  
Milk

### Tuesday, October 4

BB-Q Pulled Pork  
Sandwich

Jo-Jo's  
Fresh Pear  
Baked Beans  
Milk

### Wednesday, Oct. 5

French Toast  
with Sausage

Tater Tots  
Strawberry Cup  
Apple Juice  
Milk

### Thursday, October 6

Manwich Sloppy  
Joe

Spinach Salad  
Fresh Oranges  
Apple Juice  
Milk

### Friday, October 7

Baja Fish Sticks

Fresh Broccoli  
Baby Carrots with  
Hummus Dip  
Triple Berry Blend  
Goldfish Pretzel  
Milk

### Monday, October 10

Pretzel with  
Cheese

Green Beans  
Fresh Apple  
Orange Juice  
Bunny Grahams  
Milk

### Tuesday, October 11

Fiesta Bowl with  
Tortilla and  
Salsa

Diced Peaches  
Refried Beans  
Apple Juice  
Milk

### Wednesday, Oct. 12

Egg Roll  
With Fried Rice

Fresh Broccoli  
Hummus Dip  
Pineapple Chunks  
Applesauce  
Milk

### Thursday, October 13

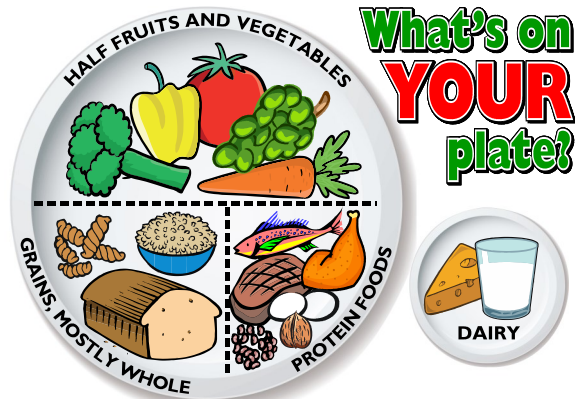
Vegetarian Chili  
with Garlic Toast

Romaine Salad  
with Dressing  
Banana  
Apple Juice  
Milk

### Friday, October 14

Corn Dog

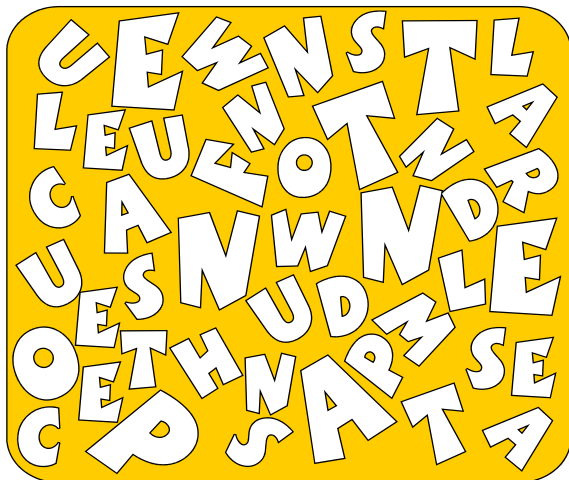
Corn  
Mixed Fruit  
Baby Carrots  
Waffle Graham  
Milk



## 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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**Monday, October 17**

Chicken Nuggets  
With Rice

Steamed Broccoli  
Applesauce  
Orange Juice  
Milk

**Tuesday, October 18**

BB-Q Pork Hoagie

Lattice Cut  
Sweet Potato  
Green Beans  
Mixed Fruit  
Pineapple Chunks  
Milk

**Wednesday, Oct. 19**

Chicken Taquitos  
With Salsa

Refried Beans  
Baby Carrots  
with Ranch  
Fresh Apple  
Milk

**Thursday, Oct. 20**

Chicken Fried Beef  
Fingers with Roll

Mashed Potatoes  
Gravy  
Winter Mix  
Diced Peaches  
Milk

**Friday, October 21**

Pizza

Corn  
Fresh Apple  
Diced Pears  
Snicker Doodle  
Cookie  
Milk  
Nikolaevsk  
ONLY

**Monday, October 24**

Corn Dog

Baked Beans  
Lattice Cut Sweet  
Potatoes  
Apple Juice  
Milk

**Tuesday, October 25**

Cheese Burger

KK Fries  
Green Beans  
Banana  
Milk

**Wednesday, Oct. 26**

Teriyaki Chicken  
with Rice

Fresh Broccoli  
With Ranch  
Mandarin  
Oranges  
Applesauce  
Milk

**Thursday, October 27**

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

Nikolaevsk  
ONLY

**Friday, October 28**

No School

Conferences

**Monday, October 31**

Honey BB-Q Pork  
Nuggets with  
Rice

Green Beans  
Fresh Apple  
Mixed Fruit  
Snicker Doodle  
Cookie  
Milk

## OUR NATION'S HISTORY



**T**his 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!



WITH LIBERTY & JUSTICE FOR ALL