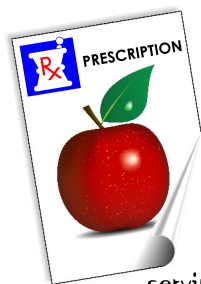


# Menus for October 2016



Moose Pass

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!**

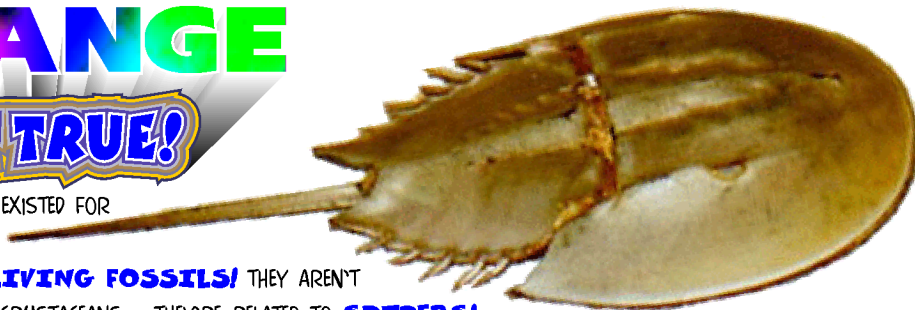
HORSESHOE CRABS HAVE BEEN OVERFISHED FOR USE AS BAIT AND FERTILIZER, BUT THEY MIGHT BE MISSED: TURNS OUT THAT

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

Chicken Nuggets  
w/ Rice

Steamed Broccoli  
Applesauce  
Orange Juice  
Milk

### Tuesday, October 4

BB-Q Pork Ribwich

Cross Cut Sweet  
Potato Fries  
Mixed Fruit  
Pineapple  
Celery Sticks  
Milk

### Wednesday, Oct. 5

Chicken Taquitos

Refried Beans  
Fresh Baby Carrots  
with Ranch  
Fresh Orange  
Milk

### Thursday, October 6

Chicken Fried  
Beef Sticks  
w/ Roll  
Mashed Potato  
w /Gravy  
Winter Mix  
Diced Peaches  
Mixed Fruit  
Milk

### Friday, October 7

Pizza  
  
Corn  
Fresh Apple  
Diced Pears  
Snicker Doodle  
Cookie  
Milk

### Monday, October 10

Corn Dog  
  
Baked Beans  
Lattice Cut Sweet  
Potato Fries  
Applesauce  
Apple Juice  
Milk

### Tuesday, October 11

Cheese Burger  
  
Crinkle Cut Fries  
Green Beans  
Banana  
Milk

### Wednesday, Oct. 12

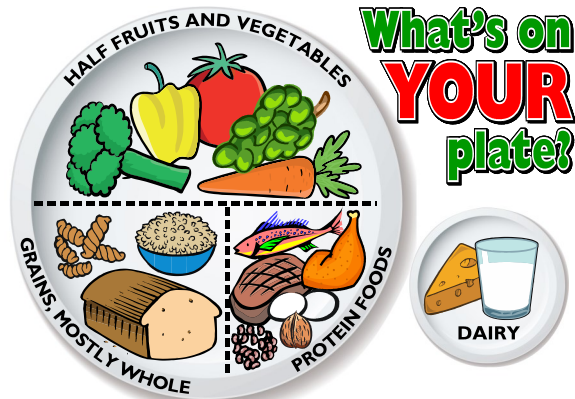
Chicken Drumsticks  
with Rice  
  
Fresh Broccoli w/  
Ranch  
Mandarin Orange  
Apple Juice  
Milk

### Thursday, October 13

French Toast  
With Sausage  
  
Tater Tots  
Strawberry Cups  
Pears  
Milk

### Friday, October 14

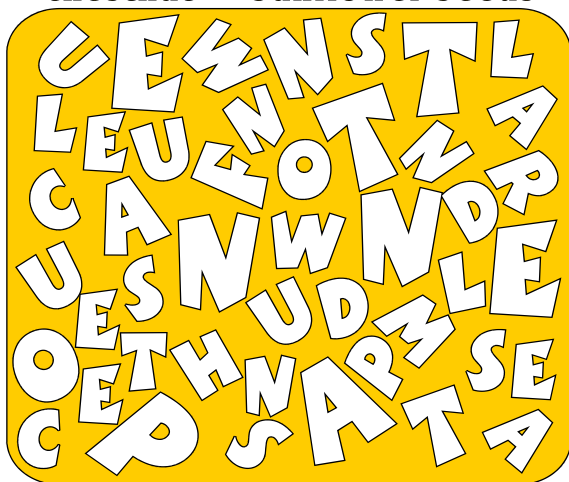
Breaded Chicken  
Sandwich  
  
Corn  
Diced Peaches  
Milk



## 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  
w/ Rice

Steamed Broccoli  
Applesauce  
Orange Juice  
Milk

**Tuesday, October 18**

BB-Q Pork Ribwich

Cross Cut Sweet  
Potato Fries  
Mixed Fruit  
Pineapple  
Celery Sticks  
Milk

**Wednesday, Oct. 19**

Chicken Taquitos

Refried Beans  
Fresh Baby Carrots  
with Ranch  
Fresh Orange  
Milk

**Thursday, Oct. 20**

Chicken Fried Beef  
Fingers with Roll

Mashed Potatoes  
Gravy  
Winter Mix  
Diced Peaches  
Milk

**Friday, October 21**

NO

School

Inservice

**Monday, October 24**

Corn Dog

Baked Beans  
Lattice Cut Sweet  
Potato Fries  
Applesauce  
Apple Juice  
Milk

**Tuesday, October 25**

Cheese Burger

KK Fries  
Green Beans  
Banana  
Milk

**Wednesday, Oct. 26**

Chicken Drummies  
with Rice

Fresh Broccoli w/  
Ranch  
Mandarin Orange  
Apple Juice  
Milk

**Thursday, October 27**

NO

School

Conferences

**Friday, October 28**

NO

School

Conferences

**Monday, October 31**


Chicken Nuggets  
w/ Rice

Steamed Broccoli  
Applesauce  
Orange Juice  
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