

# Menus for October 2019



Nashua Elementary Schools

This institution is an equal opportunity provider.

# 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!

**Available Daily**

Assorted Sandwiches on WG Bread  
(Ham, Turkey, Tuna, SB & J)  
Yogurt Lunch w/WG Bread  
w/g = Whole Grain  
\* Indicates Soy  
Cereal & Toast is w/g

Monday, September 30

**Breakfast**

Cereal & w/g Toast or w/g Breakfast Bun\*  
Fruit, 100% Juice, Milk

**Lunch**

Crispy Chicken Fry's\*  
w/g Dinner Roll  
Salad Bar  
Seasoned Carrots  
Fruit Mix, Milk

Tuesday, October 1

**Breakfast**

Cereal & w/g Toast or Bage!\* w/ Cream Cheese  
Fruit, 100% Juice, Milk

**Lunch**

Hamburger or Cheeseburger\* On A w/g Bun, Salad Bar W/ Carrots & Dip  
Crinkle Cut Fries  
Fresh Kiwi  
100 % Juice, Milk

Wednesday, October 2

**Breakfast**

Cereal & w/g Toast or w/g Blueberry Muffin\*  
Fruit, 100% Juice, Milk

**Lunch**

Crispy Chicken Patty\*  
On A w/g Bun  
Mashed Potatoes  
Green Peas, Salad Bar  
Pineapple Tidbits  
Milk

Thursday, October 3

**Breakfast**

Cereal & w/g Toast or Creamy Yogurt Parfait  
Fruit, 100% Juice, Milk

**Lunch**

W/G French Toast Sticks\*, Sausage Patty  
Crispy Tater Tots  
Salad Bar  
Banana  
100% Juice, Milk

Friday, October 4

**Breakfast**

Cereal & w/g Toast or Cook's Choice  
Fruit, 100% Juice, Milk

**Lunch**

4" Round Cheese Pizza\*  
Salad Bar w/Carrots & Dip  
3-Bean Salad  
Peaches, Milk

**SCHOOL LUNCH**

**SHOW YOUR SPIRIT!**

**JOIN US FOR NATIONAL SCHOOL LUNCH WEEK**

**OCTOBER 7th—11th**

Monday, October 7

**Breakfast**

Cereal & Toast or w/g Chocolate Chip Muffin\*  
Fruit, 100% Juice, Milk

**Lunch**

Breaded Mozzarella Cheese Sticks\* With Dipping Sauce  
Savory Green Beans  
Salad Bar  
Applesauce  
Milk

Tuesday, October 8

**Breakfast**

Cereal & w/g Toast or w/g Breakfast Bar\*  
Fruit, 100% Juice, Milk

**Lunch**

Popcorn Chicken\*  
w/g Garlic Breadstick  
Salad Bar  
Sweet Golden Corn  
Choice Of Fruit  
100% Juice  
Milk

Wednesday, October 9

**Breakfast**

Cereal & w/g Toast or Cook's Choice\*  
Fruit, 100% Juice, Milk

**Lunch**

Chefs Choice  
Salad Bar  
Glazed Carrots Slices  
Crispy Apple  
Milk  
Ice cream Treat

Thursday, October 10

**Breakfast**

Cereal & w/g Toast or Egg & Cheese Sandwich  
Fruit, 100% Juice, Milk

**Lunch**

Nacho Platter Deluxe  
Seasoned Meat\*  
Cheese, Salsa, Lettuce & Tomato, Salad Bar  
Cheesy Refried Beans  
Fresh Kiwi, 100% Juice  
Milk

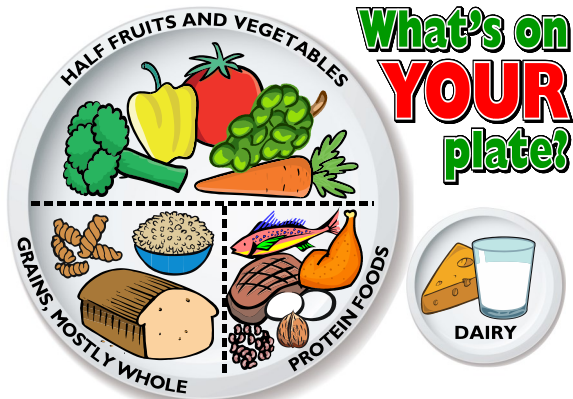
Friday, October 11

**Breakfast**

Cereal & w/g Toast or Cinnamon Roll\*  
Fruit, 100% Juice, Milk

**Lunch**

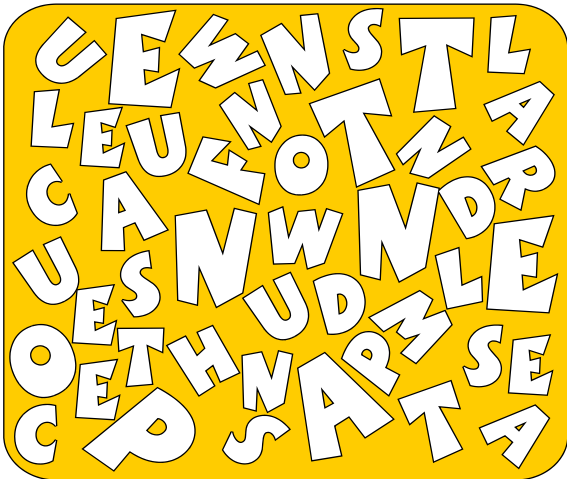
Wedge Sliced Cheese  
Pizza\*  
Salad Bar  
Tangy Broccoli Salad  
Sliced Pears  
Milk



# 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

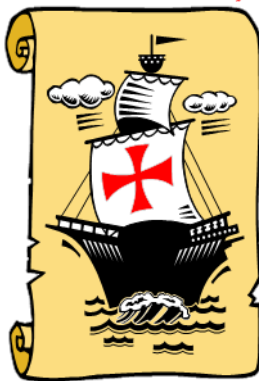


**ANSWER:** \_\_\_\_\_

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)

## Columbus Day



**No School**

Tuesday, October 15

### Breakfast

Cereal & w/g Toast or Cook's Choice Fruit, 100% Juice, Milk

### Lunch

Cheesy Egg & Sausage Patty On A Croissant, Salad Bar Sweet Potato Puffs Mandarin Oranges 100% Juice, Milk

Wednesday, October 16

### Breakfast

Cereal & w/g Toast or Mini Maple Pancakes\* Fruit, 100% Juice, Milk

### Lunch

Cook's Choice Salad Bar Assorted Veggies Choice of Fruit Milk

Thursday, October 17

### Breakfast

Cereal & w/g Toast or Hot Oatmeal Bar Fruit, 100% Juice, Milk

### Lunch

Perfect Sloppy Joe\* On A w/g Bun Shoestring Fries Salad Bar, Peaches 100% Juice, Milk Ice cream Treat

Friday, October 18

### Breakfast

Cereal & w/g Toast or w/g Cinnamon Crumb Cake Fruit, 100% Juice, Milk

### Lunch

French Bread Pizza\* Salad Bar W/ Cucumbers & Dip 3-Bean Salad Applesauce Milk

Monday, October 21

### Breakfast

Cereal & Toast or w/g Apple Muffin\* Fruit, 100% Juice, Milk

### Lunch

Toasted Grilled Cheese Sandwich W/ Or With Out Ham Creamy Tomato Soup Salad Bar Steamed Broccoli Pears, Milk

Tuesday, October 22

### Breakfast

Cereal & w/g Toast or w/g Cinnamon Roll\* Fruit, 100% Juice, Milk

### Lunch

Macaroni & Cheese Savory Green Beans Salad Bar Peaches 100% Juice Milk

Wednesday, October 23

### Breakfast

Cereal & w/g Toast or Bagel w/ Cream Cheese Fruit, 100% Juice, Milk

### Lunch

Chicken Tenders\* Buttered Pasta Salad Bar Seasoned Carrots Granny Smith Apple Milk

**Early Release Day**

Thursday, October 24

### Breakfast

Cereal & w/g Toast or Powerful Yogurt Parfait Fruit, 100% Juice, Milk

### Lunch

W/G Pancakes\* Sausage Patty Crispy Tater Tots Salad Bar Banana, 100% Juice Milk

Friday, October 25

### Breakfast

Cereal & w/g Toast or Cook's Choice Fruit, 100% Juice, Milk

### Lunch

Cheese Pizza Favorites\* Salad Bar W/ Cucumbers Black Bean Salad Choice Of Fruit Milk

Monday, October 28

### Breakfast

Cereal & w/g Toast or w/g Donut Holes\* Fruit, 100% Juice, Milk

### Lunch

Hot Dog On A w/g Roll Baked Beans Golden Corn Salad Bar Pears, Milk

Tuesday, October 29

### Breakfast

Cereal & w/g Toast or w/g Breakfast Bar\* Fruit, 100% Juice, Milk

### Lunch

Pasta w/Meatsauce\* & Cheese, Salad Bar Italian Blend Veggies Orange Wedges 100% Juice Milk

Wednesday, October 30

### Breakfast

Cereal & w/g Toast or w/g Assorted Muffins\* Fruit, 100% Juice, Milk

### Lunch

Hamburger or Cheeseburger\* On A w/g Bun Oven Baked Fries Salad Bar Peaches, Milk

Thursday, October 31

### Breakfast

Cereal & w/g Toast or Egg & Cheese Sandwich Fruit, 100% Juice, Milk

### Lunch

Batty Chicken Nuggets\* w/g Dinner Roll Spooky Salad Bar Jack o' Lantern Fries Apple, 100% Juice Milk, Spooky Sundae

