


# FRUIT

## Cherries




Cherries provide a good amount of fiber and vitamin C, and they're also high in a substance called "melatonin," which bolsters the immune system. Research has also shown that many heart attack victims suffer from low levels of melatonin.

# OF THE MONTH

# GRAIN

## Barley



Barley was one of the first crops grown by man, and it's rich in fiber, vitamins, and minerals. Barley can take the place of rice in many dishes, and can also be eaten as cereal. In winter, barley soup makes a heart-warming treat!

# OF THE MONTH

**Monday, October 16**

**Breakfast**

Sausage Kolache/  
yogurt or Cereal/  
Toast

**Lunch**

Breaded Drumstick  
Carrot Coins  
Seasoned Corn  
Fresh Grapes  
Variety Milk

**Tuesday, October 17**

**Breakfast**

Breakfast Taquito or  
Cereal/Toast

**Lunch**

Crispy Tacos  
Spanish Rice  
Cucumber Cup  
Charro Beans  
Apple D'Lite  
Lettuce & Tomato  
Garnish  
Variety Milk

**Wednesday, October 18**

**Breakfast**

Waffles/Sausage or  
Cereal/Toast

**Lunch**

Chicken Nuggets  
Mashed Potatoes  
Garden Salad  
Tuscan Vegetables  
Roll  
Pears  
Variety Milk

**Thursday, October 19**

**Breakfast**

Breakfast Pizza or  
Cereal/Toast

**Lunch**

Hamburger/  
Cheeseburger  
Hamburger Garnish  
Oven Fries  
Baby Carrots  
Mandarin Oranges  
Variety Milk

**Friday, October 20**

**Breakfast**

Donut/sausage or  
Cereal/Toast

**Lunch**

Pulled Pork Sliders  
Multigrain Chips  
Coleslaw  
Savory Green Beans  
Chilled Pineapple  
Cookie  
Variety Milk

**Monday, October 23**

**Breakfast**

Pancakes/Sausage  
or Cereal/Toast

**Lunch**

Oven Roasted  
Chicken  
Broccoli w/cheese  
Roll  
Baked Beans  
Diced Apricots  
Variety Milk

**Tuesday, October 24**

**Breakfast**

Breakfast Burrito/  
hash brown or  
Cereal/Toast

**Lunch**

Corn Dog  
Tater Tots  
Tiny Tomato Cup  
Cucumber Slices  
Peaches  
Lime Sherbet Cup  
Variety Milk

**Wednesday, October 25**

**Breakfast**

Biscuit/Scrambled  
Eggs/Bacon or  
Cereal/Toast

**Lunch**

X-treme Burrito  
Seasoned Corn  
Lettuce Tomato  
Garnish  
Fresh Veggie Cup  
Mandarin Oranges  
Variety Milk

**Thursday, October 26**

**Breakfast**

Blueberry Muffins/  
Yogurt or Cereal/  
Toast

**Lunch**

Asian Bowl  
Eggroll  
Garden Salad  
Ranch Dressing  
Fruity Gelatin  
Variety Milk

**Friday, October 27**

**Breakfast**

Egg & Cheese  
Sandwich or Cereal/  
Toast

**Lunch**

Pepperoni Pizza  
Baby Carrots  
Crunchy Broccoli  
Salad  
Fresh Banana  
Brownie  
Variety Milk

**Monday, October 30**

**Breakfast**

Waffles/bacon or  
Cereal/Toast

**Lunch**

Panther Meatloaf  
Mashed Potatoes  
Green Beans  
Hot Roll  
Strawberry Cup  
Variety Milk

**Tuesday, October 31**

**Breakfast**

Cinnamon Roll/  
sausage or Cereal/  
Toast

**Lunch**

BBQ on Bun  
Coleslaw  
Pinto Beans  
Zesty  
Cucumbers  
Rosy Applesauce  
Variety Milk

# BUG LOVER.

Bat species account for more than 20% of all mammals on earth! And guess what they love to eat? BUGS!!

A single little brown bat can eat up to 600 creepy mosquitoes and other flying insects in just an hour!



# ANIMAL APPETITES