



# OCTOBER 2017

# CUNNINGHAM SCHOOLS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
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2 <b>NO SCHOOL</b>	3 Mini Waffles w/Syrup Fresh Pineapple Fruit Juice Milk	4 Star Spangled Pancakes Sausage Patty Tropical Fruit Fruit Juice Milk	5 Whole Wheat Bagel w/Toppings Fresh Strawberries Fruit Juice Milk	6 Whole Grain Cinnamon Roll Mandarin Oranges Fruit Juice Milk	7	8	
9 Whole Grain Cereal Yogurt Cup Fresh Apple Fruit Juice Milk	10 Biscuit & Gravy Pineapple Chunks Fruit Juice Milk	11 Scrumptious Coffeecake Fresh Citrus Fruit Cup Fruit Juice Milk	12 Western Omelet Quesadilla w/Tomato Salsa Fresh Grapes Fruit Juice Milk	13 French Toast Sticks w/Syrup Fruit Cocktail Fruit Juice Milk	14	15	
16 Whole Grain Cinnamon Roll Fresh Banana Fruit Juice Milk	17 Mini Waffles w/Syrup Mandarin Oranges Fruit Juice Milk	18 Breakfast Pizza Peach Slices Fruit Juice Milk	19 Excellent Egg Taco w/ Tomato Salsa Graham Snacks Fresh Kiwi Fruit Juice Milk	20 Whole Grain Muffin Rosy Applesauce Fruit Juice Milk	21	22	
23 Whole Grain Cereal Sausage Patty Diced Pears Fruit Juice Milk	24 Biscuit & Gravy Fresh Oranges Fruit Juice Milk	25 Kansas Granola Bar Peaches Fruit Juice Milk	26 Chicken Biscuit Breakfast Sandwich Fresh Mixed Fruit Cup Fruit Juice Milk	27 Pancake on a Stick Fresh Strawberries Fruit Juice Milk			
30 French Toast Sticks w/ Syrup Fresh Grapes Fruit Juice Milk	31 Oatmeal Breakfast Round Yogurt Cup Strawberries & Bananas Fruit Juice Milk	NOTES: <b>Active Kids = Healthier Kids ~ Kick and Block ~ Form a garden hose into a large circle, and place a soccer ball in the center. Two players stand in the circle. One person is the "kicker," and the other is the "blocker." The kicker attempts to kick the ball out of the circle - kicking in the direction of the blocker. The blocker uses his feet to try to keep the ball in. When the ball goes out of the circle, swap roles, and play again.</b>					

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