

OCTOBER 2017

CUNNINGHAM SCHOOLS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1
2 NO SCHOOL	3 Yummy Sloppy Joe on a Bun Roasted Red Potatoes Fresh Apple Slices Baked Beans Mandarin Oranges (9-12) Milk	4 Chicken Tetrazini Garlic Bread Tossed Salad Seasoned Peas Cherry Applesauce Fresh Strawberries (9-12) Milk	5 Hamburger on a Bun Dark Green Leaf Lettuce Tomato Slice Oven Fries Bell Pepper Strips Oranges Peaches (9-12) Milk	6 Baked Chicken Drumsticks Savory Rice Oatmeal Roll & Jelly Fresh Broccoli Cherry Tomatoes Fresh Strawberries Pears (9-12) Milk	7	8
9 Hot Ham & Cheese On a Bun Potato Wedges Broccoli Florets Fruit Cocktail Fresh Pineapple (9-12) Milk	10 Lasagna Garlic Bread Stick w/Marinara Sauce Garden Salad Fresh Apple Chocolate Chip Cookie Pears (9-12) Milk	11 Pepperoni Pizza Tossed Salad Cherry Tomatoes Fresh Orange Fruit Cocktail (9-12) Milk	12 Taco Burger on a Bun Tortilla Chips (6-12) Tomato Salsa Dark Green Leaf Lettuce Tomato Slice Refried Beans Banana Applesauce (9-12) Milk	13 Chicken Patty Whole Wheat Roll and Honey Mashed Potatoes & Gravy Steamed Asparagus Sliced Pears Fresh Apples (9-12) Milk	14	15
16 Sweet and Sour Chicken Nuggets Seasoned Brown Rice Asian Fresh Vegetables Cherry Tomatoes Celery Sticks Tropical Fruit Fresh Blueberries (9-12) Milk	17 Super Nachos Refried Beans Carrots Fresh Mixed Fruit Cup Canned Pineapple (9-12) Milk	18 Cheese Pizza Seasoned Corn Tossed Salad Fresh Kiwi Mandarin Oranges (9-12) Milk	19 Pulled Pork Sandwich Creamy Cole Slaw Baked Beans Fresh Strawberries Tropical Fruit (9-12) Milk	20 Rock & Roll Beef Wrap Steamed Carrots Fresh Pineapple Cherry Crisp Broccoli Slaw Canned Peaches (9-12) Milk	21	22
23 Hot Dog on a Bun Roasted Red Potatoes Broccoli w/Cheese Fresh Apple Slices Fruit Cocktail (9-12) Milk	24 Chicken Wrap Spanish Brown Rice Romaine Lettuce Tomato Slice Tropical Fruit Oatmeal Cookie (9-12) Grapes (9-12) Milk	25 Spaghetti w/Meat Sauce Garlic Bread Garden Salad Green Beans Mandarin Oranges Canned Peaches (9-12) Milk	26 Taco Salad Tortilla Chips Tomato Salsa Refried Beans Fresh Mixed Fruit Pears (9-12) Milk	27 Chicken & Noodles Whole Wheat Roll & Honey (6-12) Mashed Potatoes Fresh Baby Carrots Fresh Grapes Fresh Apples (9-12) Milk		
30 White Chicken Chili Cornbread Muffin Cherry Tomatoes Cucumber Slices Fresh Oranges Canned Pears (9-12) Milk	31 Mini Meatball Sub Ranch Potato Wedges Tossed Salad Fresh Bananas Canned Peaches (9-12) Pumpkin Bar Milk	NOTES: 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.				

LUNCH MENU