

# Menus for October 2019

This institution is an equal opportunity provider. Menus are subject to change.

## The original value meal & still a fantastic deal!

# Lunch \$2.85

Get in touch with us today to learn more about free and reduced-price meals in our district:  
301-722-0637

### Featured Specials of the Day

#### Farm To School Week

Featuring Higson's Corn on the Cob  
On Wednesday Oct 2

#### Tuesday, October 1

Chicken Nuggets  
Chicken Nugget Salad

#### Wednesday, October 2

Mexican Pizza  
Tuna Salad Sandwich

#### Thursday, October 3

Lasagna  
Steak-um Sandwich

#### Friday, October 4

Shrimp Poppers  
Deli Wrap  
Chef's Salad

## Farm to School Week



Sept 30-Oct 4

# TAKE A HIKE?

Lots of us are probably feeling a candy binge coming on this month. OK. But for every 2 little "fun size" candies you eat, you need to hike 30 minutes to work off the calories. So take it easy - or take a hike!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
**WELLNESS IS A WAY OF LIFE!**

### Featured Specials of the Day

#### Monday, October 7

Schools Closed—Parent Conference

#### Tuesday, October 8

Hamburger OR Cheeseburger  
Mozzarella Sticks

#### Wednesday, October 9

Taco Salad  
Nachos and Meat Sauce

#### Thursday, October 10

Chicken Tenders  
Chef's Salad

#### Friday, October 11

Round Pizza  
Chicken Patty Sandwich



# eat fit

wanna stay fit?  
gotta eat right!



**item:** fresh apple  
**verdict:** why stop at one a day?

**tip:** October is a great month for crisp, fresh, local apples in many parts of the U.S., so try to eat one every day. Better yet, eat two and keep a couple of doctors away! Need more incentive? Apples actually help clean your mouth and keep your breath smelling fresh.



Based on one medium apple.

STAY ALERT AND BE SAFE - IT'S PRETTY SCARY OUT THERE!

## VEGETABLE OF THE MONTH

### Corn on the Cob



We think of corn on the cob as a summer thing, but in many areas it's available field-fresh through October. Boiled, steamed, or roasted on the grill, corn is a low-calorie, nutrient-rich food that's good for you AND fun to eat!

**Monday, October 14**  
Popcorn Chicken  
Stacked Turkey Sandwich

**Tuesday, October 15**  
Sliced Pizza  
Popcorn Chicken Salad

**Wednesday, October 16**  
Spaghetti and Meatballs  
Meatball Sub

**Thursday, October 17**  
Fish Sandwich  
Spicy Chicken Patty Sandwich  
Spicy Chicken Salad

**Friday, October 18**  
Steak-um Sandwich  
Mini Crescents

## Featured Specials of the Day

**Monday, October 21**

Baked Chicken  
Deli Wrap

**Tuesday, October 22**

Rotini  
Chef's Salad

**Wednesday, October 23**

Open-Faced Hot Turkey Sandwich  
Open-Faced Salisbury Steak Sandwich

**Thursday, October 24**

Spicy Chicken Patty Sandwich  
Chicken Fajita  
Chicken Fajita Salad

**Friday, October 25**

Stuffed Crust Pizza  
Hot Ham and Cheese Sandwich

**Monday, October 28**

Hot Dog  
Sloppy Joe Sandwich

**Tuesday, October 29**

Chicken Nuggets  
Chicken Nugget Salad

**Wednesday, October 30**

Mexican Pizza  
Tuna Salad Sandwich

**Thursday, October 31**

Lasagna  
Steak-um