

October, 2017

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday   |
|--|---|---|---|--|
| <b>Turkey &amp; Cheese Sub</b> <sup>16</sup><br>or A) Chicken Nuggets with a Roll<br>Sweet Potato Tots<br>Peaches <i>or</i> Seasonal Fresh Fruit  | <b>Pasta with Meat Sauce &amp; Garlic Toast</b> <sup>17</sup> <br>or A) Hot Dog on a Bun<br>Green Beans <i>or</i> Tossed Garden Salad Pears<br>Fun & Fitness Cookie Treat!   | <b>Manwich Sloppy Joe on a Pretzel Bun</b> <sup>18</sup><br>or A) Chicken Patty on a Bun<br>Baked Beans<br>Sunshine Smoothie <i>or</i> Seasonal Fresh Fruit   | <b>Fiestada Pizza</b> <sup>19</sup> <br>or A) Hamburger or Cheeseburger on a Bun<br>Corn <i>or</i> Tossed Garden Salad Raisins | <b>Cheese Stuffed Breadsticks with Marinara Dipping Sauce</b> <sup>20</sup><br>or A) Cheese Pizza<br>Broccoli Strawberry Cup <i>or</i> Seasonal Fresh Fruit  |
| <b>Cheese Calzone</b> <sup>23</sup><br>or A) Chicken Nuggets with a Roll<br>Carrots<br>Applesauce <i>or</i> Seasonal Fresh Fruit                  | <b>Walking Taco</b> <sup>24</sup><br>(Beef Taco Meat & Shredded Cheddar Cheese served in a Bag of Tostitos Chips with optional Black Beans & Salsa)<br>or A) Corn Dog<br>Corn <i>or</i> Tossed Garden Salad<br>100% Fruit Juice  | <b>Meatball Sub</b> <sup>25</sup><br>or A) Popcorn Chicken with a Roll<br>Potato Wedges<br>Peach Cup <i>or</i> Seasonal Fresh Fruit  | <b>Popcorn Chicken with Rice &amp; Breadstick</b> <sup>26</sup><br>(optional Mandarin Orange Sauce)<br>or A) Hamburger or Cheeseburger on a Bun<br>Broccoli <i>or</i> Tossed Garden Salad Mandarin Oranges        | <b>Mac &amp; Cheese with Pretzel Rod</b> <sup>27</sup><br>or A) Cheese Pizza<br>Green Beans Pears <i>or</i> Seasonal Fresh Fruit  |
| <b>Pepperoni Pizza</b> <sup>30</sup><br>or A) Chicken Nuggets with a Roll<br>Carrots<br>Apple Slices <i>or</i> Seasonal Fresh Fruit             | <b>Oven Baked Chicken with Corn Muffin</b> <sup>31</sup><br>or A) Hot Dog on a Bun<br>Roasted Potatoes <i>or</i> Tossed Garden Salad Frozen Juice Cup   |    |   |  |

\*Please note that at least one vegetable or fruit side must be chosen with each lunch.

**SUBSTITUTION OF ITEMS MAY BE NECESSARY**



## Chef Louie Says... Exercise is Cool!

### Exercise Strengthens Muscles

Another kind of exercise can help make your muscles stronger. Did you ever do a push-up or swing across the monkey bars at the playground? Those are exercises that can build strength. By using your muscles to do powerful things, you can make them stronger. For older teens and adults, this kind of workout can make muscles bigger, too.

Here are some exercises and activities to build strong muscles:

- Push-ups
- Pull-ups
- Tug of war
- Rowing
- Running
- Inline skating
- Bike riding



### Exercise Makes You Flexible

Can you touch your toes easily without yelling ouch? Most kids are pretty flexible, which means that they can bend and stretch their bodies without much trouble. This kind of exercise often feels really good, like when you take a big stretch in the morning after waking up. Being flexible means you can move your arms and legs freely without feeling tightness or pain.

It's easy to find things to do for good flexibility:

- Tumbling and Gymnastics
- Yoga
- Dancing, especially Ballet
- Martial Arts
- Simple Stretches, such as touching your toes or side stretches



Information adapted from KidsHealth.org

USDA and this institution are equal opportunity providers and employers.