





October 2018

Ewing School Preschool Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Salisbury Steak Peas Mandarin Oranges Whole Grain Roll Milk	2 Whole Grain Grilled Cheese Steamed Broccoli Mixed Fruit Milk	3 Whole Grain Fish Sticks Mixed Veggies Apple Slices Milk	4 Rotini w/ Meat Sauce Whole Grain Garlic Toast Medium Banana Milk	5 NO PRESCHOOL
8  NO SCHOOL	9 Ham and Cheese on Whole Wheat Bun Baby Carrots w/Ranch Apple Slices Milk	10 Meatloaf Patty Roasted Redskin Potatoes Tropical Fruit Whole Grain Roll Milk	11 Whole Grain Peanut Butter and Jelly California Blend Veggies Medium Banana Milk	12 Whole Grain Cheese Breadstick Marinara Sauce Diced Pears Milk
15 NO SCHOOL	16 Cheeseburger on Whole Wheat Bun French Fries Mixed Fruit Milk	17 Turkey and Cheese Roll Up Baby Carrots w/Ranch Medium Banana Milk	18 Popcorn Chicken Mixed Veggies Peaches Whole Grain Cookie Milk	19 Cheese Pizza Baked Beans Apple Slices Milk
22 NO PRESCHOOL	23 Whole Grain Peanut Butter and Jelly Peas Raisins Milk	24 Chicken Patty on Whole Wheat Bun Sweet Potato Fries Mixed Fruit Milk	25 Salisbury Steak Green Beans Whole Grain Roll Medium Banana Milk	26 Whole Grain Mozzarella Sticks Marinara Sauce Tropical Fruit Milk
29 NO PRESCHOOL	30 BBQ Chicken Breast Tater Tots Mixed Fruit Whole Grain Biscuit Milk	31 Cheese Ravioli in Marinara Sauce Tropical Fruit Garlic Toast Milk		

Kids need to try new foods many times before they like them!
Here are some helpful tips to take an active role in school meals and encourage your children to eat healthy foods:

- ◆ Make time to join your child(ren) for lunch in the school cafeteria.
- ◆ When your child gets home from school, ask what was served and what (s)he ate for lunch.
- ◆ Eat meals with your child(ren) whenever possible. Let your child see you enjoying fruits, vegetables, and whole grains at meals and snacks.
- ◆ Grocery shopping can teach your children about food and nutrition. Help your children make healthy choices.
- ◆ Discuss where vegetables, fruits and grains, dairy and protein foods come from with your child.
- ◆ Share the adventure and serve new foods offered in the school cafeteria at home.



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MENU SUBJECT TO CHANGE DUE TO AVAILABILITY AND/OR WEATHER RELATED CLOSINGS