





October 2018

Ewing School Lunch Menu

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



THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

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