

NUTRITION TO GO

The cheese in a ham and cheese sandwich adds a much higher percentage of calories from fat to the sandwich than the ham does. Typically, only about 30% of the calories in ham come from fat, making it a fairly low-fat protein choice, although cured ham is quite high in sodium. "Fresh" or uncured ham has fewer additives and is even healthier.

A QUICK BITE FOR PARENTS

YOU NEVER KNOW WHAT YOU MIGHT RUN INTO OUT THERE!



STAY ALERT & BE SAFE!

ARE YOU READY FOR THIS GUY?



The flu bug makes the scene in October and can stick around until May! The flu vaccine can keep the bug at bay, help limit the spread of the flu in our community, and make the illness less severe if you do come down with it.

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

Monday, October 20	Tuesday, October 21	Wednesday, October 22	Thursday, October 23	Friday, October 24
Breakfast Sausage Biscuit* Lunch -Corn Dog -Hot & Spicy Chicken Sandwich -Popcorn Chicken Salad & Bosco Stick -PBJ Sandwich Green Beans Mixed Fruit Cold Milk	Breakfast Pop Tarts Lunch -French Toast Sticks & Sausage* -Sub Sandwich -Italian Salad & Bosco Stick* -PBJ Sandwich Baby Carrots Chilled Pears Gogurt Yogurt Cold Milk	Breakfast Cinnamon Roll Lunch -Hot Dog on Bun -Cheesy Breaded Chicken Sandwich -Chef Salad & Bosco Stick -PBJ Sandwich French Fries Blue Raspberry Applesauce Cold Milk	Parent Teacher Conferences No School	No School

Monday, October 27	Tuesday, October 28	Wednesday, October 29	Thursday, October 30	Friday, October 31
Breakfast Breakfast Pizza* Lunch -Cheese Pizza -Ham & Cheese Croissant -Popcorn Chicken Salad & Bosco Stick -PBJ Sandwich Baked Beans Chilled Pears Cold Milk	Breakfast Yogurt Cup & Cinnamon Toast Lunch -Mini Corn Dogs -BBQ Ribette Sandwich* -Italian Salad & Bosco Stick* -PBJ Sandwich Goldfish Crackers Steamed Broccoli Chilled Applesauce Cold Milk	Breakfast Trix Muffin Lunch -Soft Chicken Tacos -Hamburger on Bun -Chef Salad & Bosco Stick* -PBJ Sandwich Sweet Corn Chilled Peaches Cold Milk	Breakfast Iced Pumpkin Bread Lunch -Pumpkin Pretzel, Popcorn Chicken & Cheese Sauce -Sub Sandwich -Italian Salad & Bosco Stick* -PBJ Sandwich Seasoned Carrots EEEE! Frozen Juice Cup (Orange & Cream Flavored) Cold Milk	Diocesan Institute Day No School

