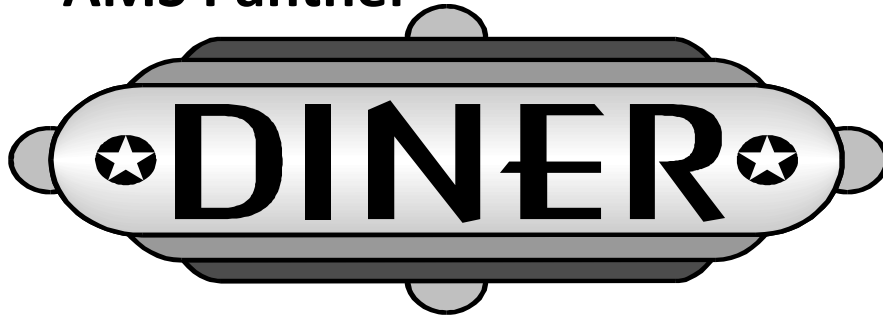


# AMS Panther



Healthy helpings of your all-time favorite foods October 2016. This agency is an equal opportunity provider. Check out our website at [www.amorypanthercafe.com](http://www.amorypanthercafe.com)

## Menus for October 2016



**Monday, October 3**  
 Pan Pizza  
 Cheesy Chicken over Rice  
 Chef Salad  
 Corn on Cob  
 Lima Beans  
 Tossed Salad  
 Rosy Applesauce  
 Peach Cup  
 Banana Berry Blend  
 Fresh Fruit  
 Milk

**Tuesday, October 4**  
 La Pantera Dip w/ Chips  
 Grilled Chicken Sandwich  
 Grilled Chicken Salad  
 Green Beans  
 Glazed Carrots  
 Cheesy Broccoli  
 Mandarin Cup  
 Fresh Fruit  
 Milk

**Wednesday, October 5**  
 Fried Chicken  
 Meatloaf  
 Mashed Potatoes w/ Gravy  
 Pinto Beans  
 Southern Greens  
 Raw Veggies w/ Dip  
 Peach Cup  
 Blushing Pears  
 Roll  
 Milk

**Thursday, October 6**  
 Chicken Fajita  
 Huntington Chicken  
 Chef Salad  
 Quick Baked Potato  
 Green Peas  
 Sweet Potato Cubes  
 Pineapple  
 Banana  
 Applesauce  
 Roll  
 Milk

**Friday, October 7**  
 Cheeseburger  
 Beef-a-Roni  
 French Fries  
 Mixed Veggies  
 Steamed Broccoli  
 Mandarin Cup  
 Fruit Cocktail  
 Garlic Toast  
 Milk

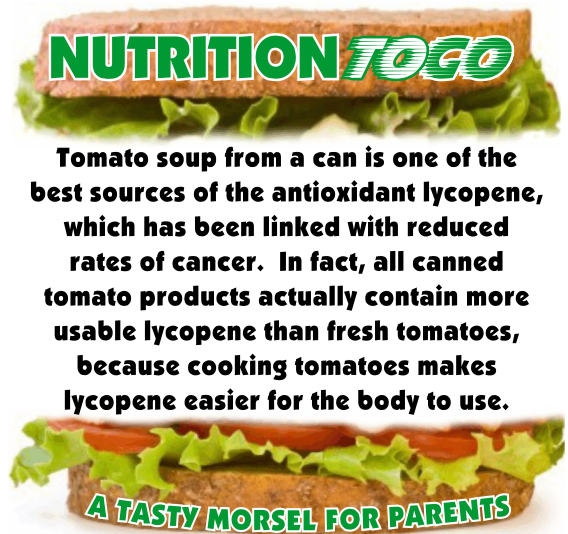
**Monday, October 10**  
**No School for Students**  
  
**Teacher Professional Development Day**

**Tuesday, October 11**  
 Spaghetti  
 Spicy Chicken  
 Sandwich  
 Chef Salad  
 Corn  
 Glazed Carrots  
 Tossed Salad  
 Peach Cup  
 Raisels  
 Fresh Fruit  
 Garlic Toast  
 Milk

**Wednesday, October 12**  
 Mandarin Chicken w/ Rice  
 Sloppy Joe  
 Chicken Fajita Salad  
 Green Beans  
 Cheesy Broccoli  
 Hot Cinnamon Apples  
 Fruit Cocktail  
 Rosy Applesauce  
 Milk

**Thursday, October 13**  
 Pizza in a Bowl  
 Grilled Chicken  
 Sandwich  
 Chef Salad  
 Sweet Potato Fries  
 Lima Beans  
 Carrots w/ Dip  
 Fresh Fruit  
 Chilled Pears  
 Pineapple  
 Milk

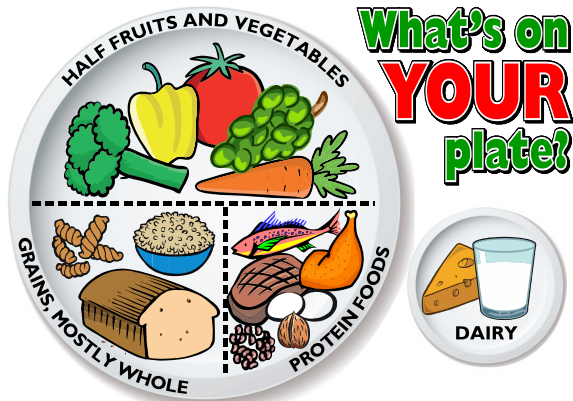
**Friday, October 14**  
 Hamburger  
 Huntington Chicken  
 Chicken  
 French Fries  
 Green Peas  
 Chilled Pears  
 Peach Cup  
 Roll  
 Milk



**Tomato soup from a can is one of the best sources of the antioxidant lycopene, which has been linked with reduced rates of cancer. In fact, all canned tomato products actually contain more usable lycopene than fresh tomatoes, because cooking tomatoes makes lycopene easier for the body to use.**

**Offer vs. Serve**

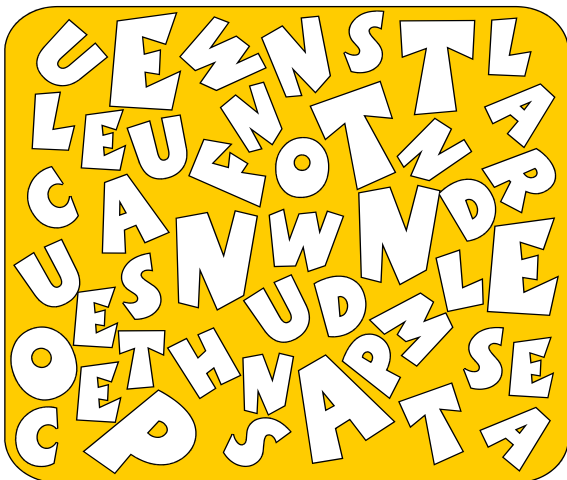
Allows the student to select any three of the five items offered daily for lunch and any three of the four items offered daily for



## What food isn't so nutty after all?

Nuts and seeds are an incredible snack, full of protein, fiber, and great taste! But one popular treat that you might think belongs with the nuts on this list isn't really a nut at all. To discover the answer, find and color all of the letters in each word on the list, and then unscramble the leftover letters to learn the name of the nutty food that's not really a nut!

Walnut Pecan Almond  
Chestnut Sunflower Seeds



**ANSWER:** \_\_\_\_\_

These "nuts" are actually a "legume" or type of bean. They contain more protein than true nuts, plus lots of vitamins, minerals, and fiber. So whatever you call them, go ahead and go nuts!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**Monday, October 17**

Cheesy Breadsticks w/ Marinara  
Chicken Alfredo  
Chef Salad  
Quick Baked Potato  
Green Peas  
Mixed Veggies  
Tossed Salad  
Mandarin Cup  
Apples  
Blushing Pears  
Milk

**Tuesday, October 18**

La Pantera Dip w/ Chips  
BBQ Sandwich  
Grilled Chicken  
Salad  
Baked Beans  
Fiesta Rice  
Slaw  
Raw Veggies w/ Dip  
Rosy Applesauce  
Fruit Cocktail  
Milk

**Wednesday, October 19**

Chicken Nuggets  
Hamburger Steak  
Mashed Potatoes w/ Gravy  
Black Eyed Peas  
Southern Greens  
Applesauce  
Fresh Fruit  
Broccoli Salad  
Roll  
Milk

**Thursday, October 20**

Tater Tot Casserole  
Spicy Chicken Sandwich  
Grilled Chicken Sandwich  
Green Beans  
Sweet Potato Cubes  
Tossed Salad  
Fresh Fruit  
Peach Cup  
Milk

**Friday, October 21**

Corn Dog Nuggets  
Chicken Fajita  
French Fries  
Baked Beans  
Fruit Fiesta  
Banana  
Milk

**Monday, October 24**

Chili Cheese Fritos  
Ham & Cheese on Bun  
Chef Salad  
Corn  
Sweet Potato Cubes  
Refried Beans  
Mandarin Cup  
Chilled Pears  
Milk

**Tuesday, October 25**

Stromboli  
BBQ Rib Sandwich  
Grilled Chicken  
Salad  
Tater Tots  
Baked Beans  
Tossed Salad  
Fruit Cocktail  
Pineapple  
Apples  
Milk

**Wednesday, October 26**

Pan Pizza  
Chicken & Dumplings  
Chef Salad  
Corn  
Lima Beans  
Hot Cinnamon Apples  
Diced Pears  
Fresh Fruit  
Milk

**Thursday, October 27**

Quesadilla w/ Ranch  
Beef-a-Roni  
Chef Salad  
Quick Baked Potato  
Lima Beans  
Raw Veggies w/ Dip  
Mandarin Cup  
Bananas  
Applesauce  
Garlic Bread  
Milk

**Friday, October 28**

Cheeseburger  
Chicken Spaghetti  
French Fries  
Green Peas  
California Veggies  
Applesauce  
Raisels  
Fresh Fruit  
Roll  
Milk

**Monday, October 31**

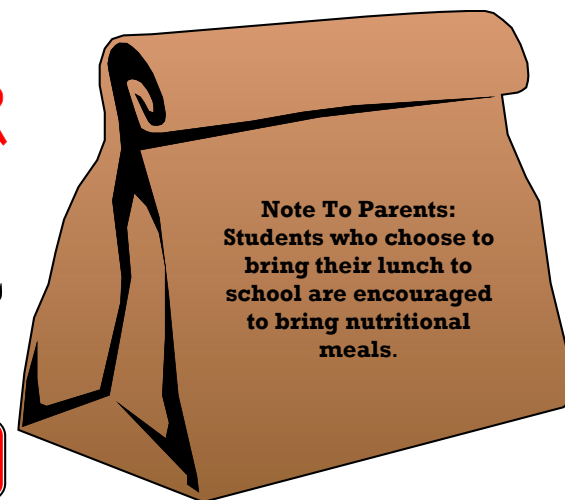
Hot Wings w/ Ranch  
Hamburger Steak  
Mashed Potatoes w/ Gravy  
Pinto Beans  
Southern Greens  
Rosy Applesauce  
Chilled Pears  
Fresh Fruit  
Roll  
Cupcakes  
Milk



## JUST WHAT THE DOCTOR ORDERED.

Experts urge that we eat 5-9 servings of fruits and vegetables every day – and a growing number of American doctors are putting that advice in writing by actually prescribing fruits and vegetables for their patients.

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



**Note To Parents:**  
Students who choose to bring their lunch to school are encouraged to bring nutritional meals.