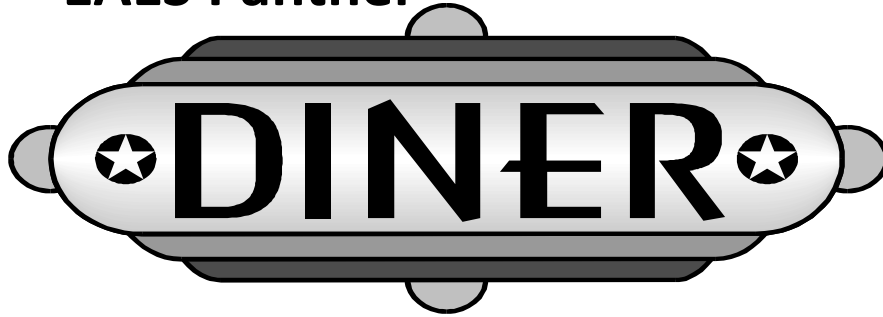


EAES Panther



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

Menus for October 2016



Amory School District

Monday, October 3
 Mac & Cheese w/
 Ham
 Chicken Patty
 Sandwich
 Green Beans
 Glazed Carrots
 Steamed Broccoli
 Sliced Peaches
 Orange Smile
 Milk

Tuesday, October 4
 Honey BBQ Chicken
 Chunks
 Ham & Cheese
 Wrap
 French Fries
 Lima Beans
 Fresh Vegetable
 Tray
 Mandarin Fruit Cup
 Strawberry
 Shortcake
 Milk

Wednesday, October 5
 Spaghetti w/ Meat
 Sauce
 Hot Turkey & Cheese
 Croissant
 Grilled Chicken Salad
 Green Beans
 Whole Kernel Corn
 Tossed Salad w/ Dip
 Fruit Juice
 Pineapple Tidbits
 Raisels
 Garlic Toast
 Milk

Thursday, October 6
 Hamburger
 Chicken, Broccoli,
 and Rice Casserole
 Fruit & Yogurt Plate
 French Fries
 Mixed Vegetables
 Fresh Vegetable
 Tray
 Diced Pears
 Sliced Peaches
 Milk

Friday, October 7
 Hot Dog
 BBQ Pork
 Sandwich
 Creamy Coleslaw
 Baked Beans
 French Fries
 Mandarin Fruit
 Cup
 Fruit Juice
 Milk

Monday, October 10
**No School for
 Students**

**Teacher
 Professional
 Development
 Day**

Tuesday, October 11
 Personal Pan Pizza
 Chicken Spaghetti
 Yeast Roll
 Green Beans
 Glazed Carrots
 Broccoli w/ Cheese
 Orange Smiles
 Rosy Applesauce
 Milk

Wednesday, October 12
 Mandarin Orange
 Chicken over Rice
 Turkey & Cheese
 on Bun
 Chef Salad
 Green Beans
 Tossed Salad w/
 Dressing
 Fresh Fruit
 Fruit Fiesta
 Yeast Roll
 Milk

Thursday, October 13
 Chicken &
 Dumplings
 Hamburger
 Fruit & Yogurt Plate
 French Fries
 Pinto Beans
 Turnip Greens
 Cornbread
 Banana Berry Blend
 Applesauce
 Milk

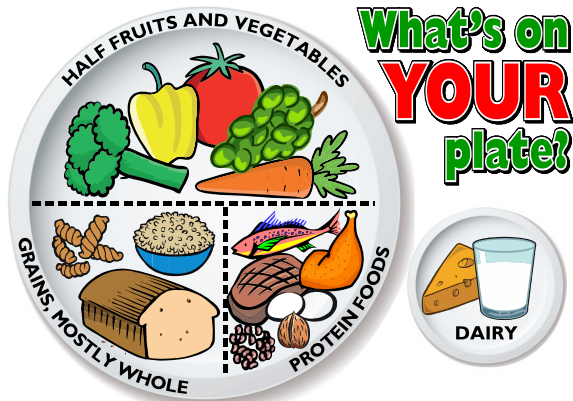
Friday, October 14
 Corn Dog
 Cheesy Chicken
 over Rice
 Quick Baked
 Potato
 Whole Kernel Corn
 Frozen Fruit Cup
 Mandarin Fruit
 Cup
 Milk



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.



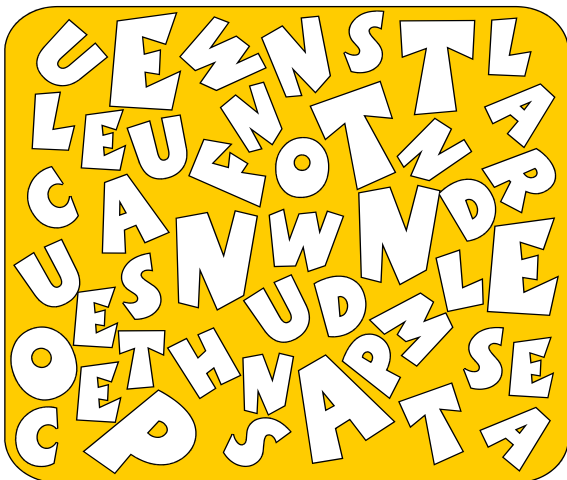
Offer vs. Serve
 Allows the student to select any three of the five items offered daily for lunch and any three of the four items offered daily for



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 or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, October 17

La Pantera Dip w/
Chips
Steak Fingers
Fruit & Yogurt Plate
Broccoli w/ Cheese
Sauce
Whole Kernel Corn
Parsley Potatoes
Fresh Fruit
Applesauce
Banana Berry Blend
Milk

Tuesday, October 18

Beef & Veg. Soup
w/ Crackers or
Grilled Cheese
Spinach Roll Up
Baked Sweet Potato
Lima Beans
Grape Salad
Apples
Fruit Juice
Garlic Toast
Milk

Wednesday, October 19

Chicken Nuggets w/
Sauce
Hamburger Steak w/
Gravy
Mashed Potatoes
Pinto Beans
Turnip Greens
Sweet Potato Casserole
Yeast Roll
Cornbread
Fresh Fruit
Mandarin Fruit Cup
Milk

Thursday, October 20

Rib Patty Sandwich
Cheese Sticks w/
Marinara Sauce
Grilled Chicken Salad
Corn on Cob
Broccoli w/ Cheese
Sauce
Green Peas
Fruit Juice
Bananas
Raisels
Milk

Friday, October 21

Hamburger
Huntington Chicken
French Fries
Peas & Carrots
Broccoli Salad
Carrots w/ Dip
Yeast Roll
Fruit Juice
Frozen Fruit Cup
Pear & Kiwi Medley
Milk

Monday, October 24

Personal Pan Pizza
Tater Tot
Casserole
Green Beans
Glazed Carrots
Tossed Salad
Fresh Fruit
Sliced Peaches
Milk

Tuesday, October 25

Chicken Patty
Sandwich
Lasagna
Garlic Toast
Chef Salad
Whole Kernel Corn
Cheesy California
Vegetables
Garden Salad
Cup of Grapes
Pineapple Tidbits
Milk

Wednesday, October 26

Chicken Fajita
Sloppy Joe
Fruit/Yogurt Plate
Whole Kernel Corn
San Antonio Beans
Fresh Vegetable
Tray w/ Dip
Apples
Pineapple Tidbits
Raisels
Milk

Thursday, October 27

Baked or BBQ
Chicken
La Pantera Dip w/
Chips
Broccoli w/ Cheese
Sauce
Green Beans
Fresh Pears
Fruit Juice
Raisels
Milk

Friday, October 28

Hot Dog
BBQ Chicken
Sandwich
Creamy Coleslaw
Baked Beans
Chilled Peaches
Applesauce
Milk

Monday, October 31

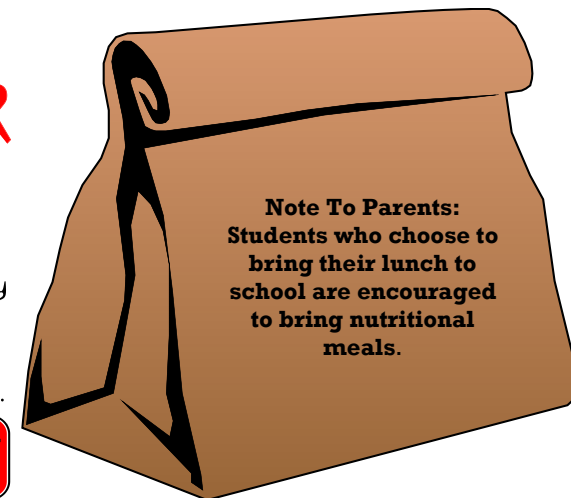
Chicken Tenders
Ham & Cheese
Sandwich
French Fries
Corn-on Cob
Rolls
Cup of Grapes
Fruit Juice
Halloween Cupcakes
Milk



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.