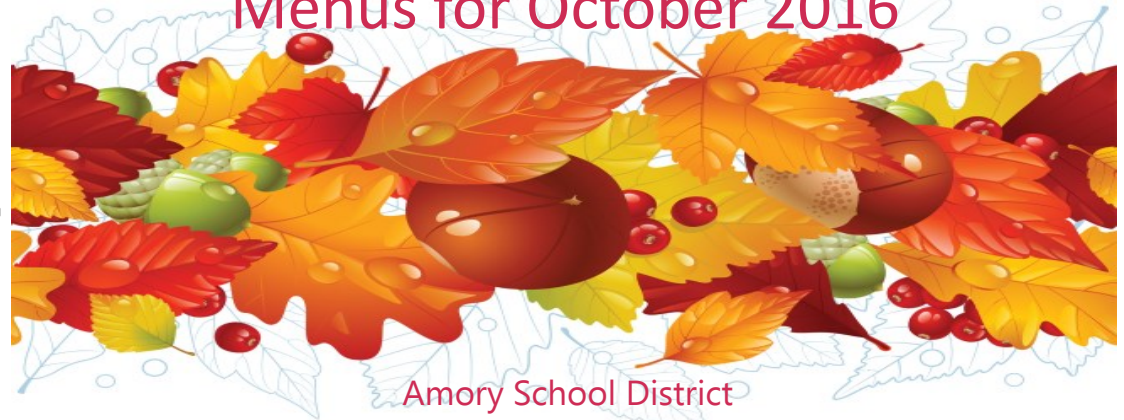


WAES Panther Cub



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
 Huntington Chicken
 Yeast Roll
 Hamburger
 Grilled Chicken Salad
 French Fries
 Carrots w/ Dip
 Broccoli w/ Cheese
 Chilled Peach Slices
 Pineapple Tidbits
 Milk

Tuesday, October 4
 Soft Taco
 Ham & Cheese Sandwich
 Grilled Chicken Salad
 Whole Kernel Corn
 Refried Beans
 Tossed Salad w/ Dressing
 Fresh Fruit Bowl
 Mandarin Fruit Cup
 Milk

Wednesday, October 5
 Hamburger Steak w/ Gravy
 Baked Lemon Pepper Chicken
 Chicken Nuggets
 Yeast Roll
 Mashed Potatoes
 Southern Greens
 Seasoned Lima Beans
 Sweet Potato Cubes
 Fresh Fruit Bowl
 Banana Berry Blend
 Rosy Applesauce
 Milk

Thursday, October 6
 Tater Tot Casserole
 Chicken Patty Sandwich
 Grilled Chicken Salad
 California Veggies
 Green Beans
 Garden Salad w/ Dressing
 Raisels
 Fresh Fruit Bowl
 Fruit Fiesta
 Milk

Friday, October 7
 Sloppy Joe
 Hot Dog
 Baked Beans
 Creamy Coleslaw
 Tossed Salad w/ Dressing
 Mandarin Fruit Cup
 Blushing Chilled Pears
 Fresh Fruit Bowl
 Milk

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

SCHOOL LUNCH

SHOW YOUR SPIRIT!

JOIN US FOR NATIONAL SCHOOL LUNCH WEEK

OCTOBER 10-14, 2016

Monday, October 10

No School for Students

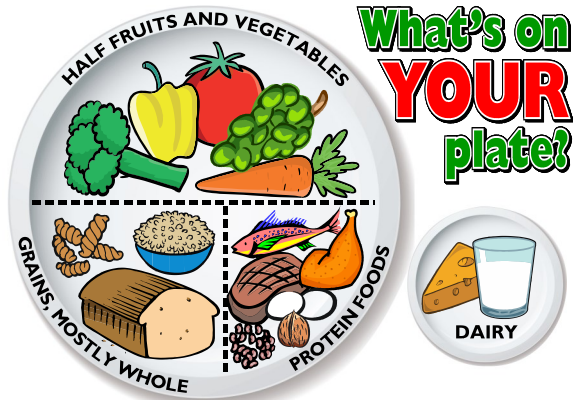
Teacher Professional Development Day

Tuesday, October 11
 La Pantera Dip w/ Chips
 Turkey & Cheese Sandwich w/ Sunchips
 Whole Kernel Corn
 Tossed Salad w/ Dressing
 Carrots w/ Dip
 Sliced Peaches
 Fresh Fruit Bowl
 Milk

Wednesday, October 12
 Chicken Nuggets
 Baked Lemon Pepper Chicken
 Hamburger Steak w/ Gravy
 Mashed Potato w/ Gravy
 Sweet Potato Cubes
 Southern Greens
 Black Eyed Peas
 Fresh Fruit Bowl
 Rosy Applesauce
 Raisels
 Roll
 Milk

Thursday, October 13
 Mandarin Orange Chicken over Rice
 Ham & Cheese Sandwich
 Grilled Chicken Salad
 Broccoli w/ Cheese
 Whole Kernel Corn
 Garden Salad w/ Dressing
 Glazed Carrots
 Fresh Fruit Bowl
 Fruit Fiesta
 Blushing Chilled Pears
 Roll
 Milk

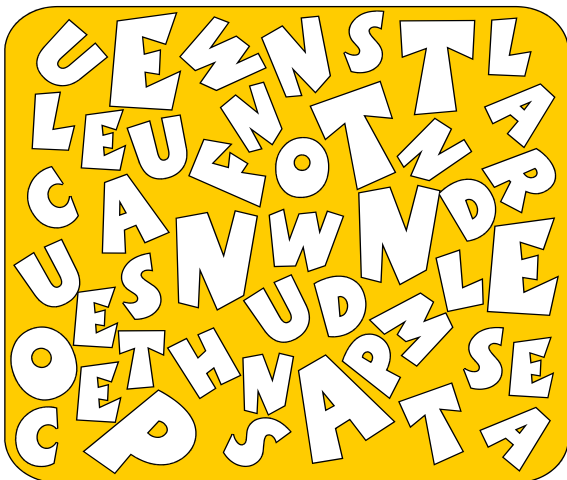
Friday, October 14
 Hot Dog
 Hamburger
 French Fries
 Garden Salad
 Baked Beans
 Coleslaw
 Fresh Fruit Bowl
 Mandarin Fruit Cup
 Applesauce
 Ice Cream Cup
 Milk



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

Stuffed Crust Pizza
Chicken Fajita
Grilled Chicken Salad
Glazed Carrots
Tossed Salad w/ Dressing
Whole Kernel Corn
Applesauce
Fresh Fruit Bowl
Apple Crisp
Milk

Tuesday, October 18

Nachos Grande
Ham & Cheese Sandwich
Grilled Chicken Salad
Garden Salad w/ Dressing
Green Beans
Mandarin Fruit Cup
Fresh Fruit Bowl
Carrots w/ Dip
Fruit Fiesta
Milk

Wednesday, October 19

Chicken Nuggets
Hamburger Steak w/ Gravy
Yeast Roll
Mashed Potatoes w/ Gravy
Pinto Beans
Sweet Potato Cubes
Southern Greens
Rosy Applesauce
Fresh Fruit Bowl
Banana Berry Blend
Milk

Thursday, October 20

Turkey & Cheese Hoagie
Spaghetti w/ Meat Sauce
Texas Toast
Grilled Chicken Salad
Green Peas
Whole Kernel Corn
Tossed Salad w/ Dressing
Mandarin Fruit Cup
Fresh Banana
Milk

Friday, October 21

Meatball Hoagie
Corn Dog Nuggets
Garden Salad w/ Dressing
Creamy Coleslaw
Baked Beans
Pineapple Tidbits
Fresh Fruit Bowl
Milk

Monday, October 24

Huntington Chicken
Yeast Roll
Hamburger
Grilled Chicken Salad
French Fries
Carrots w/ Dip
Broccoli w/ Cheese
Chilled Peach Slices
Pineapple Tidbits
Milk

Tuesday, October 25

Soft Taco
Ham & Cheese Sandwich
Grilled Chicken Salad
Whole Kernel Corn
Refried Beans
Tossed Salad w/ Dressing
Fresh Fruit Bowl
Mandarin Fruit Cup
Milk

Wednesday, October 26

Hamburger Steak w/ Gravy
Baked Lemon Pepper Chicken
Chicken Nuggets
Yeast Roll
Mashed Potatoes
Southern Greens
Seasoned Lima Beans
Sweet Potato Cubes
Fresh Fruit Bowl
Rosy Applesauce
Milk

Thursday, October 27

Tater Tot Casserole
Chicken Patty Sandwich
Grilled Chicken Salad
California Veggies
Green Beans
Garden Salad w/ Dressing
Raisels
Fresh Fruit Bowl
Fruit Fiesta
Milk

Friday, October 28

Sloppy Joe
Hot Dog
Baked Beans
Creamy Coleslaw
Tossed Salad w/ Dressing
Mandarin Fruit Cup
Blushing Chilled Pears
Fresh Fruit Bowl
Sugar Cookie
Milk

Monday, October 31

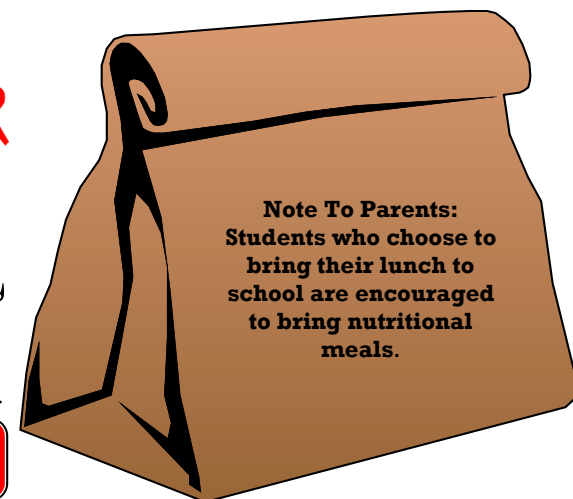
Stuffed Crust Pizza
Chicken Fajita
Grilled Chicken Salad
Glazed Carrots
Tossed Salad w/ Dressing
Whole Kernel Corn
Fresh Grapes
Applesauce
Fresh Fruit Bowl
Orange Smiles
Orange Jello w/ Whipped Topping
Milk



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.