

# Menus for OCTOBER 2022

Ridge Road Schools

• Menus are subject to change.

## SAVE THE BANANA!



They're a nutritious, portable snack or part of a healthy breakfast -- but bananas are under attack! A disease could wipe out the world's supply of the most popular kind of banana in the next 25 years. Scientists are hard at work to identify banana varieties that resist the disease. Let's wish them luck!

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

The current  
record  
for  
the  
world's  
heaviest  
pumpkin is  
**2702  
pounds!**



### Monday, October 3

French Toast Sticks  
Sausage Link, GS Apple  
Mixed Fruit Juice, Milk

Chicken Nuggets  
Mac and Cheese  
Baby Butter Beans  
Garden Peas  
Mixed Fruit  
Raisins  
Bread Stick  
Salads  
Yogurt, Cheese

### Tuesday, October 4

Sausage Biscuit, Jelly  
Cantaloupe, Apple  
Juice, Milk

Hamburger Steak  
Creamed Potatoes  
Turnip Greens  
Squash  
Golden Delicious  
Apple, Icy Cup  
Cornbread Muffin  
Salads  
Diced Chicken

## NUTRITION TO GO

Pleasant fall weather may tempt your family to eat outdoors. But when the flowers are gone, bees and wasps are more likely to try to get in on the fun, too. What to do? Keep food and trash cans covered, of course, but adults should also avoid lots of perfume or hair spray -- bees are attracted to fragrances!

**A QUICK BITE FOR PARENTS**

### Wed., October 5

Honeybun, Sausage  
Link, Grapes,  
Pineapple Orange  
Juice, Milk

Baked Chicken  
Sweet Potatoes  
Seasoned Green Beans  
Pears  
Orange Wedges  
WW Roll  
Salads  
Ham, Cheese

### Thursday, October 6

Breakfast Pizza  
Orange Wedges  
Grape Juice, Milk

Chili con Carne  
Hot Dog  
on Bun  
Garden Salad  
Blackeye Peas  
Peach Cup  
Banana  
Salads  
Diced Ham



Break begins at the end of classes:

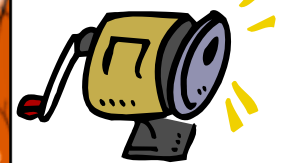
**Thursday, October 6**

Classes Resume:

**Wednesday, October 12**

### Tuesday, October 11

**In-Service Day  
No School**



*Our teachers are  
busy sharpening  
their skills for  
you!*

### Wed., October 12

Chicken Nuggets  
Biscuit, Jelly  
Grapes, Pineapple  
Orange Juice, Milk

Pizza Wedge  
Garden Salad  
Whole Kernel Corn  
Diced Pears  
Red Delicious Apple

Salads  
PB and Jelly

### Thursday, October 13

Pancake Pup  
Orange Wedges  
Grape Juice, Milk

Beef and Mac Bake  
Steamed Broccoli  
Cooked Carrots  
Mixed Berry Cup  
Banana  
Bread Stick

Salads  
Diced Chicken

### Friday, October 14

Sausage Biscuit, Jelly  
Strawberries  
Orange Juice, Milk

Bar B Que on  
WG Bun  
Oven Fries  
Baked Beans  
Creamy Coleslaw  
Orange Wedges  
Icy Cup  
Salads  
Ham, Cheese Stick



Join students,  
teachers,  
parents, and  
other folks all  
over America in  
celebrating drug-  
free lifestyles this  
year! Wear a red  
ribbon to show  
your commitment!

**OCTOBER 23-31, 2022**



**Monday, October 17**

French Toast Sticks  
Sausage Link  
GS Apple, Mixed Fruit  
Juice, Milk

Chicken Fillet on  
WG Bun  
Creamed Potatoes  
Seasoned Green Beans  
Mixed Fruit  
Raisins  
Salads  
Yogurt, Cheese

**Tuesday, October 18**

Sausage Biscuit, Jelly  
Cantaloupe  
Apple Juice, Milk

Walking Taco with  
Beef, Cheese  
Lettuce, Salsa  
Whole Kernel Corn  
Mandarin Oranges  
Golden Delicious  
Apple  
Salads  
Diced Chicken

**Wed., October 19**

Honeybun, Sausage  
Link, Grapes  
Pineapple Orange  
Juice, Milk

Fish Strips  
Baked Potato  
Garden Salad  
Steamed Broccoli  
Strawberry Cup  
Granny Smith Apple  
Bread Stick  
Salads—Cheese, Ham

**YOU'RE  
still  
GOOD™**



**ALL STUDENTS EAT ALL MEALS @  
NO COST ALL YEAR LONG**

Washington County School Nutrition

**Thursday, October 20**

Scrambled Eggs,  
Grits, Sausage Link  
Orange Wedges  
Grape Juice, Milk

Cheeseburger  
on WG Bun  
Oven Fries  
Baked Beans  
Creamy Coleslaw  
Sliced Peaches  
Banana  
Salads-Ham, Cheese Stick

**Friday, October 21**

Sausage Biscuit, Jelly  
Strawberries  
Orange Juice, Milk

Sweet and Sour Pork  
over Rice  
Cooked Carrots  
Baby Butter Beans  
Applesauce  
Icy Cup  
Cornbread Muffin  
Salads  
Chicken Fajita, Cheese

# ◆ WONDERS OF THE WORLD ◆



Lake Toba in Indonesia is remote, rugged, beautiful -- and much more than the peaceful picture postcard it appears to be. The 60-mile-long lake is actually the remnant of a humongous volcano that 70,000 years ago produced the largest explosive eruption on earth in the last 25 million years. This so-called supervolcano led to a long "volcanic winter" with average temperatures up to 25°F colder around the world!

## THE LAKE TOBA SUPERVOLCANO ◆ INDONESIA

**Tuesday, October 25**

Sausage Biscuit, Jelly  
Cantaloupe  
Apple Juice, Milk

Baked Chicken  
Sweet Potatoes  
Garden Peas  
Mixed Berry Cup  
Raisins  
Yeast Roll

Salads  
Ham, Cheese

**Wed., October 26**

Chicken Nuggets  
Biscuit, Jelly  
Grapes, Pineapple  
Orange Juice, Milk

Ham and Cheese  
Hoagie  
Sun Chips  
Steamed Broccoli  
Sweet and Sour  
Carrots  
Squash  
Salads-Chicken

**Thursday, October 27**

Breakfast Pizza  
Orange Wedges  
Grape Juice, Milk

Hamburger Steak  
Creamed Potatoes  
Turnip Greens  
Blueberries  
Banana  
Cornbread Muffin

Salads  
Cheese

**Friday, October 28**

Sausage Biscuit, Jelly  
Strawberries  
Orange Juice, Milk

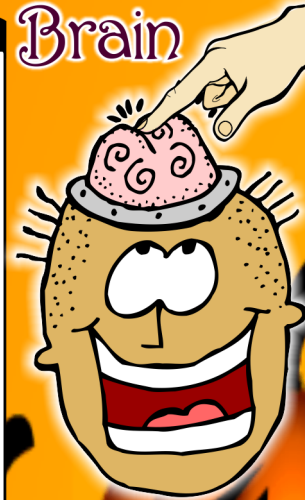
Chicken Strips  
Seasoned Rice  
Blackeye Peas  
Green Beans  
Peach Cup  
Tangerine  
Yeast Roll  
Salads  
Diced Ham

**Monday, October 31**

French Toast Sticks  
Sausage Link  
GS Apple, Mixed Fruit  
Juice, Milk

Pizza Wedge  
Garden Salad  
Whole Kernel Corn  
Mixed Fruit  
Raisins

Salads  
Diced Chicken

**Brain****Ticklers**

Where do  
sharks go  
for  
vacation?

(Hold the page upside  
down and read it in a  
mirror for the answer!)

!nIdnol

## Word of the Month

# kind·ness

- noun* 1. goodness; benevolence  
2. consideration for the feelings and well-being of people other than oneself  
3. sympathy; gentle helpfulness