

Nutrition Across the Curriculum

October 2020

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

				1 Grilled Ham & Cheese Chickpea Salad Pear	2 Pepperoni Pizza Fruit Veggie	3
4	5 Chicken w/Rice Soup Broccoli Fruit Cocktail	6 Spanish Rice Chips & Salsa Corn Pineapple	7 Sloppy Jo Carrot Sticks Berries	8 Chef Salad Banana	9 Cheese Pizza Fruit Veggie	10
11	12 No School	13 Bowtie Pasta Green Beans Peaches	14 Meatball Sub Salad Apricots	15 Cheesy Chicken & Rice Cucumbers Apple	16 Pizza Melt Fruit Veggie	17
18	19 Grilled Cheese Tomato Soup Celery Applesauce	20 Chicken Salad Sandwich Carrot Sticks Strawberries	20 Pasta Garlic Bread Zucchini Baked Apples	22 Jambalaya Cornbread Black Beans Tropical Fruit	23 Peperoni Pizza Fruit Veggie	24
25	26 Broccoli Cheese Soup Roll Peaches	27 Chicken Nuggets Potatoes Tropical Fruit	28 Tuna Noodle Casserole Peas Pineapple	29 Nachos Black Beans w/Corn Oranges	30 Pizza Stick Fruit Veggie	31

Eat Healthy, Think Better