

Nutrition Across the Curriculum

October 2021

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

					1 BBQ Chicken Pizza Fruit Veggie	2
3	4 Broccoli Soup Soft Pretzel Fruit Cocktail	5 Beanies & Weenies Tater Tots Applesauce	6 Sloppy Jo Carrot Sticks Berries	7 Baked Potato Salad Banana	8 Cheese Pizza Fruit Veggie	9
10	11 No School	12 Bowtie Pasta Green Beans Peaches	13 Pasta Mixed Veggies Baked Apples	14 Cheesy Rice Cucumbers Apple	15 Pizza Melt Fruit Veggie	16
17	18 Pasta Fagioli Celery Applesauce	19 Chicken Sandwich Baked Beans Pears	20 Meatball Sub Salad Apricots	21 Jambalaya Black Beans Tropical Fruit	22 Peperoni Pizza Fruit Veggie	23
24/31	25 Corn Chowder Carrots Peaches	26 Tuna Noodle Casserole Peas Pineapple	27 Pancakes Eggs Potatoes Juice	28 Nachos Black Beans w/Corn Oranges	29 Pizza Stick Fruit Veggie	30

~Eat Healthy, Think Better~