

MENUS FOR OCTOBER 2021

Henry County Elementary Schools Afterschool Snack Program

This institution is an equal opportunity provider. Menus are subject to change.

NATIONAL SCHOOL LUNCH WEEK

Wild ABOUT SCHOOL LUNCH

CELEBRATING OCTOBER 11-15



Friday, October 1

Goody Bun
Milk



What's on **YOUR** plate?

Monday, October 4

WG Muffin
Milk

Tuesday, October 5

Cheez Its Crackers
100% Fruit Juice

Wednesday, October 6

WG Cereal
Milk

Thursday, October 7

WG Cookie
Milk

Friday, October 8

WG Graham Crackers
100% Fruit Juice

Monday, October 11

WG Muffin
Milk

Tuesday, October 12

Smart Snack Chips
100% Fruit Juice

Wednesday, October 13

WG Cereal
Milk

Thursday, October 14

WG Graham Crackers
100% Fruit Juice

Friday, October 15

Goody Bun
Milk

Monday, October 18

WG Muffin
Milk

Tuesday, October 19

Cheez Its Crackers
100% Fruit Juice

Wednesday, October 20

WG Cereal
Milk

Thursday, October 21

WG Graham Crackers
100% Fruit Juice

Friday, October 22

WG Cookie
Milk

Monday, October 25

WG Muffin
Milk

Tuesday, October 26

Smart Snack Chips
100% Fruit Juice

Wednesday, October 27

WG Cereal
Milk

Thursday, October 28

WG Graham Crackers
100% Fruit Juice

Friday, October 29

Goody Bun
Milk

Q: Besides carving, what else can you POSSIBLY do with a pumpkin?!

A: PLENTY! When the colonists first came to North America, they found Native Americans making mats out of pumpkin strips, using pumpkin as medicine, and also roasting strips and seeds for food. The colonists learned to slice the tops off pumpkins, fill them with milk, spices, and honey and bake them directly in hot ashes. That was the origin of Pumpkin Pie!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Featuring Healthy Fruits & Grains!

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