

ELEMENTARY MENU

OCTOBER

2022

*Make the healthy,
economical choice!*

Breakfast

Lunch

Free \$2.25

Get in touch with us today to learn more about
free and reduced-price meals in our district:

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

SOLANCO SCHOOL DISTRICT

This institution is an equal opportunity provider.



Monday, October 3

Breakfast

Appel Frudel

Lunch

Pulled Pork BBQ
On Whole Grain
Roll
Green Beans
Sweet Potato
Puffs
Choice of Fruit
Choice of Milk

Tuesday, October 4

Breakfast

Mini Waffles

Lunch

Nacho Grande
Meat & Cheese
Sauce
Lettuce, Tomato,
Salsa
Sweet Corn
Choice of Fruit
Choice of Milk

Wednesday, October 5

Breakfast

Breakfast Wrap

Lunch

Cheeseburger on
Whole Grain Roll
Lettuce, Tomato,
Onion, Pickle
Oven Fries
Baked Beans
Choice of Fruit
Choice of Milk

Thursday, October 6

Breakfast

Mini French Toast

Lunch

Pizza Cheese
Crunchers
Garden Salad
Fresh Broccoli
Choice of Fruit
Choice of Milk

Friday, October 7

NO
SCHOOL

WEATHER
MAKEUP
DAY

Monday, October 10

NO
SCHOOL
COLUMBUS
DAY

Tuesday, October 11

Breakfast

Breakfast Pizza

Lunch

Corn Dog Nuggets
Steamed Broccoli
Baked Beans
Choice of Fruit
Choice of Milk

Wednesday, October 12

Breakfast

Fruit & Yogurt
Parfait

Lunch

French Toast
Sticks
Sausage Patty
Hash Brown
Carrot Sticks
100% Fruit Juice
Choice of Milk

Thursday, October 13

Breakfast

Blueberry
Pancakes

Lunch

Popcorn Chicken
Bowl
Whole Grain Roll
Mashed Potatoes
Corn
Choice of Fruit
Choice of Milk

Friday, October 14

Breakfast

Sausage Pancake
on a Stick

Lunch

Pizza
Tossed Salad
Chick Peas
Whole Grain
Cookie
Choice of Fruit
Choice of Milk

Monday, October 17

Breakfast

Mini Cinnis

Lunch

Chicken Wings
Whole Grain Roll
Glazed Carrots
Tater Tots
Choice of Fruit
Choice of Milk

Tuesday, October 18

Breakfast

Mini French Toast

Lunch

Macaroni &
Cheese w/ Soft
Pretzel Rod
Stewed Tomatoes
Steamed Broccoli
Choice of Fruit
Choice of Milk

Wednesday, October

Breakfast

Mini Pancakes

Lunch

Taco Meat &
Cheese
Brown Rice
Lettuce/Tomato/
Salsa
Refried Beans
Choice of Fruit
Choice of Milk

Thursday, October

Breakfast

Breakfast Wrap

Lunch

Bosco Cheese
Sticks
Mariana Sauce
Tossed Salad
Carrot Sticks
Choice of Fruit
Choice of Milk

Friday, October 21

Breakfast

Breakfast
Sandwich

Lunch

Chicken Nuggets
Whole Grain Roll
Seasoned Curly
Fries
Mixed Vegetables
Choice of Fruit
Choice of Milk



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

Monday, October 24

Breakfast

Chocolate Chip
French Toast

Lunch

General Tso
Chicken
Brown Rice
Steamed Broccoli
Carrot Sticks
Choice of Fruit
Choice of Milk

Tuesday, October 25

Breakfast

Bacon Breakfast
Boat

Lunch

Pancakes w/ Syrup
Sausage Links
Hash Brown
Celery Sticks
100% Fruit Juice
Choice of Milk

Wednesday, October

Breakfast

Mini Blueberry
Pancakes

Lunch

Turkey & Cheese
Deli Sandwich
Lettuce/Tomato/
Onions/Pickles
Sweet Potato Puffs
Green Beans
Choice of Fruit
Choice of Milk

Thursday, October

Breakfast

Breakfast
Sandwich

Lunch

Cheesesteak Sub
On Whole Grain Roll
Oven Fries
Baked Beans
Choice of Fruit
Choice of Milk

Friday, October 28

Breakfast

Mini Waffles

Lunch

Pizza
Tossed Salad
Chick Peas
Whole Grain Cookie
Choice of Fruit
Choice of Milk

**STRANGE
BUT TRUE!**



WHY ARE THE BUTTONS ON
MEN'S AND WOMEN'S CLOTHES
ON DIFFERENT SIDES?
BUTTONS USED TO BE
ELABORATE AND COSTLY, SO
ONLY VERY WEALTHY PEOPLE
HAD THEM. THE MEN DRESSED
THEMSELVES, BUT THE WOMEN
WERE DRESSED BY SERVANTS – WHO COULD FASTEN THE
BUTTONS MORE EASILY IF THEY WERE REVERSED!

Monday, October 31

Breakfast

Chocolate Chip
French Toast

Lunch

Meatball Hoagie
Whole Grain Roll
Baked Beans
Potato Beans
Choice of Fruit
Choice of Milk

Please make sure to apply yourself.

That's good advice any time, but especially these days, when there's so much disruption in our lives – whether we're trying to work or learn or take care of our families. But there's something else you need to make sure to apply for: free and reduced-price school meals. Since meals are no longer free for everyone at this time, your family may be eligible to continue benefitting from convenient, healthy, dependable school meals at no charge every day. Plus, our entire district benefits when you apply, because a lot of federal funding for all sorts of education and technology programs is tied to those applications, although most folks don't realize that. So please, get in touch with us and take a moment to fill out that application. Kids throughout our community will benefit when you do. ***Pick up an application at your child's school or the district office, or visit our web site at www.solancosd.org, or call 717-786-5618.*** Thanks in advance!

School Meals
We serve education every day™