



2024

OCTOBER

Allen Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

"Stretching is an important component of any exercise program. As a general rule, stretch your major muscle groups after you exercise. In some studies, stretching right before an athletic event has been shown to decrease athletic performance, especially before activities requiring ballistic movements, jumping or running." (www.mayoclinic.org)

1
Double Chocolate Muffin
String Cheese
Applesauce
Juice and Milk

2
French Toast with Syrup
Peaches
Juice and Milk

3
Yogurt
Granola Bar
Blueberries
Juice and Milk

4
Pancake Sausage Sandwich
Pineapple
Juice and Milk

7
Cereal
Goldfish Crackers
Applesauce
Juice and Milk

8
Waffles with Syrup
Peaches
Juice and Milk

9
Yogurt
Granola Bar
Blueberries
Juice and Milk

10
Omelet with Cheese
Pears
Juice and Milk

11
NO SCHOOL

14
NO SCHOOL

15
Cereal Bar
String Cheese
Mandarin Oranges
Juice and Milk

16
Breakfast Burrito
Peaches
Juice and Milk

17
Glazed Donut
String Cheese
Mixed Fruit
Juice and Milk

18
Pancake Sausage Sandwich
Pineapple
Juice and Milk

21
Cereal
Goldfish Crackers
Applesauce
Juice and Milk

22
Mini Cinnamon Rolls
Pears
Juice and Milk

23
Pancakes with Syrup
Mixed Fruit
Juice and Milk

24
Breakfast Pizza
Mandarin Oranges
Juice and Milk

25
Poptart
String Cheese
Peaches
Juice and Milk

28
Cereal
Goldfish Crackers
Applesauce
Juice and Milk

29
Double Chocolate Muffin
String Cheese
Mixed Fruit
Juice and Milk

30
Nutri-Grain Bar
String Cheese
Pears
Juice and Milk

31
Pancakes with Syrup
Peaches
Juice and Milk

2024 OCTOBER

Allen Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Healthy fats are an important part of our diet. They help us get and stay full. They also benefit our brains, improving memory and lifting mood. The key is to make sure your kids are eating the right fats. Healthy fats are unsaturated fats. These can be: Monounsaturated or Polyunsaturated. (familydoctor.org)

1
Beef and Cheese Taco
Chips and Salsa
Corn
Pineapple

2
Hot Dog on Bun
BBQ Baked Beans
French Fries
Mixed Fruit

3
Sloppy Joe on Bun
Cheesy Potato Casserole
Peaches

4
Cheese Pizza
Roasted Broccoli
Applesauce
Cookie

7
Spaghetti with Meat Sauce
Green Beans
Peaches

8
Cheese Quesadilla with Salsa
Side Salad
Pineapple

9
Mini Corn Dogs
Tater Tots
Carrots
Mixed Fruit

10
Breaded Chicken Patty on Bun
BBQ Baked Beans
French Fries
Pears

11
NO SCHOOL

14
NO SCHOOL

15
Chicken and Cheese Taco
Chips and Salsa
Corn
Mandarin Oranges

16
11:30 Dismissal/Sack Lunch
Peanut Butter & Jelly
Uncrustable
Baby Carrots with Ranch
Applesauce
Cookie

17
Cheeseburger on Bun
Corn
French Fries
Mixed Fruit

18
Bosco Sticks with Marinara Sauce
Green Beans
Peaches

21
Mac and Cheese
Peas and Carrots
Pears

22
Calzone with Marinara Sauce
Green Beans
Strawberry Slushy

23
Ham and Cheese Sub
Celery and Carrots
Applesauce

24
BBQ Pulled Pork
BBQ Baked Beans
Tater Tots
Peaches

25
Pepperoni Pizza
Roasted Broccoli
Mixed Fruit
Cookie

28
Chicken Alfredo
Peas and Carrots
Peaches

29
Beef and Cheese Nachos
Side Salad
Chips and Salsa
Pineapple

30
Cheese Ravioli with Marinara
Corn
Pears

31
Grilled Cheese Sandwich
Tomato Soup
Green Beans
Applesauce