

Menus for Jr. High

October

2015

This institution is an equal opportunity provider and employer.

Yuma School District One

Your voice matters to us!
If you have any suggestions or concerns please contact us at
928-502-4360 or mclark@yuma.org



Available Daily!

<u>Breakfast</u>	<u>Lunch</u>
Special of the Day	Peanut Butter & Jelly
Yogurt Parfait	Yogurt Combo
Assorted Cereal	Fruit & Veggie Bar
Fresh or Canned Fruit	Choice of White or
Choice of White or Flavored Milk	Flavored Milk



Specials of the Day

Breakfast Lunch

Thursday, October 1

Breakfast Pizza
Chili Cheese Fries w/ Wheat Roll
Or Bean & Cheese Burrito

Friday, October 2

Breakfast Burrito
Turkey & Cheese Sub w/ Bag of Chips
Or Cheese Crisp

Monday, October 5

Super Donut
Bosco Cheese Sticks w/ Green Beans Or
Lemon Grass Chicken w/ Rice

Tuesday, October 6

Sausage Patty & Biscuit
Hamburger w/ Baked Fries Or
Folded Beef Tacos

Wednesday, October 7

Chocolate Chip Mini-Loaf
Chicken Tenders w/ Wheat Roll & Corn
Or Bean & Cheese Tostada

Thursday, October 8

PopTart
Pig in a Blanket w/ Ranch Beans
Or Spaghetti

Friday, October 9

Mini-pancakes
Bean & Cheese Burrito w/ Spanish Rice
Or Sub Sandwich

Specials of the Day

Breakfast Lunch

Monday, October 12

Columbus Day **No School Today**

Tuesday, October 13

Pancake & Sausage on a Stick
Folded Beef Tacos w/ Refried Beans & Chocolate Pudding Or Pizza

Wednesday, October 14

Cinnamon Toast
Chicken Sandwich & Mixed Vegetables Or Pig in a Blanket

Thursday, October 15

Breakfast Pizza
Spaghetti & French Bread w/ Green Beans Or
Grilled Cheese Sandwich

Friday, October 16

Breakfast Burrito
Bean & Cheese Tostada w/ Mexicorn Or Kung Pao Chicken w/ Brown Rice

Monday, October 19

Super Donut
Bosco Pizza Sticks w/ Corn Or
Nachos w/ Salsa

ARE YOU READY FOR THIS GUY?



The flu bug makes the scene in October and can hang around until May! Protect yourself. The flu vaccine can keep the bug at bay, help limit the spread of the flu in our community, and make the illness less severe if you do come down with it.

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

**DON'T LET THIS
HAPPEN
TO YOU!**



IT HAPPENED EVERY TIME SHARI
**DIDN'T EAT A GOOD
LUNCH.** BY FIFTH PERIOD,
SHE HAD TURNED INTO
SOME KIND OF A
HIDEOUS MONSTER!

Nutrition analysis of this typical School Lunch Combo:

Turkey & Cheese on Whole Wheat
Lettuce & Tomato
Baked Potato w/Butter
Fresh Apple
nONfat Chocolate Milk

Total calories: 690
Calories from protein: 19%
Cal. from carbohydrates: 53%
Calories from fat: 28%
Goal: 30% or less fat calories

**PLEASE
SEE REVERSE
FOR ITEMS
AVAILABLE DAILY**

WHAT'S WRONG
WITH THIS PICTURE?
IN REAL LIFE,
**ELEPHANTS
ARE INCAPABLE
OF JUMPING!**
KEEP THAT IN MIND
IF YOU'RE EVER PUTTING
TOGETHER AN ALL-ANIMAL
BASKETBALL TEAM!



**STRANGE
BUT TRUE!**

Specials of the Day Breakfast Lunch

Tuesday, October 20

Sausage Patty
& Biscuit

Beefaroni & French Bread
w/ Green Beans
Or Bean & Cheese Burrito

Wednesday, October 21

Banana Bread Slice

Chicken Nuggets w/ Wheat
Roll & Mixed Veggies
Or Hamburger

Thursday, October 22

PopTart

BBQ Chicken Teriyaki
w/ Brown Rice & Fortune
Cookie Or Cheese Crisp

Friday, October 23

Mini Pancakes

Macaroni & Cheese w/
Wheat Roll Or
Turkey Sub Sandwich

Monday, October 26

French Toast Sticks
& Syrup

Orange Chicken w/Brown
Rice & Fortune Cookie
Or Nachos w/Salsa

Tuesday, October 27

Pancake & Sausage
on a stick

Cheeseburger Sliders
w/Ranch Beans & Cookie Or
Spicy Chicken Sandwich

Wednesday, October 28

Cinnamon Toast

Popcorn Chicken w/ Wheat
Roll & Mixed Vegetables
Or Beefaroni

Thursday, October 29

Breakfast Pizza

Chili Cheese Fries
w/ Wheat Roll
Or Bean & Cheese Burrito

Friday, October 30

Breakfast Burrito

Chicken Soft Taco
w/ Spanish Rice
Or Pizza

eatfit

**wanna stay fit?
gotta eat right!**

*There's magic at
the produce
stand!*



**Try to eat 5-10 servings of Fruits and Veggies
every day to make sure you EAT FIT!**

1. Write the total number of fruit and veggie servings you eat on an average day _____
2. Multiply your average servings by 2 _____
3. Add 5 to the number on line 2 _____
4. Multiply line 3 by 50 _____
5. Write 1765 if you've had your birthday this year or 1764 if you haven't _____
6. Add lines 4 and 5 together _____
7. Write the year you were born _____
8. Subtract line 7 from line 6 _____

The first digit on line 8 is your number of servings from line 1, and the remaining digits are your age. Now, increase your daily servings of fruits and veggies today and try it again!

It works like MAGIC!