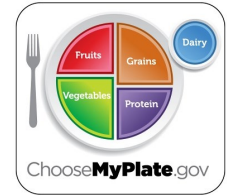


Menus for October 2015

Rockingham County Schools



Families Making the Connection

Liven Up Meals with Fruits and Veggies



Look no further than fruits and veggies to liven up your meals! They are low in calories and fat but power-packed with nutrients. They also add color, flavor and texture. Try these fun ways to liven up your plate:

Grill 'em. Try mushrooms, squash, peppers or potatoes on a kabob skewer. Peaches, pineapple and mangos are also great grilled.

Mix 'em in. Family casserole dishes can get a flavor boost in flavor from veggies. Try sautéed onions, peas, pinto beans or tomatoes. Mix veggies into omelets. Tried and true favorites are mushrooms, spinach, and bell peppers.

Try Italian. Add extra veggies to pasta dishes. Boost tomato sauce with peppers, spinach, red beans, onions or cherry tomatoes. The veggies will add texture and satisfy your hunger with fewer calories.

Spin on salad. Toss in shredded carrots, strawberries, spinach, sweet peas, oranges or blueberries—more flavor, more fun!

Stack or roll. Whether stacked in a sandwich or rolled in a wrap, veggies make great add-ins. Think tomatoes, lettuce or avocado.

Blend and bake. Fruit begs to be blended into smoothies or into batters for baked goods. Bananas, strawberries or blueberries are a great place to start. Then, get creative!

Juice served daily with
Breakfast
Milk served daily with
Breakfast & Lunch

*Chef Salad Meal,
PB & J Sandwich,
Dried Fruit Mix,
Peanut Butter Cup & Sliced
Apples available daily

Thurs. Oct. 1

BREAKFAST

Chicken Biscuit
PB&J
Assorted Fruit
Juice
Milk

LUNCH

Chicken Fillet
Lasagna
Texas Toast
Broccoli
Fresh Veggies w/Dip
Baked Pears
Assorted Fresh Fruit

Fri., Oct. 2

BREAKFAST

Pancake Sausage Bites
Cereal w/ Cheese Stick
Assorted Fruit
Juice
Milk

LUNCH

Pizza
Rib-B-Que Sandwich
Carrots
Tossed Salad
Applesauce
Assorted Fresh Fruit

Mon. Oct. 5

BREAKFAST

Mini Pancakes
Cereal w/ Cheese Stick
Assorted Fruit
Juice
Milk

LUNCH

Quesadilla
Orange Chicken
Rice
Carrots
Oriental Vegetables
Pineapple

Tues. Oct. 6

BREAKFAST

Egg & Cheese Sandwich
PB&J
Assorted Fruit
Juice
Milk

LUNCH

Chicken Nuggets
Roll
Spaghetti
Texas Toast
Tossed Salad
California Blend
Peaches
Assorted Fresh Fruit

Wed. Oct. 7

No School

Thurs., Oct 8

BREAKFAST

Sausage Wrap
PB&J
Assorted Fruit
Juice
Milk

LUNCH

Chicken Fillet
Macaroni & Cheese
Roll
Pinto Beans
Spinach
Applesauce
Assorted Fresh Fruit

Friday Oct. 9

BREAKFAST

Sausage Biscuit
Cereal w/ Cheese Stick
Assorted Fruit
Juice
Milk

LUNCH

Pizza
Teriyaki Nuggets
Roll
Vegetable Medley
Baked Fries
Tossed Salad
Mixed Fruit
Assorted Fresh Fruit

Monday., Oct 12

BREAKFAST

Pop Tarts
Cereal w/ Cheese Stick
Assorted Fruit
Juice
Milk

LUNCH

Quesadilla
Tacos
Broccoli
Vegetarian Beans
Mandarin Oranges
Assorted Fresh Fruit

Tues. Oct 13

BREAKFAST

Super Donut
Cereal w/ Cheese Stick
Assorted Fruit
Juice
Milk

LUNCH

Chicken Nuggets
Roll
Hot Dog w/Chili
Green Beans
Lettuce & Tomato
Peaches
Assorted Fresh Fruit

“USDA is an equal opportunity provider and employer.”

Wed., Oct 14

BREAKFAST
 Pancake Sausage on a Stick
 Syrup
 Cereal w/ Cheese Stick
 Assorted Fruit
 Juice
 Milk

LUNCH
 Pizza Cruncher
 Roasted Chicken Roll
 Mashed Potatoes
 Tossed Salad
 Strawberry Cup
 Assorted Fresh Fruit

Thurs. Oct. 15

BREAKFAST
 Waffles
 PB&J
 Assorted Fruit
 Juice
 Milk

LUNCH
 Chicken Fillet
 Barbeque Sandwich
 Pinto Beans
 Coleslaw
 Baked Apples
 Assorted Fresh Fruit

Friday Oct. 16

BREAKFAST
 Steak Biscuit
 PB&J
 Assorted Fruit
 Juice
 Milk

LUNCH
 Pizza
 Sloppy Scoops
 Carrots
 Tossed Salad
 Mixed Fruit
 Assorted Fresh Fruit
 Birthday Celebration

Monday Oct. 19

BREAKFAST
 Cinnamon Roll
 Cereal w/ Cheese Stick
 Assorted Fruit
 Juice
 Milk

LUNCH
 Quesadilla
 Ravioli
 Texas Toast
 California Blend
 Tossed Salad
 Pears
 Assorted Fresh Fruit

Tuesday Oct. 20

BREAKFAST
 Steak Biscuit
 PB&J
 Cereal Bars
 Assorted Fruit
 Juice
 Milk

LUNCH
 Chicken Nuggets Roll
 Salisbury Steak
 Rice
 Tossed Salad
 Green Beans
 Strawberry Cup
 Assorted Fresh Fruit

Wed. Oct. 21

BREAKFAST
 Breakfast Pizza
 Cereal w/ Cheese Stick
 Assorted Fruit
 Juice
 Milk

LUNCH
 Pizza Cruncher
 Nachos w/Meat & Cheese
 Seasoned Black Beans
 Corn
 Mixed Fruit
 Assorted Fresh Fruit

Thurs. Oct. 22

BREAKFAST
 Chicken Biscuit
 PB&J
 Assorted Fruit
 Juice
 Milk

LUNCH
 Chicken Fillet
 Lasagna
 Texas Toast
 Broccoli
 Fresh Veggies w/Dip
 Baked Pears
 Assorted Fresh Fruit

Friday Oct. 23

BREAKFAST
 Pancake Sausage Bites
 Cereal w/ Cheese Stick
 Assorted Fruit
 Juice
 Milk

LUNCH
 Pizza
 Rib-B-Que Sandwich
 Carrots
 Tossed Salad
 Applesauce
 Assorted Fresh Fruit

Monday Oct. 26

BREAKFAST
 Mini Pancakes
 Cereal w/ Cheese Stick
 Assorted Fruit
 Juice
 Milk

LUNCH
 Quesadilla
 Orange Chicken
 Rice
 Carrots
 Oriental Vegetables
 Pineapple
 Assorted Fresh Fruit

Tuesday Oct. 27

BREAKFAST
 Egg & Cheese Sandwich
 PB&J
 Assorted Fruit
 Juice
 Milk

LUNCH
 Chicken Nuggets Roll
 Spaghetti
 Texas Toast
 Tossed Salad
 California Blend
 Peaches
 Assorted Fresh Fruit

Wed. Oct 28

BREAKFAST
 Eggo
 Cereal w/ Cheese Stick
 Assorted Fruit
 Juice
 Milk

LUNCH
 Pizza Cruncher
 Turkey & Gravy Roll
 Corn
 Broccoli
 Strawberry Cup
 Assorted Fresh Fruit

Thurs Oct. 29

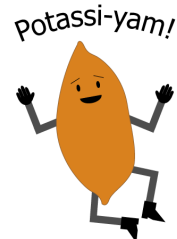
BREAKFAST
 Sausage Wrap
 PB&J
 Assorted Fruit
 Juice
 Milk

LUNCH
 Chicken Fillet
 Macaroni & Cheese Roll
 Pinto Beans
 Collards
 Applesauce
 Assorted Fresh Fruit

Friday, Oct. 30

BREAKFAST
 Sausage Biscuit
 Cereal w/ Cheese Stick
 Assorted Fruit
 Juice
 Milk

LUNCH
 Pizza
 Teriyaki Nuggets Roll
 Vegetable Medley
 Baked Fries
 Tossed Salad
 Mixed Fruit
 Assorted Fresh Fruit



Fit Foundations

Sweet Potato Blueberry Oat Squares

Makes 6 servings
Serving size: 1 square

Ingredients

- 1/2 cup canned, mashed sweet potato
- 1 1/2 teaspoon lemon juice
- 3/4 cup fat free milk
- 2 tablespoons oil
- 1/2 teaspoon + 2/3 teaspoon cinnamon
- 2 tablespoons + 1/2 teaspoon brown sugar
- 2/3 cup whole wheat flour
- 2 tablespoons unbleached flour
- 1 2/3 teaspoons baking powder
- 1/8 teaspoon salt
- 3/4 cup quick oats
- 1/3 cup frozen, unsweetened blueberries

Directions

1. Blend sweet potato, lemon juice, milk and oil in a large mixing bowl.
2. In a separate small bowl, mix 2/3 teaspoon cinnamon and 1/2 teaspoon brown sugar. Set aside.
3. In a third bowl, mix flours, remaining cinnamon and sugar, baking powder, salt, and oats.
4. Slowly combine dry ingredients into wet ingredients until thoroughly mixed.
5. Fold in blueberries.
6. Lightly spray a baking sheet with nonstick spray. Pour batter onto sheet.
7. Sprinkle the batter with the sugar-cinnamon mixture.
8. Bake at 350° F for about 25 minutes or until lightly browned.

Visit our website at:
<http://www.rock.k12.nc.us/childnutrition>