



Fort Wayne Community Schools

October 2017 Elementary Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Hot Dog Baked Beans Baby Carrots Mandarin Oranges & Pineapple Chocolate Chip Cookie Milk	3 Cheese Omelet Whole Grain Pancakes Grape Tomatoes Baby Carrots Spice Apples Milk	4 Cheese Pizza Chop Salad Baby Carrots Raisins Applesauce Muffin Milk	5 Chicken & Rice Steamed Broccoli Baby Carrots Chilled Peaches Molasses Cookie Milk	6 Chicken Tenders Corn Baby Carrots Fresh Pear Half Blueberry Muffin Milk
9 Sausage Pizza Fresh Celery Baby Carrots Chilled Apricots Sugar Cookie Milk	10 Beef & Noodles Whipped Potatoes Baby Carrots Fresh Orange Chocolate Cake Milk	11 Chicken Drumstick Whole Wheat Roll Cucumber Coins Baby Carrots Banana Milk	12 Black Bean Dip Tortilla Chips Baby Carrots Fruit Cocktail Milk	13 NO SCHOOL TODAY
16 Chicken Nuggets Potato Wedges Baby Carrots Tropical Fruit Orange Cranberry Cookie Milk	17 Cheese Lasagna Whole Wheat Roll Green Beans Baby Carrots Chilled Pears Milk	18 Teriyaki Beef Steamed Rice Midori Blend Vegetables Baby Carrots Red Apple Wedges Pumpkin Muffin Milk	19 Mexican Cheese Sauce Breadsticks Fresh Broccoli Baby Carrots Fresh Grapes Milk	20 Beef Hamburger Baked Beans Baby Carrots Sweet Blueberries Butterscotch Cookie Milk
23 Chicken Dippers Whole Wheat Roll Fresh Celery/Peanut Butter Chilled Peaches Milk	24 Galaxy Cheese Pizza Sweet Potato Coins Baby Carrots Fresh Kiwi Banana Bread Milk	25 Cheesy Chili Tortilla Chips Chop Salad Baby Carrots Warm Cinnamon Apple & Cranberries Milk	26 Zesty Orange Chicken Steamed Rice Cucumber Coins Baby Carrots Hummus Fresh Pear Half Milk	27 Mini Corndogs Peas Baby Carrots Sweet Strawberries Chewy Chocolate Cookie Milk
30 Breaded Chicken Sandwich Green Beans Baby Carrots Chilled Pears Snapperdoodle Cookie Milk	31 Cheeseburger Steak Whole Wheat Roll Baked Potato Baby Carrots Orange Pineapple Ice Milk			



October 13th is **WORLD EGG DAY!**

- World Egg Day is celebrated all around the world, from America to Mongolia, Australia to China, and all over Europe!
- Eggs are a great source of protein, choline and vitamin D.
- Hens with white feathers and white earlobes lay white eggs, and hens with red feathers and red earlobes lay brown eggs.
- The average American eats over 200 eggs per year!

October 28th is Make a Difference Day—help a friend, parent, or neighbor carry groceries in the house or rake leaves in the yard. Do something to help someone else and make a difference in their day.

For more information, visit our website at:

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Menus are subject to change without notice.


This institution is an equal opportunity provider.

This Menu is pork free



Fort Wayne Community Schools

October 2017 Private School Lunch Menu

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2 Hot Dog Baked Beans Baby Carrots Mandarin Oranges & Pineapple Chocolate Chip Cookie Milk	3 Cheese Omelet Whole Grain Pancakes Grape Tomatoes Baby Carrots Spiced Apples Milk	4 Cheese Pizza Chop Salad Baby Carrots Raisins Applesauce Muffin Milk	5 Chicken & Rice Steamed Broccoli Baby Carrots Chilled Peaches Molasses Cookie Milk	6 Chicken Tenders Corn Baby Carrots Fresh Pear Half Blueberry Muffin Milk
9 Sausage Pizza Fresh Celery Baby Carrots Chilled Apricots Sugar Cookie Milk	10 Beef & Noodles Whipped Potatoes Baby Carrots Fresh Orange Chocolate Cake Milk	11 Chicken Drumstick Whole Wheat Roll Cucumber Coins Baby Carrots Banana Milk	12 Black Bean Dip Tortilla Chips Baby Carrots Fruit Cocktail Milk	13 Stuffed Pepperoni Sandwich Steamed Broccoli Baby Carrots Chilled Peaches Snapperdoodle Cookie Milk
16 Chicken Nuggets Potato Wedges Baby Carrots Tropical Fruit Orange Cranberry Cookie Milk	17 Cheese Lasagna Whole Wheat Roll Green Beans Baby Carrots Chilled Pears Milk	18 Teriyaki Beef Steamed Rice Midori Blend Vegetables Baby Carrots Red Apple Wedges Pumpkin Muffin	19 Mexican Cheese Sauce Breadsticks Fresh Broccoli Baby Carrots Fresh Grapes Milk	20 Beef Hamburger Baked Beans Baby Carrots Sweet Blueberries Butterscotch Cookie Milk
23 Chicken Dippers Whole Wheat Roll Fresh Celery/Peanut Butter Baby Carrots Chilled Peaches Milk	24 Galaxy Cheese Pizza Sweet Potato Coins Baby Carrots Fresh Kiwi Banana Bread Milk	25 Cheesy Chili Tortilla Chips Chop Salad Baby Carrots Warm Cinnamon Apple & Cranberries Milk	26 Zesty Orange Chicken Steamed Rice Cucumber Coins Baby Carrots Hummus Fresh Pear Half Milk	27 Mini Corndogs Peas Baby Carrots Sweet Strawberries Chewy Chocolate Cookie Milk
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Fort Wayne Community Schools October 2017 Large Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Hot Dog Baked Beans Baby Carrots Creamy Coleslaw Mandarin Oranges & Pineapple Chocolate Chip Cookie Milk	3 Cheese Omelet Whole Grain Pancakes Crispy Potatoes Grape Tomatoes Baby Carrots Spiced Apples Milk	4 Cheese Pizza Breadsticks Chop Salad Baby Carrots Raisins Applesauce Muffin Milk	5 Chicken & Rice Whole Wheat Roll Steamed Broccoli Baby Carrots Chilled Peaches Molasses Cookie Milk	6 Chicken Tenders String Cheese Corn Baby Carrots Fresh Pear Half Blueberry Muffin Milk
9 Sausage Pizza Breadsticks Fresh Celery Baby Carrots Chilled Apricots Sugar Cookie Milk	10 Beef & Noodles Whipped Potatoes Green Beans Baby Carrots Fresh Orange Chocolate Cake Milk	11 Chicken Drumstick Whole Wheat Roll Potato Salad Cucumber Coins Baby Carrots Banana Milk	12 Black Bean Dip Tortilla Chips Corn Baby Carrots Fruit Cocktail Milk	13 NO SCHOOL TODAY
16 Chicken Nuggets Mini Pretzels Potato Wedges Baby Carrots Tropical Fruit Orange Cranberry Cookie	17 Cheese Lasagna Whole Wheat Roll Green Beans Baby Carrots Chilled Pears Sweet Strawberries	18 Teriyaki Beef Steamed Rice Midori Blend Vegetables Peas Baby Carrots Red Apple Wedges	19 Mexican Cheese Sauce Breadsticks Fresh Broccoli Baby Carrots Fresh Grapes Milk	20 Beef Hamburger Baked Beans Creamy Coleslaw Baby Carrots Sweet Blueberries Butterscotch Cookie
23 Chicken Dippers Whole Wheat Roll Cheddar Cheese Fresh Celery/Peanut Butter Baby Carrots Chilled Peaches Milk	24 Galaxy Cheese Pizza Breadsticks Sweet Potato Coins Baby Carrots Fresh Kiwi Banana Bread Milk	25 Cheesy Chili Tortilla Chips Carrot Coins Chop Salad Baby Carrots Warm Cinnamon Apple & Cranberries Chocolate Chip Cookie Milk	26 Zesty Orange Chicken Steamed Rice Cucumber Coins Baby Carrots Hummus Fresh Pear Half Chilled Peaches Milk	27 Mini Corndogs Peas Baby Carrots Sweet Strawberries Pineapple Tidbits Chewy Chocolate Cookie Milk
30 Breaded Chicken Sandwich Potato Wedges Green Beans Baby Carrots Chilled Pears Snapperdoodle Cookie Milk	31 Cheeseburger Steak Whole Wheat Roll Baked Potato Italian Vegetables Baby Carrots Orange Pineapple Ice Milk			



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Fort Wayne Community Schools

October 2017 Private School Large Lunch Menu

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2 Hot Dog Baked Beans Baby Carrots Creamy Coleslaw Mandarin Oranges & Pineapple Chocolate Chip Cookie Milk	3 Cheese Omelet Whole Grain Pancakes Crispy Potatoes Grape Tomatoes Baby Carrots Spiced Apples Milk	4 Cheese Pizza Breadsticks Chop Salad Baby Carrots Raisins Applesauce Muffin Milk	5 Chicken & Rice Whole Wheat Roll Steamed Broccoli Baby Carrots Chilled Peaches Molasses Cookie Milk	6 Chicken Tenders String Cheese Corn Baby Carrots Fresh Pear Half Blueberry Muffin Milk
9 Sausage Pizza Breadsticks Fresh Celery Baby Carrots Chilled Apricots Sugar Cookie Milk	10 Beef & Noodles Whipped Potatoes Green Beans Baby Carrots Fresh Orange Chocolate Cake Milk	11 Chicken Drumstick Whole Wheat Roll Potato Salad Cucumber Coins Baby Carrots Banana Milk	12 Black Bean Dip Tortilla Chips Corn Baby Carrots Fruit Cocktail Milk	13 Stuffed Pepperoni Sandwich Cheese Filled Breadstick Steamed Broccoli Baby Carrots Chilled Peaches Snapperdoodle Cookie Milk
16 Chicken Nuggets Mini Pretzels Potato Wedges Baby Carrots Tropical Fruit Orange Cranberry Cookie Milk	17 Cheese Lasagna Whole Wheat Roll Green Beans Baby Carrots Chilled Pears Sweet Strawberries Milk	18 Teriyaki Beef Steamed Rice Midori Blend Vegetables Peas Baby Carrots Red Apple Wedges Pumpkin Muffin Milk	19 Mexican Cheese Sauce Breadsticks Fresh Broccoli Baby Carrots Fresh Grapes Milk	20 Beef Hamburger Baked Beans Creamy Coleslaw Baby Carrots Sweet Blueberries Butterscotch Cookie Milk
23 Chicken Dippers Whole Wheat Roll Cheddar Cheese Fresh Celery/Peanut Butter Baby Carrots Chilled Peaches Milk	24 Galaxy Cheese Pizza Breadsticks Sweet Potato Coins Baby Carrots Fresh Kiwi Banana Bread Milk	25 Cheesy Chili Tortilla Chips Carrot Coins Chop Salad Baby Carrots Warm Cinnamon Apple & Cranberries Chocolate Chip Cookie Milk	26 Zesty Orange Chicken Steamed Rice Cucumber Coins Baby Carrots Hummus Fresh Pear Half Chilled Peaches Milk	27 Mini Corndogs Peas Baby Carrots Sweet Strawberries Pineapple Tidbits Chewy Chocolate Cookie Milk
30 Breaded Chicken Sandwich Potato Wedges Green Beans Baby Carrots Chilled Pears Snapperdoodle Cookie Milk	31 Cheeseburger Steak Whole Wheat Roll Baked Potato Italian Vegetables Baby Carrots Orange Pineapple Ice Milk			



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Fort Wayne Community Schools

Octubre 2017 Menú de Almuerzo

Lunes	Martes	Miercoles	Jueves	Viernes
2 Perro Caliente Frijoles al Horno Zanahorias Mandarinas de Piña Galleta con Pedacitos de Chocolate Leche	3 Tortilla de Huevos con Queso Crepas Tomatitos Zanahorias Manzanas en Especies Leche	4 Pizza de Queso Ensalada Zanahorias Uvas Pasas Mollete de Compota de Manzana Leche	5 Pollo con Arroz Brócoli al Vapor Zanahorias Duraznos Enfriados Galleta de Melaza Leche	6 "Tenders" de Pollo Maíz Zanahorias Pera Fresca Mollete de Arándano Leche
9 Pizza de Chorizo Apio Fresco Zanahorias Albaricoques Enfriados Galleta de Azúcar Leche	10 Carne con Fideos Puré de Papas Zanahorias Naranja Fresca Torta de Chocolate Leche	11 Muslitos de Pollo Pancito Integral Monedas de Pepino Zanahorias Plátano Leche	12 Salsa de Frijoles Negros Chips de Tortilla Zanahorias Coctel de Frutas Leche	13 No Hay Clases Hoy
16 "Nuggets" de Pollo Tajadas de Papa Zanahorias Fruta Tropical Galletas de Arandano Agrio y Naranja Leche	17 Lanana de Queso Pancito Integral Habichuelas Zanahorias Peras Enfriadas Leche	18 Res Teriyaki Arroz al Vapor Mezcla de verduras Midori Zanahorias Manzana Roja Fresca Mollete de Calabaza Leche	19 Salsa de Queso Mejicana Palitos de Pan Brócoli Fresco Zanahorias Uvas Frescas Leche	20 Hamburguesa Frijoles al Horno Zanahorias Arándanos Galleta de "Butterscotch" Leche
23 "Dippers" de Pollo Pancito Integral Apio Fresco/Mantequilla de Maní Zanahorias Duraznos Enfriados Leche	24 Pizza de Queso "Galaxy" Monedas de Batatas Zanahorias Kiwi Fresco Pan de Plátano Leche	25 Chile con Queso Chips de Tortilla Ensalada Manzanas Calientes con Aradanos y Canela Leche	26 Pollo a la Naranja "Zesti" Arroz al Vapor Monedas de Pepino Zanahorias Pasta de Garbanzos Pera Fresca Leche	27 Mini Salchichas Rebosadas de Pavo Arvejas Zanahorias Fresas Galleta de Chocolate Masticable Leche
30 Sándwich de Pollo Apañado Habichuelas Zanahorias Peras Enfriadas Galleta Snapperdoodle Leche	31 Hamburguesa de Bistec Con Queso Pancito Integral Papa al Horno Zanahorias Helado de Naranja-Piña Leche	<p>Este menú no tiene carne de cerdo</p> <p>Los Menús están sujetos a cambio sin aviso.</p> <p>Esta institución es un proveedor que ofrece igualdad de oportunidades.</p>		



13 de Octubre es el Día Mundial del Huevo!

- ¡El Día Mundial del Huevo es celebrado alrededor del mundo, desde América hasta Mongolia, Australia a China, y por toda Europa!
- Los huevos son una gran fuente de proteína, colina y vitamina D.
- Las gallinas con plumas blancas y lóbulo blanco ponen huevos blancos, y las gallinas con plumas rojas y lóbulo rojo ponen huevos marrones.
- ¡El americano promedio come más de 200 huevos al año.

El 28 de Octubre es el Día de Hacer Algo Para Ayudar a Otros—ayude a un/a amigo/a, a su padre/madre, o vecino, cargue los comestibles de la tienda dentro de las casa o recoja en el jardín. Haga algo para ayudar a otra persona y haga que el día de otro/a sea especial.

Para más información visite nuestro web en:

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Fort Wayne Community Schools

October 2017 Elementary Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chocolate Chip Oatmeal Bites Animal Crackers Orange Tangerine Juice Breakfast Fruit Milk	3 Cereal Bar Chocolate Bear Grahams Mixed Berry Juice Breakfast Fruit Milk	4 Cinnamon Roll Apple Juice Breakfast Fruit Milk	5 Blueberry Otis Muffin Cinnamon Goldfish Grahams Grape Juice Breakfast Fruit Milk	6 Sunrise Bites Sun Butter Kiwi Strawberry Juice Breakfast Fruit Milk
9 Fruit & Grain Bar Animal Crackers Orange Tangerine Juice Breakfast Fruit Milk	10 Cereal Bar Vanilla Bear Grahams Mixed Berry Juice Breakfast Fruit Milk	11 Chocolate Otis Muffin Cinnamon Goldfish Grahams Grape Juice Breakfast Fruit Milk	12 Rice Krispie Granola Bar Graham Crackers Kiwi Strawberry Juice Breakfast Fruit Milk	13 NO SCHOOL TODAY
16 Oatmeal Bar Animal Crackers Orange Tangerine Juice Breakfast Fruit Milk	17 Cereal Bar Chocolate Bear Grahams Mixed Berry Juice Breakfast Fruit Milk	18 Cinnamon Roll Apple Juice Breakfast Fruit Milk	19 Blueberry Otis Muffin Cinnamon Goldfish Grahams Grape Juice Breakfast Fruit Milk	20 Sunrise Bites Sun Butter Kiwi Strawberry Juice Breakfast Fruit Milk
23 Fruit & Grain Bar Animal Crackers Orange Tangerine Juice Breakfast Fruit Milk	24 Cereal Bar Vanilla Bear Grahams Mixed Berry Juice Breakfast Fruit Milk	25 Breakfast Bar Apple Juice Breakfast Fruit Milk	26 Chocolate Otis Muffin Cinnamon Goldfish Grahams Grape Juice Breakfast Fruit Milk	27 Rice Krispie Granola Bar Graham Crackers Kiwi Strawberry Juice Breakfast Fruit Milk
30 Chocolate Chip Oatmeal Bites Animal Crackers Orange Tangerine Juice Breakfast Fruit Milk	31 Cereal Bar Chocolate Bear Grahams Mixed Berry Juice Breakfast Fruit Milk			

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Fort Wayne Community Schools

Octubre 2017 Menú de Desayuno

Lunes	Martes	Miercoles	Jueves	Viernes
2 Bocaditos de Avena Con Chocochips Galletas de Animales Jugo de Naranja Mandarina Fruta de Desayuno Leche	3 Barra de Cereal Osos en Galleta de Chocolate Mezcla de Jugo de Baya Fruta de Desayuno Leche	4 Pancito de Canela Jugo de Manzana Fruta de Desayuno Leche	5 Mollete de Arándano Otis Pececitos Integrales de Canela Jugo de Uvas Fruta de Desayuno Leche	6 Botanas de la Mañana Mantequilla Sun Jugo de Kiwi y fresa Fruta de Desayuno Leche
9 Barra de Fruta y Grano Galletas de Animales Jugo de Naranja Mandarina Fruta de Desayuno Leche	10 Barra de Cereal Galletas Integrales Mezcla de Jugo de Baya Fruta de Desayuno Leche	11 Mollete de Chocolate Otis Pececitos Integrales de Canela Jugo de Uvas Fruta de Desayuno Leche	12 Barra de cereal "Rice Krispie" Galletas Integrales Jugo de Kiwi y fresa Fruta de Desayuno Leche	13 No Hay Clases Hoy
16 Barra de Avena Galletas de Animales Jugo de Naranja Mandarina Fruta de Desayuno Leche	17 Barra de Cereal Osos en Galleta de Chocolate Mezcla de Jugo de Baya Fruta de Desayuno Leche	18 Pancito de Canela Jugo de Manzana Fruta de Desayuno Leche	19 Mollete de Arándano Otis Pececitos Integrales de Canela Jugo de Uvas Fruta de Desayuno Leche	20 Botanas de la Mañana Mantequilla Sun Jugo de Kiwi y fresa Fruta de Desayuno Leche
23 Barra de Fruta y Grano Galletas de Animales Jugo de Naranja Mandarina Fruta de Desayuno Leche	24 Barra de Cereal Galletas Integrales Mezcla de Jugo de Baya Fruta de Desayuno Leche	25 Barra de Desayuno Jugo de Manzana Fruta de Desayuno Leche	26 Mollete de Chocolate Otis Pececitos Integrales de Canela Jugo de Uvas Fruta de Desayuno Leche	27 Barra de cereal "Rice Krispie" Galletas Integrales Jugo de Kiwi y fresa Fruta de Desayuno Leche
30 Bocaditos de Avena Con Chocochips Galletas de Animales Jugo de Naranja Mandarina Fruta de Desayuno Leche	31 Barra de Cereal Osos en Galleta de Chocolate Mezcla de Jugo de Baya Fruta de Desayuno Leche			

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