

Bond NOMMER 2025

More Info...



- All breads are whole grain All juice is 100% fruit juice Fresh fruits and vegetables served daily
- White or chocolate milk offered each meal

Vanilla Confetti Snack'n

Assorted Cereal

A. Beef Nachos

B. Chicken Tenders

C. Turkey & Cheese Sub



MNAY	TUESDAY	WEDNESDAY	THEORY	FRIDAY
				*GRATEFUL
Oatmeal Chocolate Chip Bar Assorted Cereal A. Breaded Fish Bites w/ Cheez-Its B. Chicken Nuggets C. Sun Butter & Jelly	Cheese Bosco Breadstick Assorted Cereal A. Chicken Patty Sandwich w/ Raider Sauce B. Cheese Pizzadilla C. Ham & Cheese Sandwich	Mini Confetti Pancakes Assorted Cereal A. Spaghetti w/ Beef Sauce B. Chicken Tenders C. Sun Butter & Jelly	A. Waffles w/ Sausage Link B. Mini Corn Dogs C. Egg Chef Salad	Pumpkin Breakfast Bread Assorted Cereal A. Pepperoni Pizza B. Cheese Pizza C. Sun Butter & Jelly
10 Strawberry Pop-Tart Assorted Cereal A. A. Mini Corn Dogs w/ Macaroni & Cheese B. Chicken Nuggets C. Sun Butter & Jelly	Mini Cinnamon Rolls Assorted Cereal A. Walking Taco B. Bean & Cheese Burrito C. Turkey & Cheese Sub	Oatmeal Chocolate Chip Bar Assorted Cereal A. Chicken Tenders w/ Fresh Garlic Knot & Ranch Pizza Sauce B. Cheese Quesadilla C. Sun Butter & Jelly	Yogurt w/ Giant Vanilla Goldfish Graham Assorted Cereal A. Lumberjack B. Grilled Cheese C. Ham Chef Salad	14 Wild Blueberry Snack'n Waffles Assorted Cereal A. Pepperoni Pizza B. Cheese Pizza C. Sun Butter & Jelly
Yogurt w/ Animal Crackers Assorted Cereal A. Italian Dunkers B. Popcorn Chicken C. Sun Butter & Jelly	Mini Cinnamon Cream Cheese Bagel Assorted Cereal A. Bosco Sticks B. Hot Dog C. Three Cheese Sub	Donut Holes Assorted Cereal A. Chili B. Cheeseburger C. Sun Butter & Jelly	Apple Frudel Assorted Cereal Friendsgiving A. Turkey & Noodles Mashed Potatoes, Sweet Potatoes, Green Beans, Dressing, Apple Crisp B. Chicken Nuggets	A. Pepperoni Pizza B. Cheese Pizza B. Sun Butter & Jelly
24 Chocolate Chip	2.5 Vanilla Confetti Snack'n	26	27	28

School

Breakfast Round

Assorted Cereal

A. Bosco Sticks

B. Hamburger

C. Sun Butter & Jelly

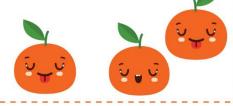
School

TASTE THE SUNSET

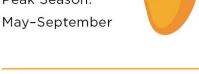
Fall is the perfect time to grab some warm, golden-orange fruits and veggies. Most orange-colored produce is high in beta-carotene and vitamin C. Our bodies convert beta-carotene into vitamin A, which supports eye, skin, and muscle health. Meanwhile, vitamin C is essential to the repair and growth of all tissues, including your bones and cartilage. Orange foods that are high in beta-carotene and vitamin C include pumpkins, carrots, papayas, oranges, peaches, and cantaloupe.

DISCOVER: TANGERINES

A close cousin of the mandarin orange, these citrusy sunshine fruits range from sweet to tart. In season late October through January, tangerines are a lowcalorie snack bursting with vitamins, fiber, and antioxidants.



MANGOES: Hearty dose of folate, fiber. & vitamins C & A Peak Season:



PUMPKINS: Loaded with fiber. protein. & vitamins K & C

Peak Season: September-November



CHALLENGE OF THE MONTH: MAKE A HAPPINESS BOX



A happiness box is a great resource or scared. Decorate an old shoebox with bright colors and other happy things. Then fill the box with things book, photos that make you smile. letter from a loved one, etc. Now feel better.



RECIPE OF THE MONTH:

AUTUMN FRUIT SALAD*

Serves 4

INGREDIENTS:

6 Oranges

1 Pomegranate

Sprinkle of sugar

1 Teaspoon of ground cinnamon

1 Cup concord grape juice Splash of lemon juice

2 Cinnamon sticks

1 tablespoon of honey

PREPARATION:

- 1. Peel the oranges, removing as much of the white parts as possible.
- 2. Cut oranges into slices and place in a serving bowl.
- 3. Add pomegranate seeds, sugar, cinnamon, and cranberry and lemon juices, and mix gently.
- 4. Then add the cinnamon sticks and the honey and keep in the fridge until serving.



*DO NOT attempt to cook or slice without adult supervision.