Springdale
Junior / Senior
High School
October 2025

ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

SAVE THE BANANA!

They're a nutritious, portable snack or part of a healthy breakfast -- but bananas are under attack! A disease could wipe out the world's supply of the most popular kind of banana in the next 25 years. Scientists are hard at work to identify banana varieties that resist the disease. Let's wish them luck!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!

Wednesday, October 1
Line 1: Chicken Alfredo / Breadstick
Line 2: Cheeseburger with Baked Fries

Thursday, October 2
Line 1: BBQ Rib with Mac & Cheese
Line 2: Corn Dogs or Pizza Slice

Friday, October 3
Line 1: Dunkers with Pizza Sauce Cup
Line 2: Chicken Tenders with Baked Fries

Monday, October 6
Line 1: Honey Chicken Sandwich / Waffle Fries
Line 2: Taco Pizza or Deli Hoagie

Tuesday, October 7
Line 1: Breaded Chicken / Coleslaw / Fries
Line 2: Buffalo Chicken Pizza & Steamed Corn

Wednesday, October 8
Line 1: Popcorn Chicken Bowl
Line 2: Cheeseburger with Baked Fries

Thursday, October 9
Line 1: Baked Chicken & Crunchers Basket
Line 2: Personal Pan Pizza &Steamed Corn

Friday, October 10
Line 1: Grilled Cheese with Soup Cup
Line 2: Ham on a Pretzel Bun / Tater Tots

Join us in the Cafeteria October 13th — 17th for National School Lunch Week

Monday, October 13
Line 1: Chicken Parmesan Sandwich
Line 2: Turkey & Cheese Croissant Sandwich

Tuesday, October 14
Line 1: Beef & Cheese Nachos with Steamed Corn
Line 2: Chicken Sticks with Baked Fries

Wednesday, October 15
Line 1: Pasta with Meatballs / Breadstick
Line 2: Cheeseburger with Baked Fries

Thursday, October 16
Line 1: Crispy Chicken Sandwich / Waffle Fries
Line 2: Buffalo Chicken Wrap or Pizza

Friday, October 17
Line 1: BOSCO Sticks with Steamed Green Beans
Line 2: Chicken Bites & Dipping Sauce with Fries

Monday, October 20
Line 1: Double Burger with Baked Fries
Line 2: Garlic French Bread Pizza

Tuesday, October 21
Line 1: Mexican Enchilada with Seasoned Rice
Line 2: Chicken Tenders or Pizza

Wednesday, October 22
Line 1: Orange Asian Chicken
Line 2: Cheeseburger with Baked Fries

Thursday, October 23
Line 1: Bacon Cheese Burger
Line 2: Buffalo Chicken Wrap or Pizza

Breakfast:

Choose at least <u>3</u> of the <u>4</u> available components

Daily breakfast entrée or variety of alternate choices

Fruit Choice or 100% Fruit Juice
Fat-Free & Low-Fat Milk

Serving Times:
7:15am to 7:45am

<u>Daily Entrée Options May Include</u>:
PB&J UNCRUSTABLE Sandwich
CHEF's Salad
Deli Hoagie

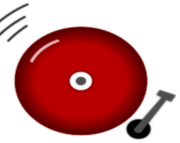
Brain Ticklers

The word "candy" can be spelled using just two letters. What are the two letters?

(Hold the page upside down and read it in mirror for the answer!)

C ɐuq ʎ.

TIME *for* LUNCH



ARE YOU READY FOR THIS GUY?

Monday, October 27
Line 1: Spicy Chicken Sandwich / Mac & Cheese
Line 2: Turkey/Bacon/Cheddar Croissant

Tuesday, October 28
Line 1: Walking Taco with Assorted Toppings
Line 2: Chicken Sticks w/ Steamed Vegetables

Wednesday, October 29
Line 1: French Toast/Sausage/Hash Brown
Line 2: Cheeseburger with Honey Baked Beans

Thursday, October 30
Line 1: Chicken Tenders/Whips/Steamed Vegetable
Line 2: Baked Hoagie or Pizza

Friday, October 31
Line 1: Baked Potato with Assorted Toppings
Line 2: Grilled Hot Dogs & Chili with Cornbread
***Halloween Dessert Treat**

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WELLNESS IS A WAY OF LIFE!

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.