

# October 2018 Lunch Menu

## Tuesday

2

Green Salad w/  
 Beets and Dressing  
 Hardboiled Egg  
 WGR Breadstick  
 Mandarin Orange

9

Potato Clam  
 Chowder  
 Cheese Stick  
 WGR Roll  
 Pineapple

16

Split Pea Soup  
 (Celery, Carrots,  
 Potato)  
 WGR Saltine  
 Crackers  
 Peaches

23

BYO Pizza Day  
 (Pizza Sauce,  
 Cheese, Turkey,  
 Pineapple, Olives,  
 Mini Pita Bread)

30

Tomato Basil  
 Soup,  
 (Tomato, Zucchini)  
 Cheese stick  
 WGR Breadstick  
 Kiwi

## Wednesday

3

Tuna Salad sand-  
 wich on WGR  
 Bread  
 Cucumber Slices  
 Pears

10

Un-Fried Brown Rice  
 (Egg, Peas, Carrot,  
 Teriyaki Sauce)  
 Green Salad w/  
 Dressing  
 Orange Slices

17

Cowboy Mac  
 (WGR Pasta,  
 Corn, Peas/  
 Carrots, Beans,  
 Cheese)  
 Mandarin Oranges

24

Southwest Chili,  
 (Beans, Carrots,  
 Tomato, Corn, Bell  
 Pepper)  
 WGR Corn Bread,  
 Applesauce

31

Baked Ziti/Rotini  
 w/ Cheese,  
 Harvest slaw  
 (Carrots, Cab-  
 bage, Beets)  
 Orange slices

## Thursday

4

Shepherd's Pie  
 (Turkey, Peas &  
 Carrots, Golden  
 Beets)  
 WGR Roll  
 Peaches

11

BYO Sub Sandwich  
 Day  
 (WGR Hoagie Bun,  
 Pesto Spread, Turkey,  
 Cheese, Tomato,  
 Lettuce)  
 Tropical Fruit

18

Turkey and  
 Cheese Sandwich  
 on WGR Bread  
 Broccoli/  
 Cauliflower w/ Dip  
 Mini Apples

25

Spaghetti  
 (WGR Pasta, Ground  
 Beef, Tomato Sauce,  
 Cheese)  
 Green Salad w/  
 Dressing  
 Fruit Cocktail

## Friday

5

Sweet Potato Puffs  
 w/ Dip  
 Cheese stick  
 WGR Soft Pretzel  
 Mini Apples

12

Chicken Salad  
 Celery Logs  
 Butterfly Crackers  
 Bananas

19

WGR Pita Bread,  
 Beet Hummus,  
 Carrot/Celery  
 Sticks  
 Pears

26

Tuna Salad  
 Sandwich on WGR  
 Bread  
 Cucumber slices  
 w/ Dip,  
 Apple Quarters

## BEETS!



Beet roots, the bulb part, is grown underground like a carrot. But, the beet greens are grown above ground!

Every part of the beet is edible, even the greens! Try sautéing them like spinach or chard. Delicious!

Beets are high in folate, a vitamin needed to make DNA and red blood cells, and helps prevent neural tube defects during pregnancy.

Beets are harvested in Washington from May to October and can be available year round!

Choose beets that are about the size of a baseball with fresh greens attached. Cut off the greens when you get home and place the greens and root in separate bags in the fridge. The greens will last a few days and the beetroots will last several weeks.

Beets are delicious steamed, roasted, or eaten raw in a salad.

Beets have a vibrant red color that can stain. Save beet juice to use in coloring homemade play dough or finger paints!

This variety is called Chioggia Beets and are sometimes known as the "Candy Cane" Beet due to it's beautiful red and white stripes! Find them at your local farmer's markets and see if they really taste like candy!



"WGR" means "Whole Grain Rich" and specifies that the item contains at least 50% whole grains.  
 "WW" means "Whole Wheat" and specifies that the item contains 100% whole wheat.

No peanut, nuts, or pork products are used in the preparation of any menu item. Milk (1% low fat) is served with every lunch.