



**Derry Cooperative School District Child Nutrition Program**

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**Monday, October 3**

*Choose One*  
 Chicken Patty/Bun  
 Tuna Salad Sub  
 \*\*\*\*\*

*Choose Up To Three*  
 Macaroni Salad  
 Salad, Green Beans  
 Fresh Fruit, Chilled Fruit  
 Juice  
 \*\*\*\*\*

Choice of Milk



**National School Lunch Week - October 10-14, 2011**

**Tuesday, October 4**

*Choose One*  
 Soft Chicken Taco w/Cheese  
 w/Lettuce Tomato Salsa  
 Meatball Sub  
 \*\*\*\*\*

*Choose Up To Three*  
 Green Cabbage Saute  
 Salad, Rice  
 Fresh Fruit, Chilled Fruit  
 Juice  
 \*\*\*\*\*

Choice of Milk

**Wed., October 5**

*Choose One*  
 SausageEggCheese Muffin  
 Cheese Ravioli/Garlic Butter  
 Hot Dog/Roll  
 \*\*\*\*\*

*Choose Up To Three*  
 Bread Stick, Salad  
 Warm Cinnamon Apples  
 Fresh Fruit, Chilled Fruit  
 Juice  
 \*\*\*\*\*

Choice of Milk

**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!**

**Thursday, October 6**

*Choose One*  
 Mozz Cheese Stix/Sauce  
 Turkey Club Sub  
 Chef's Choice  
 \*\*\*\*\*

*Choose Up To Three*  
 WW Dinner Roll, Salad  
 Potato Smiles, Carrots  
 Fresh Fruit, Chilled Fruit  
 Juice  
 \*\*\*\*\*

Choice of Milk

**Friday, October 7**

*Choose One*  
 Stuffed Crust Pizza  
 Chef's Choice  
 \*\*\*\*\*

*Choose Up To Three*  
 Spaghetti Confetti Salad  
 Salad, Mixed Veggies  
 Fresh Fruit, Chilled Fruit  
 Juice  
 \*\*\*\*\*

Choice of Milk



The bloodhound is the only animal that can give evidence that can be used in a court of law!

**Monday, October 10**

**Columbus Day**



**No School**

**Tuesday, October 11**

*Choose One*  
 Chicken O's  
 Chicken/Bacon Ranch Sub  
 \*\*\*\*\*

*Choose Up To Three*  
 Nacho Chips, Potato Puffs  
 Salad, Carrots  
 Fresh Fruit, Chilled Fruit  
 Juice  
 \*\*\*\*\*

Choice of Milk

**Wed., October 12**

*Choose One*  
 Nachos/Cheese Sauce  
 w/Lettuce Tomato Salsa  
 PizzaBurger  
 \*\*\*\*\*

*Choose Up To Three*  
 Mixed Bean Salad,  
 Salad, Corn  
 Fresh Fruit, Chilled Fruit  
 Juice, \*Yogurt  
 \*\*\*\*\*

Choice of Milk

**Thursday, October 13**

*Choose One*  
 Swedish Meatballs  
 Tuna Tomato Salad Plate  
 Chef's Choice  
 \*\*\*\*\*

*Choose Up To Three*  
 Buttered Noodles, Salad  
 Green Beans  
 Fresh Fruit, Chilled Fruit  
 Juice  
 \*\*\*\*\*

Choice of Milk

**Friday, October 14**

*Choose One*  
 Pepperoni Pizza Slice  
 Chef's Choice  
 \*\*\*\*\*

*Choose Up To Three*  
 Pretzel Rods  
 Veggie Stix/Dip, Salad  
 Fresh Fruit, Chilled Fruit  
 Juice  
 \*\*\*\*\*

Choice of Milk

Monday, October 17

*Choose One*

- Chicken Nuggets
- Turkey Sub
- \*\*\*\*\*

*Choose Up To Three*

- Pasta Salad, French Fries
- Salad, Green Beans
- Fresh Fruit, Chilled Fruit
- Juice
- \*\*\*\*\*
- Choice of Milk

Tuesday, October 18

*Choose One*

- Nachos/Beef & Cheese
- w/Lettuce Tomato Salsa
- Chicken Parmesan/Bun
- \*\*\*\*\*

*Choose Up To Three*

- Rice, Salad
- Corn
- Fresh Fruit, Chilled Fruit
- Juice \*\*Pudding
- \*\*\*\*\*
- Choice of Milk

THE TSUNAMI THAT HIT JAPAN LAST MARCH CAUSED ICEBERGS TO BREAK OFF FROM THE ICE SHELF IN ANTARCTICA -- **8,000 MILES AWAY!** IT TOOK 18 HOURS FOR THE WAVES TO REACH THAT DISTANT SHORE, AND THEY WERE ONLY ABOUT A FOOT HIGH WHEN THEY GOT THERE, BUT THE ACTION WAS ENOUGH TO BREAK OFF ICEBERGS WITH COMBINED SURFACE AREAS MORE THAN **TWICE THE SIZE OF MANHATTAN!**

**STRANGE**  
**BUT TRUE!**



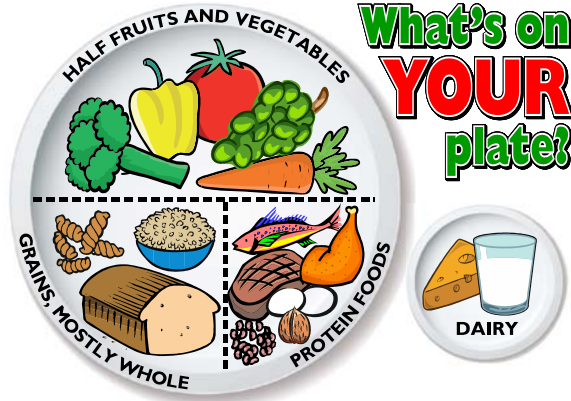
Wed., October 19

*Choose One*

- Spaghetti/Meat Sauce
- Baked Potato/Brocc & Cheese
- Chick/Celery/Peach Sal Plate
- \*\*\*\*\*

*Choose Up To Three*

- WW Bread Stick, Salad
- Broccoli
- Fresh Fruit, Chilled Fruit
- Juice
- \*\*\*\*\*
- Choice of Milk



# Superfood?

Did you know that Parsley is a vegetable? We mainly use it as a cooking herb or as garnish to make a plate look nice, but you'd do well to munch it rather than toss it out when you scrape your plate. Parsley contains three times as much vitamin C as oranges, twice as much iron as spinach, and lots of vitamin A and minerals, too. Plus, chewing parsley helps prevent bad breath!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Thursday, October 20

*Choose One*

- Chicken/Broccoli Rotini
- Grill Cheese Sandwich
- Chef's Choice
- \*\*\*\*\*

*Choose Up To Three*

- Dinner Roll, Goldfish
- Tomato Soup, Salad
- Fresh Fruit, Chilled Fruit
- Juice
- \*\*\*\*\*
- Choice of Milk

Friday, October 21

*Choose One*

- French Bread Pizza
- Chef's Choice
- \*\*\*\*\*

*Choose Up To Three*

- Macaroni Salad
- Carrots, Salad
- Fresh Fruit, Chilled Fruit
- Juice
- \*\*\*\*\*
- Choice of Milk

Monday, October 24

*Choose One*

- Popcorn Chicken
- Ham & Cheese Sub
- \*\*\*\*\*

*Choose Up To Three*

- Nacho Chips, Salad
- Warm Cinnamon Peaches
- Fresh Fruit, Chilled Fruit
- Juice
- \*\*\*\*\*
- Choice of Milk

Tuesday, October 25

*Choose One*

- Roast Chix Breast/Bun
- Fresh Fruit Plate
- \*\*\*\*\*

*Choose Up To Three*

- Grahams Crackers, Salad
- Veggie Stix/Dip
- Fresh Fruit, Chilled Fruit
- Juice
- \*\*\*\*\*
- Choice of Milk

Wed., October 26

*Choose One*

- Cheeseburger/Bun
- BLT/Egg Salad Sub
- BBQ Pork Sub
- \*\*\*\*\*

*Choose Up To Three*

- Pretzel Rods, Salad
- Shoestring Fries, Corn
- Fresh Fruit, Chilled Fruit
- Juice
- \*\*\*\*\*
- Choice of Milk

Thursday, October 27

*Choose One*

- Baked Chicken/Gravy
- Tuna Salad Sub
- Chef's Choice
- \*\*\*\*\*

*Choose Up To Three*

- Dinner Roll, Salad, Carrots
- Oven Brown Potatoes,
- Fresh Fruit, Chilled Fruit
- Juice
- \*\*\*\*\*
- Choice of Milk

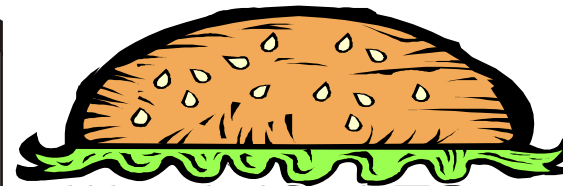
Friday, October 28

*Choose One*

- Cheese Pizza
- Chef's Choice
- \*\*\*\*\*

*Choose Up To Three*

- Spaghetti/Garlic Butter
- Salad, Peas
- Fresh Fruit, Chilled Fruit
- Juice, \*\*Cake
- \*\*\*\*\*
- Choice of Milk



## NUTRITION TO GO

School pizza is typically much healthier than supermarket pizza or slices from a pizzeria. Whole wheat crust, reduced-sodium sauce, and lowfat mozzarella cheese are a few ways that school pizza has been "re-imagined" to make pizza a nutritious choice for kids -- especially since you know they'll eat it!

**A TASTY MORSEL FOR PARENTS**

Monday, October 31

*Choose One*

- Chicken Stix
- Baked Potato
- w/ Vegetarian Chilli
- \*\*\*\*\*

*Choose Up To Three*

- Teddy Grahams, Salad
- Green Beans
- Fresh Fruit, Chilled Fruit
- Juice
- \*\*\*\*\*
- Choice of Milk