



# MENUS FOR OCTOBER 2021

**CNMI Public School System Child Nutrition Program**

This institution is an equal opportunity provider. Menus are subject to change.

# Supply and demand.

We're trying to continue to operate as close to our pre-pandemic level as possible. But, like the restaurant and food service sector generally, we're facing unprecedented supply chain challenges. Sometimes we may have to substitute an item at the last minute to give our customers the best, freshest options available that day. We thank our parents and kids in advance for your on-going understanding of this situation!

**School Meals**  
We serve education every day™

## Friday, October 1

Breakfast  
French Toast w/Syrup  
Sausage  
Fruit

Lunch  
Chicken Burger  
Potato Wedges  
Broccoli  
Fruit  
Flavored Milk

Secondary Second Choice  
Salad Bar / packed Salad  
Whole Grain Roll or Crackers  
Fruit

## NUTRITION TO GO

Lots of kids and adults love yogurt - and that's great, because yogurt is a low fat, high quality source of protein, and it's also loaded with calcium. One cup of lowfat fruit yogurt contains about 200 calories and only a couple of grams of fat -- and yogurt is easier to digest for people who have trouble with milk.

**A QUICK BITE FOR PARENTS**

## NO BONES ABOUT IT.



Touch the tip of your nose - that's what bones feel like without calcium. Bones that don't get enough calcium are weaker and more likely to break. Good sources of calcium include milk, yogurt, cheese, and calcium-fortified cereal and orange juice.

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
WELLNESS IS A WAY OF LIFE!**

## Monday, October 4

Breakfast  
Assorted Cereal  
Fruit

Lunch  
Oven Fried Chicken  
Red Rice  
Sauteed Spinach  
Corn  
Fruit

Secondary Second Choice  
Salad Bar / packed Salad  
Whole Grain Roll or Crackers  
Fruit

## Tuesday, October 5

Breakfast  
Sausage Links  
Garlic Fried Rice  
Fruit

Lunch  
Marianas BBQ Cheeseburger  
Sandwich Sides  
Sweet Potato Fries  
Fruit

Secondary Second Choice  
5 Alarm Pizza  
Vegetable Sticks & Dip  
Fruit

## Wednesday, October 6

Breakfast  
Grilled Cheese Sandwich  
Fruit

Lunch  
Beef Bulgogi w/ Bell Peppers  
Bean Sprouts & Onions  
Carrots  
Steamed Rice  
Fruit

Secondary Second Choice  
Salad Bar / packed Salad  
Whole Grain Roll or Crackers  
Fruit

## Thursday, October 7

Breakfast  
Grilled Ham  
Fried Rice  
Fruit

Lunch  
Spaghetti Bolognese  
Dinner Roll  
Garlic Spinach  
3 Bean Salad  
Fruit  
Flavored Milk  
Secondary Second Choice  
Chicken Kelaguen with Titiyas  
Vegetable Sticks and Dip  
Japanese Salad  
Fruit

## Friday, October 8

Breakfast  
Pancakes w/ Syrup  
Bacon  
Fruit

Lunch  
Breaded Fish w/ Sauce  
Red Rice  
Potato Wedges  
Local Vegetables  
Fruit

Secondary Second Choice  
Salad Bar / packed Salad  
Whole Grain Roll or Crackers  
Fruit

## Monday, October 11

**Commonwealth  
Culture Day  
Public Schools  
Closed**

Breakfast  
Assorted Cereal  
Fruit

Lunch  
Chicken Alfredo w/Spinach  
Garden Salad  
Local Vegetables  
Fruit

## Tuesday, October 12

Breakfast  
Tropical Storm Fried Rice  
Fruit

Lunch  
Turkey and Gravy  
Dinner Roll  
Mashed Potatoes  
Steamed Carrots  
Fruit

Secondary Second Choice  
Thai Beef Noodle Bowl  
Bell Peppers & Carrots  
Mixed Vegetables  
Fruit

## Wednesday, October 13

Breakfast  
Macaroni & Cheese  
Fruit

Lunch  
Beef & Broccoli  
Steamed Rice  
Mixed Vegetables  
Fruit

Secondary Second Choice  
Salad Bar / packed Salad  
Whole Grain Roll or Crackers  
Fruit

## Thursday, October 14

Breakfast  
Fried Rice with  
Chicken Nuggets  
Fruit

Lunch  
Pepperoni Pizza  
Vegetable Sticks & Dip  
3 Bean Salad  
Fruit  
Flavored Milk

Secondary Second Choice  
Hawaiian Pizza  
Vegetable Sticks & Dip  
3 Bean Salad  
Fruit

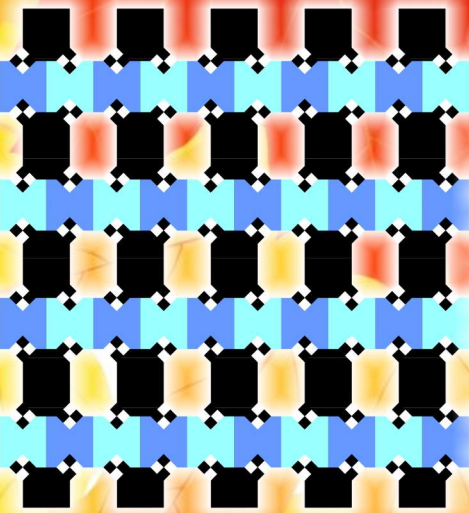
## Friday, October 15

Breakfast  
French Toast w/Syrup  
Sausage  
Fruit

Lunch  
Pork Adobo with Peas and Carrots  
Steamed Rice  
Broccoli  
Fruit

Secondary Second Choice  
Salad Bar / packed Salad  
Whole Grain Roll or Crackers  
Fruit





# Only an Illusion

At first glance, the rows of lighter colored squares appear to be slanted – but they're actually parallel to each other. Check it out with a ruler – the distance between the rows of lighter squares is exactly the same on the left and the right!

# BEAUTIFUL SWIMMER

The scientific name for the Chesapeake Bay Blue Crab translates to “beautiful swimmer.” Maybe. But their eating habits are hardly pretty. They’ll eat just about anything that they can get their claws on – including plants, worms, crustaceans, algae, and any dead stuff they can find in the water!



## ANIMAL APPETITES

### Monday, October 18

Breakfast  
Assorted Cereal  
Fruit

Lunch  
Chicken Curry with Carrots and Potatoes Chunks  
Steamed Rice  
Fruit

Secondary Second Choice  
Salad Bar / packed Salad  
Whole Grain Roll or Crackers  
Fruit

### Tuesday, October 19

Breakfast  
Fried Rice with Portuguese Sausage  
Fruit

Lunch  
Cheeseburger  
Sandwich Sides  
Sweet Potato Fries  
Fruit

Secondary Second Choice  
Chicken Burger  
Sandwich Sides  
Sweet Potato Fries  
Fruit

### Wednesday, October 20

Breakfast  
Ham & Cheese Roll  
Fruit

Lunch  
Breaded Chicken with Gravy  
Mashed Potatoes  
Dinner Roll  
Broccoli  
3 Bean Salad  
Fruit

Secondary Second Choice  
Salad Bar / packed Salad  
Whole Grain Roll or Crackers  
Fruit

### Thursday, October 21

Breakfast  
Sausage Patty with Garlic Rice  
Fruit

Lunch  
Beef Lasagna  
Garlic Cauliflower & Broccoli  
Corn  
Fruit  
Flavored Milk

Secondary Second Choice  
Tuna Salad Sandwich  
Whole Grain Bun  
Sandwich Sides  
Japanese Salad  
Fruit

### Friday, October 22

Breakfast  
Pancakes w/Syrup  
Bacon  
Fruit

Lunch  
Breaded Fish w/Sauce  
Red Rice  
Potato Wedges  
Local Vegetables  
Fruit

Secondary Second Choice  
Salad Bar / packed Salad  
Whole Grain Roll or Cr

### Monday, October 25

Breakfast  
Assorted Cereal  
Fruit

Lunch  
Chicken Burger  
Potato Wedges  
Broccoli  
Fruit

Secondary Second Choice  
Salad Bar / packed Salad  
Whole Grain Roll or Crackers  
Fruit

### Tuesday, October 26

Breakfast  
Ground Beef & Vegetable Omelet  
Steamed Rice  
Fruit

Lunch  
Grilled Ham Steak  
Steamed Rice  
Sweet Potato Fries  
Texas BBQ Beans  
Fruit

Secondary Second Choice  
Sub Sandwich on WGR Roll  
Honey Onion Dressing  
Vegetable Sticks & Dip  
Fruit

### Wednesday, October 27

Breakfast  
Pan de Sal with Egg & Cheese  
Fruit

Lunch  
Beef Steak with Green Peas & Onions  
Red Rice  
Broccoli  
Fruit

Secondary Second Choice  
Salad Bar / packed Salad  
Whole Grain Roll or Crackers  
Fruit

### Thursday, October 28

Breakfast  
Sausage and Egg Scramble  
Steamed Rice  
Fruit

Lunch  
Cheese Pizza  
Vegetable Sticks & Dip  
Fruit  
Flavored Milk

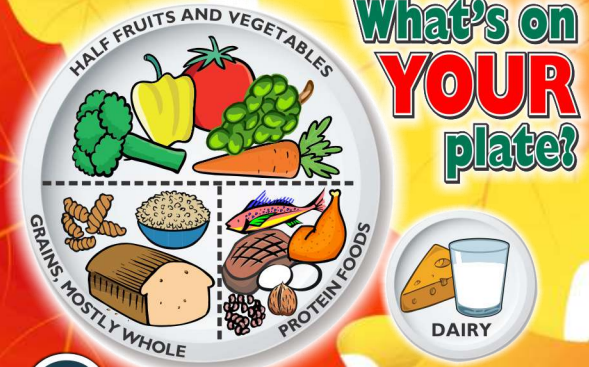
Secondary Second Choice  
Buffalo Chicken Wrap  
Vegetable Sticks & Dip  
Japanese Salad  
Fruit

### Friday, October 29

Breakfast  
French Toast w/Syrup  
Sausage  
Fruit

Lunch  
BBQ Chicken  
Red Rice  
Potato Salad  
Corn  
Fruit

Secondary Second Choice  
Salad Bar / packed Salad  
Whole Grain Roll or Crackers  
Fruit



**Q:** Besides carving, what else can you POSSIBLY do with a pumpkin?!

**A:** PLENTY! When the colonists first came to North America, they found Native Americans making mats out of pumpkin strips, using pumpkin as medicine, and also roasting strips and seeds for food. The colonists learned to slice the tops off pumpkins, fill them with milk, spices, and honey and bake them directly in hot ashes. That was the origin of Pumpkin Pie!

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)