

Glenwood Community Schools

October 2009

Monday

Tuesday

Wednesday

Thursday

Friday

Guess What?

Pumpkins were once recommended for removing freckles and curing snakebites. The largest pumpkin pie ever made weighed over 350 pounds.

Cereal & Cracker **5**
Pizza Dippers
Marinara Sauce
Green Beans
Peaches
Rice Krispies Treat
Milk

Donut & Cracker **6**
Hamburger on a Bun
French Fries
Orange Wedge
Ice Cream Treat
Milk

Breakfast Taco **7**
Deli Ham on a Bun
Chips
Peas
Strawberry Shortcake
Milk

Bagel & Cream Cheese **8**
Chili / Crackers
Cinnamon Roll
Carrot Sticks
Pears
Milk

Cereal & Cracker **9**
Grilled Chicken on a Bun
Corn
Watermelon
Carrot Cake
Milk

Cereal & Cracker **12**
Hot Dog
Tater Tots
Cinnamon Apples
Ice Cream Cup
Milk

Donut & Cracker **13**
Pizza
Green Beans
Grapes
Cookie
Milk

Breakfast Biscuit **14**
Taco
Lettuce & Cheese
Applesauce
Cowboy Bread
Milk

Waffle / Syrup **15**
Ham & Cheese on a Croissant
Chips
Corn
Mandarin Oranges
Milk

Cereal & Cracker **16**
Popcorn Chicken
Broccoli & Cheese
Pears
Breadstick
Milk

Cereal & Cracker **19**
No Lunch
11:00 Dismissal

Donut & Cracker **20**
Chicken Fried Steak
Mashed Potatoes & Gravy
Apple Wedge
Bread & Butter
Milk

French Toast / Syrup & Strawberries **21**
Ham & Au Gratin Potatoes
Mixed Fruit
Blueberry Muffin
Ice Cream
Milk

Poptart **22**
Chicken Strips
Hot Roll
Green Beans
Strawberries
Milk

Scrambled Eggs / Ham & Toast **23**
Sloppy Joe on a Bun
Potato Wedges
Peaches
Chocolate Cake
Milk

Cereal & Cracker **26**
Chicken Patty on a Bun
Corn
Mandarin Oranges
Sherbet Cup
Milk

Donut & Cracker **27**
Deli Sub Sandwich
Broccoli Salad
Watermelon
Gelatin Cup
Milk

Pancake / Syrup & Sausage **28**
Pizzas
Marinara Cup
Lettuce Salad
Pineapple
Harvest Bar
Milk

English Muffin **29**
Super Nachos
Peas
Peaches
Dinner Roll
Milk

Cereal & Cracker **30**
BBQ Rib on a Bun
Curly Fries
Applesauce
Jell-O Cake
Milk

Lunch News

100% Fruit juice and milk served with each breakfast.

A second milk or milk with a sack lunch costs \$.30, even if you qualify for free meals.

Free or reduced price meal applications are available in the school office or can be downloaded online at www.glenwoodschoools.org.

Meal Prices

Student breakfast - \$1.30
Student lunch - \$2.00
Reduced breakfast - \$.30
Reduced lunch - \$.40
Adult breakfast - \$1.60
Adult lunch - \$2.80

School News

19th – 11:00 a.m. Dismissal
Professional Development

30th – End of 1st Quarter