

OCTOBER 2025

BTHS 201



This institution is an equal opportunity provider.

Available Daily

Breakfast:

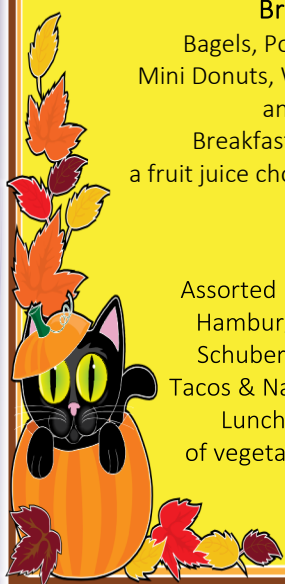
Bagels, Pop Tarts, Yogurt,
Mini Donuts, Whole Grain Cereals
and more!

Breakfast includes fruit,
a fruit juice choice or both and milk

Lunch:

Assorted Pizza, Chicken Patties,
Hamburgers, Cheeseburgers,
Schubert's Brats and Wraps,
Tacos & Nachos, Assorted Salads.

Lunch includes a variety
of vegetables, fruits, fruit juice
and milk



Monday, October 6

Breakfast

-Cinnamon Rolls
Fruit, Juice & Milk

Lunch

-BBQ Rib on Bun
Mashed Potatoes
Carrots
Fruit Choices
Cold Milk

Tuesday, October 7

Breakfast

-Sausage Biscuit
Fruit, Juice & Milk

Lunch

-Straw Hat
French Fries
Black Beans
Fruit Choices
Cold Milk

Wednesday, Oct. 1

Breakfast

-French Toast & Syrup
Fruit, Juice & Milk

Lunch

**-Sweet & Sour
Meatballs with Rice
& Animal Crackers**
Baked Potato
Mixed Vegetables
Fruit Choices
Cold Milk

Thursday, October 2

Breakfast

-Ham & Cheese Bagel
Fruit, Juice & Milk

Lunch

**-Sausage, Egg &
Cheese Croissant**
Tator Tots
Green Beans
Fruit Choices
Cold Milk

Friday, October 3

Breakfast

**-Egg & Cheese Bites
with Toast**
Fruit, Juice & Milk

Lunch

-Pizza Burger on Bun
French Fries
Peas
Fruit Choices
Cold Milk

Friday, October 10

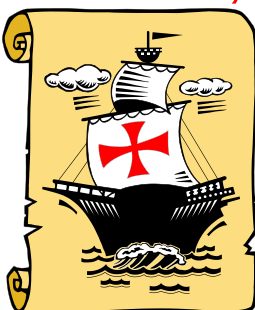
No School

Fall Break



Monday, October 13

Columbus Day



No School

Tuesday, October 14

Breakfast

-Ham & Cheese Bagel
Fruit, Juice & Milk

Lunch

**-Chicken Fajita
with Rice
& Apple Churro**
French Fries
Refried Beans
Fruit Choices
Cold Milk

Wednesday, Oct. 15

Breakfast

**-Scrambled Eggs &
Cinnamon Toast**
Fruit, Juice & Milk

Lunch

**-Popcorn Chicken
with Mac & Cheese**
Baked Potato
Carrots
Fruit Choices
Cold Milk

Thursday, October 16

Breakfast

-Breakfast Bagel
Fruit, Juice & Milk

Lunch

**-French Toast with
Sausage & Egg
Patties**
Tator Tots
Corn
Fruit Choices
Cold Milk

Friday, October 17

Breakfast

**-Pancake & Sausage
on a Stick**
Fruit, Juice & Milk

Lunch

**-Cheese Ravioli
with Breadstick**
French Fries
Green Beans
Fruit Choices
Cold Milk

NUTRITION *TO GO*

The cheese in a ham and cheese sandwich adds a much higher percentage of calories from fat to the sandwich than the ham does. Typically, only about 30% of the calories in ham come from fat, making it a fairly low-fat protein choice, although cured ham is quite high in sodium. "Fresh" or uncured ham has fewer additives and is even healthier.

A QUICK BITE FOR PARENTS

**YOU NEVER
KNOW WHAT YOU
MIGHT RUN INTO
OUT THERE!**



**STAY ALERT
& BE SAFE!**



ARE YOU READY FOR THIS GUY?



The flu bug makes the scene in October and can stick around until May! 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.

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

Monday, October 20	Tuesday, October 21	Wednesday, Oct. 22	Thursday, October 23	Friday, October 24
Breakfast -Egg & Cheese English Muffin Fruit, Juice & Milk	Breakfast -Biscuit with Gravy Fruit, Juice & Milk	Breakfast -Breakfast Pizza Fruit, Juice & Milk	Breakfast -Egg & Cheese Bites with Toast Fruit, Juice & Milk	Breakfast -Sausage & Cheese Biscuit Fruit, Juice & Milk
Lunch -Mini Corn Dogs Mashed Potatoes Peas Fruit Choices Cold Milk	Lunch -Enchiladas French Fries Baked Beans Fruit Choices Cold Milk	Lunch -Orange Chicken with Rice & Goldfish Crackers Baked Potato Broccoli with Cheese Fruit Choices Cold Milk	Lunch -Pancakes & Chicken Patty Tator Tots Carrots Fruit Choices Cold Milk	Lunch -Meatball Sub French Fries Green Beans Fruit Choices Cold Milk
Monday, October 27	Tuesday, October 28	Wednesday, Oct. 29	Thursday, October 30	Friday, October 31
Breakfast -Scrambled Eggs & Cinnamon Toast Fruit, Juice & Milk	Breakfast -Breakfast Bagel Fruit, Juice & Milk	Breakfast -French Toast & Syrup Fruit, Juice & Milk	Breakfast -Ham & Cheese Bagel Fruit, Juice & Milk	Breakfast -Egg & Cheese Bites with Toast Fruit, Juice & Milk
Lunch -Popcorn Chicken with Pretzel Bites and Queso Cheese Mashed Potatoes Baked Beans Fruit Choices Cold Milk	Lunch -Fiesta Pizza Refried Beans French Fries Fruit Choices Cold Milk	Lunch -Sweet & Sour Meatballs with Rice & Animal Crackers Baked Potato Mixed Vegetables Fruit Choices Cold Milk	Lunch -Sausage, Egg & Cheese Croissant Tator Tots Green Beans Fruit Choices Cold Milk	Lunch -Pizza Burger on Bun French Fries Peas Fruit Choices Cold Milk