


Young Scholars of Central PA
Centre Learning Community



Menus for
OCTOBER

Time's Almost Up
If your family is eligible for subsidized school meals and you have not yet received a letter from the school informing you that you have been approved for this school year - you must reapply. The grace period for this year ends soon.

YSCP Call 237-9727 to learn more.
CLC call 861-7980 to learn more.




EVERY COMPLETE MEAL INCLUDES YOUR CHOICE OF LOWFAT WHITE, FAT-FREE WHITE, OR FAT-FREE CHOCOLATE MILK.



World Smile Day is celebrated every year on the first Friday of October. The smiley face is one of the most recognizable symbols of goodwill and good cheer. Harvey Ball, a commercial artist from Massachusetts, created it in 1963. He hoped that his design would inspire all of us to smile more and to do what we can to make others smile, too.

**Do an act of kindness.
Help one person smile!**

Monday, September 30

Chicken Nuggets
Soft Pretzel Rod
Broccoli & Baby Carrots
Applesauce Cup
Choice of Milk

Tuesday, October 1

Grilled Cheese Sandwich
Vegetable Soup
Cucumber Slices
Apple Slices
Choice of Milk

Wed., October 2

Hot Dog*
Homemade Baked Beans
Crunchy Baby Carrots
Chilled Pears
Choice of Milk

*turkey & beef hot dog

Thursday, October 3

Mini Maple Pancakes
Creamy Yogurt
Hashbrown
Wango Mango Juice
Orange Slices
Choice of Milk

Friday, October 4

Soft Beef Taco
Lettuce & Tomato
Golden Corn
Fresh Pineapple
Belly Bear Grahams
Choice of Milk

Monday, October 7

Fish Sticks
Macaroni & Cheese
Steamed Green Beans
Apple
Choice of Milk

Tuesday, October 8

Popcorn Chicken
Whole Grain Roll
Steamed Corn
Crisp Cucumbers
Chilled Peaches
Choice of Milk

Wed., October 9

Pasta with Marinara Sauce
Meatballs
Romaine Salad
Grape Juice
Choice of Milk

Thursday, October 10

Chicken Patty Sandwich
Cowboy Bean Salad
Baby Carrots
Sweet Melon
Choice of Milk

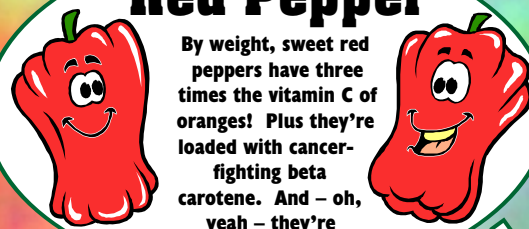
Friday, October 11

Deli Turkey Sandwich
Crisp Corn Chips
Carrots & Celery Sticks
Strawberry Cup
Choice of Milk

VEGETABLE OF THE MONTH

Red Pepper

By weight, sweet red peppers have three times the vitamin C of oranges! Plus they're loaded with cancer-fighting beta carotene. And - oh, yeah - they're crunchy and delicious, too!



Monday, October 14

Chicken Nuggets
Garlic Breadstick
Steamed Corn
Chilled Peaches
Choice of Milk

Tuesday, October 15

Pierogies & String Cheeses
Whole Grain Roll
Sweet Peppers & Broccoli
Banana
Choice of Milk

Wed., October 16

Hot Dog*
Homemade Baked Beans
Crunchy Cucumbers
Apple Juice
Baked Lays Chips
Choice of Milk

*turkey & beef hot dog

Thursday, October 17

No School Today

Celebrated during National Apple Month, **Apple Crunch** is designed to encourage youth, families, schools and communities to make apples, and other fruits and vegetables, a regular part of a nutritious diet, with an emphasis on healthful snacking.



Friday, October 18

No School Today

Menus are subject to change.

We promise to do our best to always serve the menu as advertised. But, substitutions may be necessary from time to time. We appreciate your understanding!

BY THE NUMBERS

35
MILLION

POUNDS OF CANDY CORN SOLD EACH YEAR. THAT'S NEARLY 9 BILLION PIECES OR ENOUGH TO CIRCLE THE MOON 21 TIMES IF LAID END TO END!

Monday, October 21

Warm Cheese Pretzel
Steamed Green Beans
Crunchy Baby Carrots
Peach Cup
Choice of Milk

Tuesday, October 22

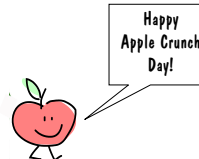
Popcorn Chicken
Dinner Roll
Broccoli & Sweet Peppers
Juicy Melon
Choice of Milk

Wed., October 23

Walking Taco
Lettuce & Tomato
Steamed Corn
Banana
Choice of Milk

Thursday, October 24

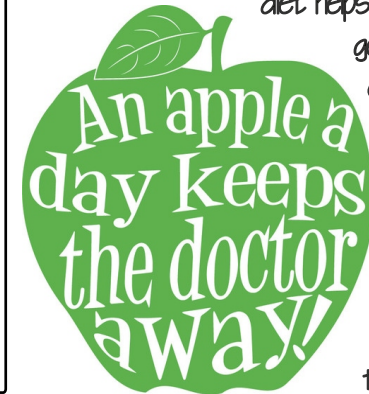
Deli Turkey Sandwich
Crisp Corn Chips
Black Bean & Apple Salad
Cucumber Slices
Apple Slices
Choice of Milk



Friday, October 25

Apple Cinnamon Cheerios
Yogurt Cup
Hashbrown
Wango Mango Juice
Orange Slices
Choice of Milk

This is the start of cold and flu season, and eating an apple a day isn't bad advice. A healthy diet helps your body to fight germs. Add a few other good habits - wash your hands, get enough sleep, and get a flu shot - to have the best chance of staying healthy through the winter.



Monday, October 28

Chicken Nuggets
Soft Pretzel Rod
Broccoli & Baby Carrots
Applesauce Cup
Choice of Milk

Tuesday, October 29

Grilled Cheese Sandwich
Vegetable Soup
Cucumber Slices
Banana
Choice of Milk

Wed., October 30

Hot Dog*
Homemade Baked Beans
Crunchy Baby Carrots
Chilled Pears
Choice of Milk

*turkey & beef hot dog

Thursday, October 31

Mini Maple Pancakes
Creamy Yogurt
Hashbrown
Wango Mango Juice
Orange Slices
Choice of Milk

★ OUR NATION'S HISTORY ★

The United States took possession of Alaska from Russia on October 18, 1867. The \$7.2 million dollar purchase was negotiated by Secretary of State William Seward. Adding 586,412 square miles of new territory to the United States, the purchase price equated to 2 cents per acre. Some opponents thought that the land purchased was useless and labeled it "Seward's Folly." Alaska would remain sparsely populated until the Klondike Gold Rush began in 1896. The Alaska Territory became our 49th state in 1959.



★ WITH LIBERTY & JUSTICE FOR ALL ★