


# MENUS FOR OCTOBER 2023

**Henry County Elementary Schools Afterschool Snack Program**

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

FROM PIXELS TO PLATES  
**Get Ready to Level Up with School Lunch!**



**National School Lunch Week**  
**OCTOBER 9-13, 2023**



**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)

<b>Monday, October 2</b> WG Muffin 100% Fruit Juice	<b>Tuesday, October 3</b> Smart Snack Chips 100% Fruit Juice	<b>Wednesday, October 4</b> WG Cereal Milk	<b>Thursday, October 5</b> Goldfish Crackers 100% Fruit Juice	<b>Friday, October 6</b> Mini Chocolate Chip WG Cookies Milk
<b>Monday, October 9</b> WG Muffin 100% Fruit Juice	<b>Tuesday, October 10</b> Smart Snack Chips 100% Fruit Juice	<b>Wednesday, October 11</b> WG Cereal Milk	<b>Thursday, October 12</b> WG Elf Graham Crackers 100% Fruit Juice	<b>Friday, October 12</b> Mini Chocolate Chip WG Cookies Milk
<b>Monday, October 16</b> WG Muffin 100% Fruit Juice	<b>Tuesday, October 17</b> Smart Snack Chips 100% Fruit Juice	<b>Wednesday, October 18</b> WG Cereal Milk	<b>Thursday, October 19</b> Goldfish Crackers 100% Fruit Juice	<b>Friday, October 20</b> Mini Chocolate Chip WG Cookies Milk
<b>Monday, October 23</b> WG Muffin 100% Fruit Juice	<b>Tuesday, October 24</b> Smart Snack Chips 100% Fruit Juice	<b>Wednesday, October 25</b> WG Cereal Milk	<b>Thursday, October 26</b> WG Elf Graham Crackers 100% Fruit Juice	<b>Friday, October 27</b> Mini Chocolate Chip WG Cookies Milk
<b>Monday, October 30</b> WG Muffin 100% Fruit Juice	<b>Tuesday, October 31</b> Smart Snack Chips 100% Fruit Juice	<b>EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.</b> <b>WELLNESS IS A WAY OF LIFE!</b>		