

October 2020

Stay Healthy

Keep you and your family healthy and reduce your risk for illness.

- Avoid touching your face.
- Wait 6 feet away from others.
- Wash your hands with soap and water for at least 20 seconds. If you don't have access to soap and water, use hand sanitizer with at least 60% alcohol, until you can wash your hands.
- Use healthy strategies to manage stress.
- Be active—at least 30 minutes daily for adults and 60 minutes daily for kids.
- Get enough sleep.
- Drink water, low-fat or fat free milk or 100% fruit or vegetable juice. Limit sugar-sweetened beverages.
- Eat a healthy diet, including whole grains, lean protein, low-fat or fat free dairy, and a variety of fruits and veggies.

Lunch Time

- Lunches are served on Tuesdays 12:30 to 1:00.
- Students will receive meals for the entire week including milk
- Children must be current Excelsior students
- You must wear a mask and practice social distancing while picking up meals



			Thursday, October 1	Friday, October 2
			Cheese Enchilada Pizza Please! Pizza Chef Kit	Crispy Chicken Sandwich Pesto Pasta Salad
			Vegetable and fruit of the day Choice of 1% of Fat Free milk	Vegetable and fruit of the day Choice of 1% of Fat Free milk
Monday, October 5	Tuesday, October 6	Wednesday, October 7	Thursday, October 8	Friday, October 9
	Bean and Cheese Pupas Chicken Bites	Cheese Pizza Cheese Sub	BBQ Chicken with Beans Ham and Cheese Sub	Pizza Sun Butter and Jelly
	Vegetable and fruit of the day Choice of 1% of Fat Free milk	Vegetable and fruit of the day Choice of 1% of Fat Free milk	Vegetable and fruit of the day Choice of 1% of Fat Free milk	Vegetable and fruit of the day Choice of 1% of Fat Free milk
Monday, October 12	Tuesday, October 13	Wednesday, October 14	Thursday, October 15	Friday, October 16
	Chicken Taco Trio Sun Butter and Jelly	Cheesy Ravioli Turkey and Cheddar Sub	Beef Cheese Burger Egg Salad Sub	Pancakes and Eggs Pizza Chef Kit
	Vegetable and fruit of the day Choice of 1% of Fat Free milk	Vegetable and fruit of the day Choice of 1% of Fat Free milk	Vegetable and fruit of the day Choice of 1% of Fat Free milk	Vegetable and fruit of the day Choice of 1% of Fat Free milk
Monday, October 19	Tuesday, October 20	Wednesday, October 21	Thursday, October 22	Friday, October 23
	Five Cheese Lasagna BBQ Chicken with Rice	Pizza Chicken Tamale with Rice	Spaghetti Chicken Wrap	Bean and Cheese Pupusa Turkey and Cheddar Sub
	Vegetable and fruit of the day Choice of 1% of Fat Free milk	Vegetable and fruit of the day Choice of 1% of Fat Free milk	Vegetable and fruit of the day Choice of 1% of Fat Free milk	Vegetable and fruit of the day Choice of 1% of Fat Free milk
Monday, October 26	Tuesday, October 27	Wednesday, October 28	Thursday, October 29	Friday, October 30
	Chicken Corn Dog Bites Deli Combo Sub	Veggie Chili and Rice Pizza	Beef Cheeseburger Pizza Chief Kit	Crispy Chicken Sandwich Pesto Pasta Salad
	Vegetable and fruit of the day Choice of 1% of Fat Free milk	Vegetable and fruit of the day Choice of 1% of Fat Free milk	Vegetable and fruit of the day Choice of 1% of Fat Free milk	Vegetable and fruit of the day Choice of 1% of Fat Free milk

All meal are served with milk, vegetables and fruit

Excelsior A.M.E.

Menu items may change biased on availability