

# URCA MENU



# OCTOBER 2010



October 1st- Preschool Teacher Workday

October 15th- Academy Teacher Workday )

I can do all things through Christ who strengthens me.  
Phil 4:13

Mon	Tue	Wed	Thu	Fri
4.B)Milk,Buttered toast Apple sauce L)Milk,hotdogs rolls,french fries, fruitcocktail, hotdogs S)Milk, oatmeal cookies	5.B)Milk,toasted oats Grape juice L)Milk dinner rolls,green beans, corn, chicken nuggets S)animal cookies,grape juice	6. B) Milk, French toast apple juice L) milk ,hamburger buns, slaw, French fries, Hamburger S) milk,mandarin oranges	7. B) Milk, , corn-flakes,banana L) milk, pizza,caesar salad Peaches,pepperoni pizza S)apple juice, cheese &crackers	8. B) Milk, buttered biscuits,pineapple juice L) milk, rolls, mashed Potatoes, broccoli&cheese, fish sticks S),milk,rice krispy treats
11 B) milk,fruitloops,apple juice L)milk,rolls,french fries,peaches,hot dog S)Milk, mandarin oranges	12B)milk,cheese grits Grape juice L)rice,turnip greens,corn Baked chicken S)gold fish crackers,apple juice	13 B) Milk, pancakes apple sauce L) milk,tacos Lettuce/tomatoes, Mandarin oranges,beef Tacos S)milk,gingerbread	14 B) Milk,waffles,pineapple juice L) Milk, garlic bread, toss salad, fruit cocktail, spaghetti meat sauce S) graham crackers, grape juice	15 B) Milk, oatmeal, orange juice L) Milk, buttered potatoes ,baked apples,fish nuggets S) milk, banana
18 B) Milk, french toast, apple sauce L) Milk, rolls ,French fries,slaw, hot dog S) Milk, pears	19.B)milk English muffin L) milk,fajitas,lettuce,tomatoo ,peaches,chicken fajitas S) vanilla wafers,grape juice	20 B) Milk, cornflakes L) Milk,buns, pineapple tidbits, broccoli&cheese, sloppy joes meat sauce S) milk,baked apples	21. B) Milk, grits L) Milk, cheese pizza, toss salad, baked apples S) ritz crackers, apple juice	22B) Milk, biscuits L) Milk,buns,baked beans,corn,fish patties S) Milk, sliced apples
25 B) Milk, waffles, apple-sauce L) Milk, hotdog bun, French fries, mandarin oranges, hotdogs S) Milk, graham crackers	26. B) Milk, corn flakes, pineapple juice L) Milk, rolls,greenbeans,,red potatoes,fried chicken S) cheese &crackers,grape juice	27 B) Milk, cheese toast, apple juice L) Milk,bun,broccoli&cheese, baked apples,cheese burgers S) Milk, peaches	28B) Milk, rice crispies,banana L) Milk, garlic bread,tossed salad,pineapple tidbits,bef baked macaroni S) gold fish crackers, apple juice	29. B) Milk, biscuits,grape juice L) Milk, rolls, turnip greens,mashed potatoes, fish stick S) Milk, banana

## Eat your way to Five A Day!

The goal of the national 5 A Day program is to increase the per capita consumption of fruits and vegetables in the United States from the current 3.5 servings per day to 5 servings per day.

### What is a Serving of Fruit or Vegetable?

- ★ 1 piece of fresh fruit
- ★ one small glass (6 oz. or 3/4 cup) 100% juice
- ★ 1/2 cup cut vegetables
- ★ 1 cup leafy vegetables
- ★ one handful (1/4 cup) dried fruit
- ★ 1/2 cup dried peas or beans

Vegetables and fruits have many health benefits...many are good sources of vitamin A, vitamin C, and fiber, and none have cholesterol. Most fruits and vegetables are naturally low in calories, fat and sodium.  
*(source: NCDA&CS)*

**Service Schedule:**  
Breakfast is served from 7:30a.m.~ 8:00a.m. daily  
Lunch is served from 10:50a.m.~ 1:15pm  
**Nutrition Manager:** Ms. Maria Waddell-mwaddell@plwooden.org

**Have you heard about our REACH OUT campaign?**  
**Refer 2 Students to URCA and Receive 1 Month FREE TUITION!!**  
*Student must fulfill all enrollment and registration requirements.*  
*Contact Mr. John Amanchukwu for complete details @ 919-829-6199.*