

**DON'T FORGET!**

TURN IN YOUR APPLICATION  
FOR FREE LUNCH

**No se olvide!**

entregar su solicitud de al-  
muerzo gratis



**NOW SERVING WEEKEND MEALS!**

Saturday and Sunday

Fresh Made Turkey & Cheese Sandwich  
and Smucker PB&J

**MEAL PICK UP DAYS...**For safety and convenience we will only be serving two days per week, Tuesday and Friday. Bags will be prepared with both breakfast and lunch including a variety of individual items that can be heated at home, including fresh fruit, vegetables and milk. All meals are nutritionally balanced and meet all state and federal guidelines. Please check our website for more details. [www.surfcitycafes.com](http://www.surfcitycafes.com)

1 California Thursday  
Spaghetti with Meat  
Sauce  
Espaguetis con salsa

2  
Galaxy Cheese Pizza  
Pizza de queso



5  
Three Cheese  
Calzone  
Tres calzone de  
queso

6  
Bean & Cheese  
Burrito  
Burrito de frijoles y  
queso

7  
BBQ Turkey  
Turnover  
Facturación de pavo  
a la barbacoa

8 California Thursday  
Crispy Chicken  
Sliders  
Deslizadores de  
pollo crujiente

9  
Galaxy Cheese Pizza  
Pizza de queso

12  
Macaroni & Cheese  
macarrones con  
queso

13  
Nachos with Beans  
& Cheese  
Nachos con frijoles  
y queso

14  
Double Dogs  
Perros calientes  
dobles

15 California Thursday  
Beefy Lasagna  
Lasaña de carne

16  
Galaxy Cheese Pizza  
Pizza de queso



19  
Cheesy  
Pull -A- Parts  
Bolsillos de cereza

20  
Chicken Flauta  
Flauta de Pollo

21  
Nacho Cheese  
Pretzel Pocket  
Pretzel de queso  
nacho

22 California Thursday  
Corn Dog  
Perro de maíz

23  
Galaxy Cheese Pizza  
Pizza de queso

26  
Grilled Cheese

27  
Bean & Cheese

28  
BBQ pork

29 California Thursday  
Chili Cheese Dog

30  
Galaxy Cheese Pizza





OCTOBER 2020



## Make Moves

With remote learning, it can be a challenge to build in breaks... but it's so important to keep your body moving! This month, take some time to talk with your child about the kinds of movement they like best... Is it walks around the neighborhood? A favorite sport? Trampoline time? Wherever you live, there are ways to get outside and get moving! Decide on a few favorites, then, schedule some breaks. For older students, consider a longer morning and afternoon break. For younger students, set a timer each hour for their age in minutes. And remember – have fun!

**Find more ways to move here:**  
[www.weareteachers.com/virtual-pe-classes/](http://www.weareteachers.com/virtual-pe-classes/)

Try these favorites, then make up some of your own:

**Breakfast pizza:** [www.superhealthykids.com/recipes/pita-breakfast-pizza/](http://www.superhealthykids.com/recipes/pita-breakfast-pizza/)

**Dessert pizza:** [www.superhealthykids.com/recipes/healthy-fruit-pizza-minis/](http://www.superhealthykids.com/recipes/healthy-fruit-pizza-minis/)

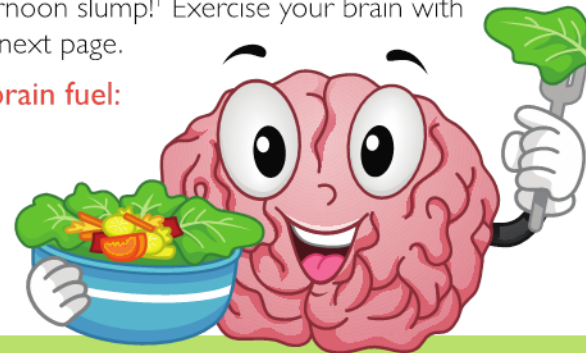
**Pizza party:** [www.superhealthykids.com/recipes/english-muffin-pizza-bar/](http://www.superhealthykids.com/recipes/english-muffin-pizza-bar/)

## Give Your Brain a Boost

Food is fuel. It's fuel for growing bodies but it's also fuel for busy brains. Whether your child is attending school in-person or from home, it's important to help them choose foods that give their brains the boost they need to power through. Incorporate these foods into mealtimes, but also consider planning a brain boosting snack for that afternoon slump! Exercise your brain with the games on the next page.

### Best foods for brain fuel:

- Nuts & seeds
- Berries
- Dark chocolate
- Avocados
- Whole grains



## It's a Pizza Party!

### Did you know October is National Pizza Month?

You might not realize it, but pizza is a power food... When you pick the right ingredients! Consider pizza your blank canvas. Start with a whole grain crust, top it with a vegetable-rich sauce, low-fat cheese, then finish with lean proteins, more vegetables, or even fruit! You can take the same concept to breakfast or even dessert. Whichever meal you choose, encourage your family to build their own perfect pie!

Unique Recipe Served Only in Schools

## SCHOOL PIZZA

made with reduced fat pepperoni, low fat mozzarella cheese, and 51%\* whole grain crust



\* the majority of school pizzas have 51% whole grain crust

**rethink**  
SCHOOL MEALS  
One Bite at a Time  
[rethinkschoolmeals.com](http://rethinkschoolmeals.com)

Sources: 1 - <https://americanbrainsociety.org/10-superfoods-to-boost-brain-power/>