

OCTOBER

Don't forget to "Vote for a Winning Lunch" during National School Lunch Week! October 10-14 2016

Special Announcements



Monday

Tuesday

Wednesday

Thursday

Friday

3 Sausage Kolache
Steak Fingers & Gravy
Mashed Potatoes
Savory Green Beans
Strawberry Cup Roll
Milk Variety

4 Cheese Omelet Wrap
Enchiladas & Salsa
Zesty Cucumbers
Refried Beans
Lettuce/Tomato Garnish
Rosy Applesauce
Milk Variety

5 Breakfast Pizza
Pizza Choice
Garden Salad
Vegetable Medley
Orange Smiles
Milk Variety

6 Waffles & Sausage
Soft Tacos, Salsa
Baby Carrots
Mexicali Corn
Lettuce/Tomato Garnish
Peaches, Cookie
Milk Variety

7 Cinnamon Roll & Bacon
Chicken Strips
Texas Toast, Gravy
Coleslaw
Sweet Potato Fries
Apple Slices
Milk Variety

10 Pancakes & Bacon
Stuffed Baked Potato
Baked Beans
Broccoli Bites
Apple-Pineapple Delight
Milk Varietv

11 Cheesy Toast
Nachos Grande, Salsa
Lettuce/Tomato Garnish
Cucumbers, Tomato Cup
Pears, Lime Sherbet Cup
Refried Beans, Milk Variety

12 Biscuit, Eggs, Sausage
Chicken Sandwich
Oven Fries, Veggie Cup
Mandarin Oranges
Lettuce/Tomato Garnish
Milk Variety

13 Strudel & Yogurt
Salisbury Steak
Biscuit, Brown Gravy
Roasted Potatoes
Garden Salad, Fruity Gelatin
Milk Variety

14 Breakfast Burrito,
Hash Browns
Hot Dog, Corn Chips
Baby Carrots, Fresh Grapes
Broccoli Salad, Cookie
Milk Variety

N A T I O N A L S C H O O L L U N C H W E E K

17 Pancake Wrap & Yogurt
Chicken Nuggets
Mashed Potatoes, Roll
Gravy, Garden Salad
Tuscan Vegetables
Fresh Seasonal Fruit
Milk Variety

18 Chicken-n-Biscuit
Asian Bowl, Eggroll
Baby Carrots
Steamed Broccoli
Chilled Pineapple
Sugar Cookie
Milk Variety

19 French Toast, Sausage
Chicken Fajitas, Salsa
Lettuce/Tomato Garnish
Tiny Tomato Cup
Hot Cinnamon Apples
Milk Variety

20 Early Bird Sandwich
Pig in a Blanket
Oven Fries
Fresh Veggie Cup
Orange Smiles
Milk Variety

21 Dutch Waffle & Bacon
Chicken Parmesan
Garden Salad
Breadstick
Savory Green Beans
Apple Slices
Milk Variety

24 Pancakes & Sausage
Steak Fingers
Gravy
Mashed Potatoes
Carrot Coins
Strawberries & Bananas
Milk Variety

25 Breakfast Pizza
Spaghetti Bowl
Breadstick, Garden Salad
California Blend Vegetables
Sliced Peaches
Chocolate/Vanilla Pudding
Milk Variety

26 Biscuit, Eggs, Sausage
Mexican Combo Plate
(1 Taco & 2 Tamales)
Mexicali Corn, Salsa
Lettuce/Tomato Garnish
Cinnamon Applesauce
Milk Variety

27 Sausage Kolache
Teriyaki Beef Sliders
Baked Potato Chips
Broccoli Bites
Tiny Tomato Cup
Orange Smiles
Milk Variety

28 Breakfast Club
Sloppy Joe Sandwich
Oven Fries
Cucumber Dippers
Fresh Seasonal Fruit
Cookie
Milk Variety

31 Waffles & Bacon
Pizza Choice
Broccoli Bites
Baby Carrots
Mixed Fruit
Milk Variety

Did You Know?

Cantaloupe is called a lot of different names all over the world. In Australia they call it a rockmelon, but in South Africa they call it a sweet melon.

Good Eats At:

This institution is an equal opportunity provider.
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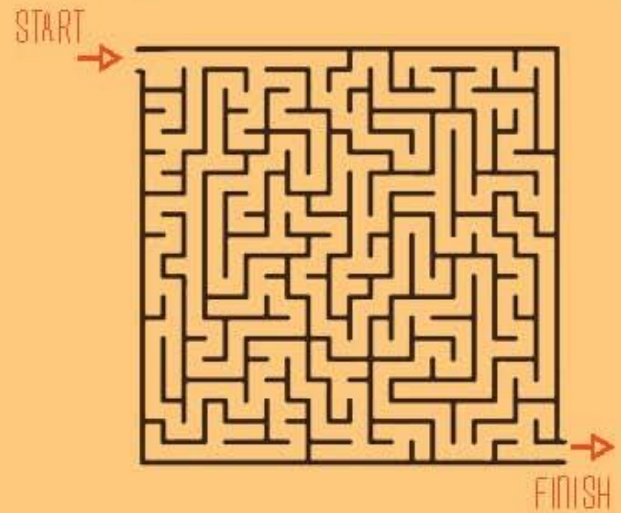
Pumpkins

Pumpkins from the Patch: Pumpkins grow above the ground on vines and are in the same family as squash. The color and shape make them great for decorating and the tasty flesh and seeds make them popular in recipes and as a snack.

Pumpkin pies and soups are fall favorites, and the seeds can be roasted with any kind of spices and eaten like sunflower seeds.

Giant Jack O'Lantern: The world's largest pumpkins can weigh a ton or more! On the 2nd Saturday of October Floydada, Texas celebrates Punkin Days (or Pumpkin Days).

Growing Region: Texas is the fourth leading state in commercial pumpkin production, most of it in the Trans Pecos - Plains Region of Texas.



Cantaloupe



How sweet it is to be a Cantaloupe! Cantaloupes are round melons with orange, edible centers. They are actually muskmelons which include honeydew melons. Texas ranks No.3 in the United States for muskmelon production.

A cantaloupe is ripe when you smell the outside of one and if it smells sweet that is the one you want!

Growing Regions: Central Texas, East Texas, Rio Grande Valley, and Winter Garden

Joke of the Month

Q: What do you call a bandage for a pumpkin?
see answer below.



Growing Regions

Sweet Potatoes

Home Sweet Home! Did you know that sweet potatoes are root vegetables and like regular potatoes they grow underground?

Sweet potatoes make delicious snacks! They are a source of beta-carotene which turns into Vitamin A after you eat it. Your eyes use vitamin A to see at night and recognize colors.

There are hundreds of varieties of sweet potatoes.

Growing Region: East Texas



Visit: SquareMeals.org/SeasonalityWheel