

OCTOBER

Don't forget to "Vote for a Winning Lunch" during National School Lunch Week! October 10-14, 2018



Special Announcements

"Our new software option, School Café, provides all the families of SBISD a very powerful tool for school meals. This software allows our customers to not only see what's on the menu, but it provides comprehensive nutritional analysis of menu choices, important allergen information, and complete customization of menu choices based on customer preference. This exciting software option will allow our customers to maintain control over what they enjoy in our cafeterias and be assured that they're receiving the highest quality, best value meals."

Christopher Kamradt, Director



Monday

Tuesday

Wednesday

Thursday

Friday

Cinnamon Toast Crunch or Apple Jacks w/ Cinnamon Bread
Breakfast Platter with Waffles, Turkey Sausage and Hashbrowns
100% Fruit Juice and Fresh

Yogurt with Grahams or Choice of Muffin Top
100% Fruit Juice and Fresh Fruit Selection
Choice of Milk

Frosted Flakes or Trix w/ Cinnamon Bread
Or Sausage Breakfast Pizza (Pork)
100% Fruit Juice and Fresh Fruit Selection
Choice of Milk

Yogurt with Grahams or French Toast Sticks
100% Fruit Juice and Fresh Fruit Selection
Choice of Milk

Cinnamon Toast Crunch or Cheerios w/ Cinnamon Bread
Bacon, Egg and Cheese Taco (pork)
100% Fruit Juice and Fresh Fruit Selection
Choice of Milk



Yogurt with Grahams or Honey Wheat Breakfast Bar
100% Fruit Juice and Fresh Fruit Selection
Choice of Milk

Frosted Flakes or Trix w/ Cinnamon Bread
Or Mini Pancake Sausage Bites (pork)
100% Fruit Juice and Fresh Fruit Selection
Choice of Milk

Yogurt with Grahams or Strawberry Mini Bagel
100% Fruit Juice and Fresh Fruit Selection
Choice of Milk

Cinnamon Toast Crunch or Frosted Mini Wheats w/ Cinnamon Bread
Cinni Minis
100% Fruit Juice and Fresh Fruit Selection
Choice of Milk

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

Cinnamon Toast Crunch or Apple Jacks w/ Cinnamon Bread
Breakfast Platter with Waffles, Turkey Sausage and Hashbrowns
100% Fruit Juice and Fresh

Yogurt with Grahams or Choice of Muffin Top
100% Fruit Juice and Fresh Fruit Selection
Choice of Milk

Frosted Flakes or Trix w/ Cinnamon Bread
Or Sausage Breakfast Pizza (Pork)
100% Fruit Juice and Fresh Fruit Selection
Choice of Milk

Yogurt with Grahams or French Toast Sticks
100% Fruit Juice and Fresh Fruit Selection
Choice of Milk

Cinnamon Toast Crunch or Cheerios w/ Cinnamon Bread
Bacon, Egg and Cheese Taco (pork)
100% Fruit Juice and Fresh Fruit Selection

Cinnamon Toast Crunch or Froot Loops w/ Cinnamon Bread
Or Sausage and Cheese Kolache (beef)
100% Fruit Juice and Fresh Fruit Selection
Choice of Milk

Yogurt with Grahams or Honey Wheat Breakfast Bar
100% Fruit Juice and Fresh Fruit Selection
Choice of Milk

Frosted Flakes or Trix w/ Cinnamon Bread
Or Mini Pancake Sausage Bites (pork)
100% Fruit Juice and Fresh Fruit Selection
Choice of Milk

Yogurt with Grahams or Strawberry Mini Bagel
100% Fruit Juice and Fresh Fruit Selection
Choice of Milk

Cinnamon Toast Crunch or Frosted Mini Wheats w/ Cinnamon Bread
Cinni Minis
100% Fruit Juice and Fresh Fruit Selection
Choice of Milk

Cinnamon Toast Crunch or Apple Jacks w/ Cinnamon Bread
Breakfast Platter with Waffles, Turkey Sausage and Hashbrowns
100% Fruit Juice and Fresh Fruit

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:

Your Elementary Schools!

Menu Subject to Change

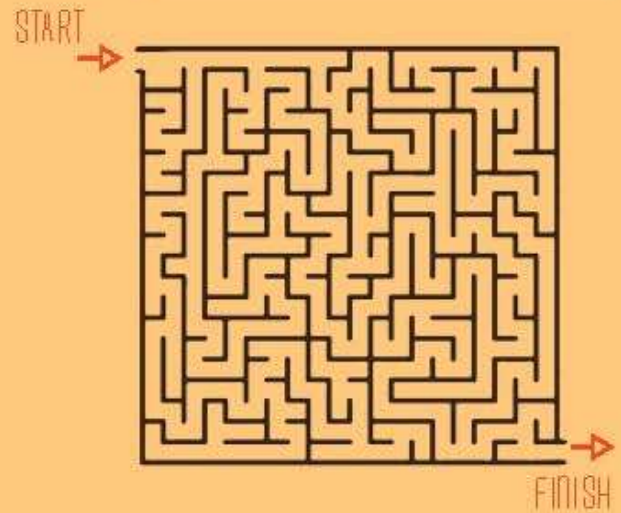
Pumpkins

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