

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
<p>3</p> <p>Fiesta Pizza Yogurt & Granola Hamburger/Cheeseburger Steamed Carrots and Street Corn Fresh Apples or Mandarin Oranges</p>	<p>Chicken Nuggets with Garlic Bread Cheesy Baked Potato with Garlic Bread Wowbutter and Jelly Sandwich with Cheese Stick Sandwich with Cheese Stick Baked Fries and Peas & Carrots Sliced Oranges with Tajin or Strawberry Cup</p>	<p>5</p> <p>Homemade Beef Lasagna with Garlic Bread Yogurt & Granola Turkey Hot Dog Parmesan Roasted Broccoli and Mixed Vegetables Fresh Apples or Mixed Fruit</p>	<p>6</p> <p>Pepperoni () or Cheese Pizza Entrée Salad with Pretzels Wowbutter and Jelly Sandwich with Cheese Stick Sugar Snap Peas & Vegetarian Baked Beans Sliced Oranges with Tajin or Peach Cup</p>	<p>BREAKFAST FOR LUNCH! Chicken & Waffles with Syrup Yogurt & Granola Cucumber Tomato Salad Hashbrowns Fresh Apples or Diced Pears</p>
<p>10</p>  <p>Homemade Hot Dog Wrap Cheesy Baked Potato with Garlic Bread Wowbutter and Jelly Sandwich with Cheese Stick Celery Sticks with Ranch and Potato Smiles Sliced Oranges with Tajin or Strawberry Cup</p>	<p>12</p> <p>Oven Baked Breaded Chicken with Homemade Roll Yogurt & Granola Turkey Hot Dog Mashed Potatoes with Gravy Vegetarian Baked Beans Fresh Apples or Mixed Fruit</p>	<p>13</p> <p>Pepperoni or Cheese Pizza Entrée Salad with Pretzels Wowbutter and Jelly Sandwich with Cheese Stick Marinara Dipping Sauce and Golden Corn Sliced Oranges with Tajin or Peach Cup</p>	<p>14</p> <p>Fish Nuggets with Macaroni & Cheese Chicken Sandwich Yogurt & Granola Sweet Potato Puffs and Parmesan Broccoli Grapes or Diced Pears</p>	<p>LUNCH WEEK</p>
<p>17</p> <p>Chicken Tenders with Brown Rice & Gravy Yogurt & Granola Hamburger/Cheeseburger Cucumber Coins w/ Ranch And Seasoned Baked Fries Fresh Apples or Mandarin Oranges</p>	<p>18</p> <p>Beef and Cheese Nachos with Rice Cheesy Baked Potato with Garlic Bread Wowbutter and Jelly Sandwich with Cheese Stick Charro Beans and Golden Corn Sliced Oranges with Tajin or Strawberry Cup</p>	<p>19</p> <p>Spaghetti with Meatsauce and Garlic Bread Yogurt & Granola Turkey Hot Dog Parmesan Broccoli and Vegetarian Baked Beans Fresh Apples or Mixed Fruit</p>	<p>20</p> <p>Pepperoni or Cheese Pizza Entrée Salad with Pretzels Wowbutter and Jelly Sandwich with Cheese Stick Baby Carrots with Ranch and Green Beans Sliced Oranges with Tajin or Peach Cup</p>	<p>21</p> <p>Breaded Cheese sticks with Marinara Chicken Sandwich Yogurt & Granola Sweet Potato Puffs and Roasted California Vegetables Fresh Apples or Diced Pears</p>
<p>24</p> <p>RiBBQ Sandwich on a Hoagie Yogurt & Granola Hamburger/Cheeseburger Celery Sticks with Ranch and Golden Corn Fresh Apples or Mandarin Oranges</p>	<p>25</p> <p>Mini Corn Dogs (Chicken) Cheesy Baked Potato with Garlic Bread Wowbutter and Jelly Sandwich with Cheese Stick Potato Smiles and Vegetarian Baked Beans Sliced Oranges with Tajin</p>	<p>26</p> <p>Frito Pie with Cornbread Yogurt & Granola Turkey Hot Dog Sugar Snap Peas & Sweet Potato Waffle Fries Fresh Apples or Mixed Fruit</p>	<p>27</p> <p>Pepperoni () or Cheese Pizza Entrée Salad with Pretzels Wowbutter and Jelly Sandwich with Cheese Stick Baby Carrots w/ Ranch & Mixed Vegetables Sliced Oranges with Tajin or Peach Cup</p>	<p>28</p> <p>Grilled Cheese Chicken Sandwich Yogurt & Granola Vegetarian Baked Beans and Parmesan Broccoli Fresh Apples or Diced Pears</p>
<p>31</p> <p>Fiesta Pizza Yogurt & Granola Hamburger/Cheeseburger Steamed Carrots and Street Corn Fresh Apples or Mandarin Oranges Special: Bat Italian Ice Cup</p>	<p>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.</p>			

Good Eats At:
Your Elementary Schools!

Menu Subject to Change

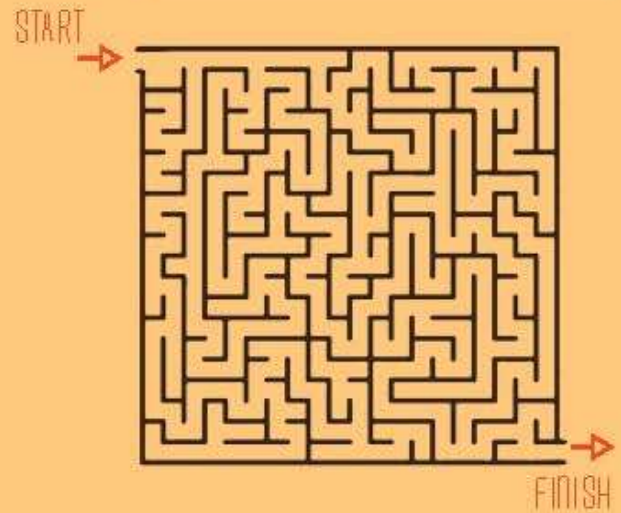
Pumpkins

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