

# OCTOBER

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

## Special Announcements

Your Daily Entrée Options Include:

- Hot Sandwiches** (Chicken, Beef and Vegetarian offered)
- Cheesy Baked Potato** with Garlic Bread Stick
- Fruit and Yogurt Parfait** w/Cinnamon Granola
- Salads of the Day** served with Crackers
- Pizza** (Specialty Varieties offered Daily!)

All Entrees are served with the vegetables of the day, choice of fruit, and choice of Milk.



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>Chicken Tenders with Rice</b> <b>Pasta with Meatballs &amp; Garlic Bread</b> Steamed Carrots and Green Beans Mandarin Oranges and Fresh Fruit Selection	<b>4</b> <b>Chicken Fried Steak with Roll</b> <b>Beef Nachos with Rice</b> Parmesan Broccoli and Mashed Potatoes or Charro Beans Strawberry Cups and Fresh Fruit Selection	<b>5</b> <b>Homemade Lasagna with Garlic Bread</b> <b>Chicken Crisпитos with Queso and Rice</b> Golden Corn and Cucumber Tomato Salad Fruit Cocktail and Fresh Fruit Selection	<b>6</b> <b>Chili Cheese Footlong Hotdog (Turkey)</b> <b>Beef Nachos with Rice</b> Sugar Snap Peas and Sweet Potato Fries Peach Cups and Fresh Fruit Selection	<b>7</b> <b>Chicken Nuggets with Garlic Bread</b> <b>Pepperoni or Cheese Calzone with Marinara</b> Steamed Carrots and Vegetarian Baked Beans Diced Pears and Fresh Fruit
<b>8</b> <b>Teriyaki Chicken with Rice</b> <b>Fiesta Pizza with Rice</b> Steamed Carrots and Green Beans Mandarin Oranges and Fresh Fruit Selection	<b>9</b> <b>Oven Baked Chicken with Roll</b> <b>Beef Nachos with Rice</b> Golden Corn and Mashed Potatoes or Charro Beans Strawberry Cups and Fresh Fruit Selection	<b>10</b> <b>Breakfast For Lunch! Bacon &amp; Egg Tacos</b> <b>Chicken &amp; Waffles</b> Hashbrown Triangles and Cucumber Tomato Salad Fruit Cocktail and Fresh Fruit Selection	<b>11</b> <b>Penne Marinara with Garlic Bread</b> <b>Fajita Chicken Nachos with Rice</b> Parmesan Broccoli and Sweet Potato Fries	<b>12</b> <b>Chicken &amp; Cheese Quesadilla</b> <b>Texas Chili Pie with Cornbread</b> <b>Pepperoni or Cheese Calzone with Marinara</b> Seasoned Fries & Beans Diced Pears and Fresh Fruit
<b>13</b> <b>Chicken Tenders with Rice</b> <b>Pasta with Meatballs &amp; Garlic Bread</b> Steamed Carrots and Green Beans Mandarin Oranges and Fresh Fruit Selection	<b>14</b> <b>Chicken Fried Steak with Roll</b> <b>Beef Nachos with Rice</b> Parmesan Broccoli and Mashed Potatoes or Charro Beans Strawberry Cups and Fresh Fruit Selection	<b>15</b> <b>Homemade Lasagna with Garlic Bread</b> <b>Chicken Crisпитos with Queso and Rice</b> Golden Corn and Cucumber Tomato Salad Fruit Cocktail and Fresh Fruit Selection	<b>16</b> <b>Chili Cheese Footlong Hotdog (Turkey)</b> <b>Beef Nachos with Rice</b> Sugar Snap Peas and Sweet Potato Fries Peach Cups and Fresh Fruit Selection	<b>17</b> <b>Chicken Nuggets with Garlic Bread</b> <b>Pepperoni or Cheese Calzone with Marinara</b> Steamed Carrots and Vegetarian Baked Beans Diced Pears and Fresh Fruit
<b>18</b> <b>Teriyaki Chicken with Rice</b> <b>Fiesta Pizza with Rice</b> Steamed Carrots and Green Beans Mandarin Oranges and Fresh Fruit Selection	<b>19</b> <b>Oven Baked Chicken with Roll</b> <b>Beef Nachos with Rice</b> Golden Corn and Mashed Potatoes or Charro Beans Strawberry Cups and Fresh Fruit Selection	<b>20</b> <b>Breakfast For Lunch! Bacon &amp; Egg Tacos</b> <b>Chicken &amp; Waffles</b> Hashbrown Triangles and Cucumber Tomato Salad Fruit Cocktail and Fresh Fruit Selection	<b>21</b> <b>Penne Marinara with Garlic Bread</b> <b>Fajita Chicken Nachos with Rice</b> Parmesan Broccoli and Sweet Potato Fries Peach Cups and Fresh Fruit	<b>22</b> <b>Chicken &amp; Cheese Quesadilla</b> <b>Texas Chili Pie with Cornbread</b> <b>Pepperoni or Cheese Calzone with Marinara</b> Seasoned Fries & Beans Diced Pears and Fresh Fruit
<b>23</b> <b>Chicken Tenders with Rice</b> <b>Pasta with Meatballs &amp; Garlic Bread</b> Steamed Carrots and Green Beans Mandarin Oranges and Fresh Fruit Selection	<b>24</b> <b>Did You Know?</b> 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 High Schools!**  
 Menu Subject to Change



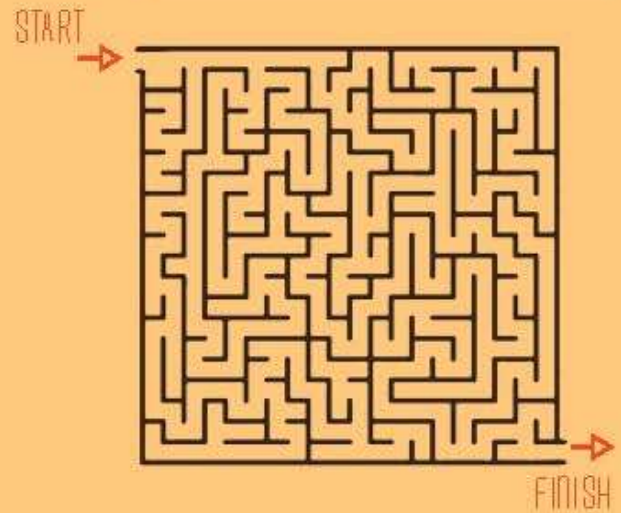
# Pumpkins

**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



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