

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 and Beef both 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 on Wednesday!)

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

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Monday

Tuesday

Wednesday

Thursday

Friday

1 RiBBQ (beef) on a Hoagie Roll
Potato Wedges and Baby Carrots w/ Ranch
Mandarin Oranges or Fresh Fruit with Tajin

2 Chicken Fried Steak with Homemade Roll
Green Beans and Mashed Potatoes with Gravy
Strawberry Cups or Fresh Fruit with Tajin

5 Homemade Beef & Cheese Lasagna with Garlic Bread
Steamed Carrots and Parmesan Roasted Broccoli
Mixed Fruit or Fresh Fruit with Tajin

6 Fajita Chicken Nachos with Rice
Homemade Charro Beans and Cheesy Street Corn with Tajin
Peach Cups or Fresh Fruit with Tajin

7 Grilled Cheese Sandwich
Vegetarian Baked Beans and Pizza Marinara Dipping Sauce
Diced Pears or Fresh Fruit with Tajin



10 Oven Baked Breaded Chicken with Roll
Vegetarian Baked Beans and Mashed Potatoes with Gravy
Strawberry Cups or Fresh Fruit with Tajin

11 Homemade Hot Dog Wrap (Jalapeno Cheese Available!)
Green Beans and Sweet Potato Waffle Fries
Mixed Fruit or Fresh Fruit with Tajin

17 Chicken and Waffles with Syrup
Cucumber Tomato Salad and Golden Hashbrowns
Peach Cups or Fresh Fruit with Tajin

14 Breaded Cheese Sticks
Roasted Cali Vegetables and Pizza Marinara Dipping Sauce
Diced Pears or Fresh Fruit with Tajin

17 Chicken Tenders with Rice and Gravy
Potato Wedges and Baby Carrots w/ Ranch
Mandarin Oranges or Fresh Fruit with Tajin

15 Texas Chili Pie with Cornbread
Sugar Snap Peas and Steamed Carrots with Tajin
Strawberry Cups or Fresh Fruit with Tajin

18 Chicken N Cheese Crisпитos with Queso and Rice
Charro Beans and Golden Corn
Mixed Fruit or Fresh Fruit with Tajin

28 Pasta & Meatballs with Garlic Bread
Parmesan Roasted Broccoli & Green Beans
Peach Cups or Fresh Fruit with Tajin

21 Fiesta Pizza
Tater Tots and Carrots/Celery with Ranch
Diced Pears or Fresh Fruit with Tajin

24 Mini Corn Dogs (chicken)
Seasoned Baked Fries and Baby Carrots w/ Ranch
Mandarin Oranges or Fresh Fruit with Tajin

25 Beef & Cheese Nachos with Rice
Charro Beans and Golden Corn with Tajin
Strawberry Cups or Fresh Fruit with Tajin

Chili Cheese Footlong Hot Dog (Turkey)
Steamed Broccoli and Sweet Potato Waffle Fries
Mixed Fruit or Fresh Fruit with Tajin

27 Pepp (pork) or Cheese Calzone with Marinara
Sugar Snap Peas and Steamed Carrots
Peach Cups or Fresh Fruit with Tajin

20 Chicken Nuggets with Homemade Roll
Vegetarian Baked Beans and Tator Tots
Diced Pears or Fresh Fruit with Tajin

3 RiBBQ (beef) on a Hoagie Roll
Bat Italian Ice Cup
Potato Wedges and Baby Carrots w/ Ranch
Mandarin Oranges or

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 Middle Schools!

Menu Subject to Change

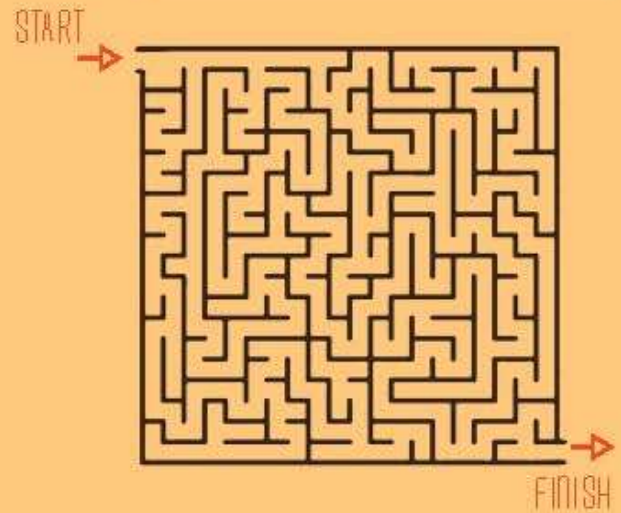
Pumpkins

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