

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

7 Pasta with Meatballs and Garlic Bread
Steamed Carrots
Steamed Sugar Snap Peas
Choice of Milk

Tuesday

4 Chicken Rings
Steamed Broccoli
Diced Pears
Choice of Milk

Wednesday

5 Chicken & Cheese Quesadilla
Golden Corn
Freshly Sliced Fruit
Choice of Milk

Thursday

6 Pepperoni (🐷) or Cheese Pizza
Baby Carrots
Mandarin Oranges
Choice of Milk

Friday

7 Macaroni & Cheese
Seasoned Baked French Fries
Freshly Sliced Fruit
Choice of Milk

10



10 Oven Baked Breaded Chicken
Mashed Potatoes with Gravy
Freshly Sliced Fruit

10 Homemade Lasagna
Parmesan Roasted Broccoli
Mixed Fruit
Choice of Milk

13 Pepperoni (🐷) or Cheese Pizza
Steamed Green Beans
Freshly Sliced Fruit
Choice of Milk

14 Grilled Cheese Sandwich
Potato Smiles
Freshly Sliced Fruit
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

17

17 Chicken Tenders
Steamed Carrots
Mandarin Oranges
Choice of Milk

18 Beef Nachos with Queso and Steamed Rice
Golden Corn
Freshly Sliced Fruit
Choice of Milk

19 Crispy Steak Fingers
Parmesan Roasted Broccoli
Mixed Fruit
Choice of Milk

20 Pepperoni (🐷) or Cheese Pizza
Steamed Green Beans
Freshly Sliced Fruit
Choice of Milk

21 Crispy Chicken Sandwich
Vegetarian Baked Beans
Diced Pears
Choice of Milk

24

24 RIBBQ Sandwich on a Hoagie
Steamed Carrots
Mixed Fruit
Choice of Milk

25 Hot Dog (Turkey)
Seasoned Baked Fries
Freshly Sliced Fruit
Choice of Milk

26 Mini Dogs (Chicken)
Steamed Green Beans
Diced Pears
Choice of Milk

27 Pepperoni (🐷) or Cheese Pizza
Mixed Vegetables
Peach Cup
Choice of Milk

28 Chicken Nuggets
Sliced Cucumber Coins with Ranch
Freshly Sliced Fruit
Choice of Milk

9 Pasta with Meatballs and Garlic Bread
Steamed Carrots
Steamed Sugar Snap Peas
Choice of Milk

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:

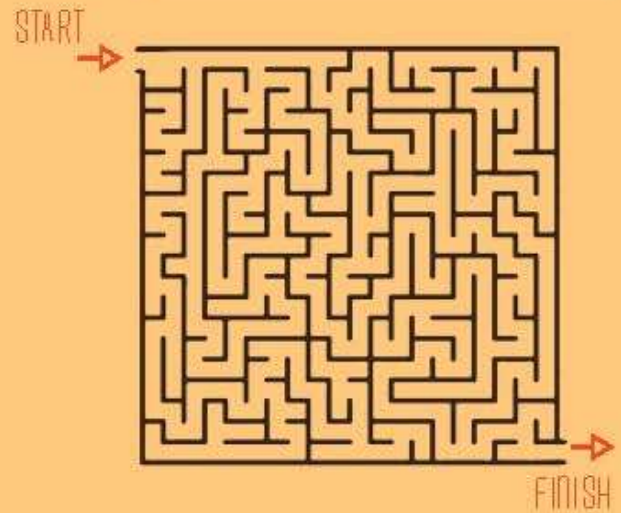
Pumpkins

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