

OCTOBER

Don't forget to "Vote for a Winning Lunch" during National School Lunch Week! October 10-14 2016

Special Announcements

DAILY OFFERINGS:

1 % Plain , Chocolate Milk and Fruit

MENU SUBJECT TO CHANGE



Monday

Tuesday

Wednesday

Thursday

Friday

3 CHEESE OR PEPPERONI PIZZA
Steamed Corn
Romaine Salad
FF RANCH

4 Sweet & Sour Chick OR Hot Dog
WG Rice
Green Peas
Cucumber/Tom
FF Ranch

5 CHICK DRUMSTICK OR BRD BEEF STEAK
Mashed Potatoes
Steamed Broccoli
WW Roll
WG Cookie

6 Chick Fajita Nachos OR Corn Dog
Pinto Beans
Spanish Rice
Carrots Baby
FF Ranch

7 Hamburger OR **Spicy** Chick Sand
Curly Fries
Let/Tom/Pick Cup
Ket/Mayo/Must

10
NO SCHOOL

11 Cheese OR Pepperoni Pizza
Steamed Corn
Sweet Pot Sticks
FF Ranch

12 Pop Corn Chick OR Steak Fingers
Mashed Potatoes
Broccoli / Cheese
WW Roll - WG

13 Soft Beef Tacos OR Corn Dog
Chili Beans
Let/Tom Salad
Spanish Rice

14 Cheeseburger OR Grilled Cheese Sand
Pork N Beans
Let/Tom/Pick Cup
Sun Chips

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

17 Cheese OR Pepperoni Pizza
Steamed Corn
Romaine Salad
FF Ranch

18 General TSO Chick OR Hot Dog
WG Rice
Oriental Blend Veg
Cucumber Slices
Fortune Cookie

19 Chick Nuggets OR Brd Beef Steak
Mashed Potatoes
Green Peas
WW Roll
WG Cookie

20 Burrito / Cheese OR Corn Dog
Scalloped Potatoes
Carrots
Spanish Rice
FF Ranch

21 Hamburger OR Chick Sandwich
Let/Tom/Pick Cup
Curly Fries
Ket/Mayo/Must

24 Cheese OR Pepperoni Pizza
Steamed Corn
Romaine Salad
FF Ranch

25 Zesty Orange Chick OR Hot Dog
WG Rice
Stir Fry Blend Veg
Broccoli
Fortune Cookie

26 Chick Tenders OR Beef Fingers
Mashed Potatoes
Green Beans
WW Roll
WG Cookie

27 Crispito / Cheese OR Corn Dog
Carrots Baby
Refried Beans
Spanish Rice

28 Cheeseburger OR Meatball sub
Chili Beans
Let/Tom/Pick Cup
Sun Chips

31 Cheese OR Pepperoni Pizza
Steamed Corn
Romaine Salad
FF Ranch

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:

TIOGA ISD
LUNCH 6-8

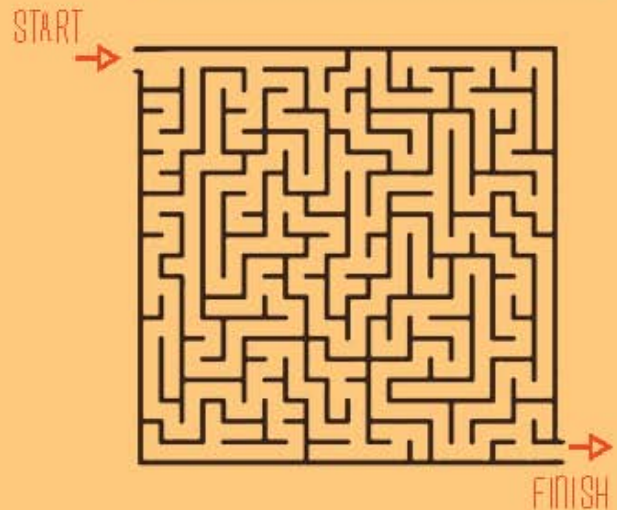
Pumpkins

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