

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 Chocolate Pudding	4 Sweet & Sour Chick OR Hot Dog/Chili 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 Vanilla Pudding
10 NO SCHOOL	11 Cheese OR Pepperoni Pizza Steamed Corn Sweet Pot Sticks Chocolate Pudding	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 Chocolate Pudding FF Ranch	18 General TSO Chick OR Hot Dog/Chili 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 Vanilla Pudding
24 Cheese OR Pepperoni Pizza Steamed Corn Romaine Salad Chocolate Pudding FF Ranch	25 Zesty Orange Chick OR Hot Dog/Chili WG Rice Stir Fry Blend Veg Broccoli	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 Banana Pudding

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 9-12

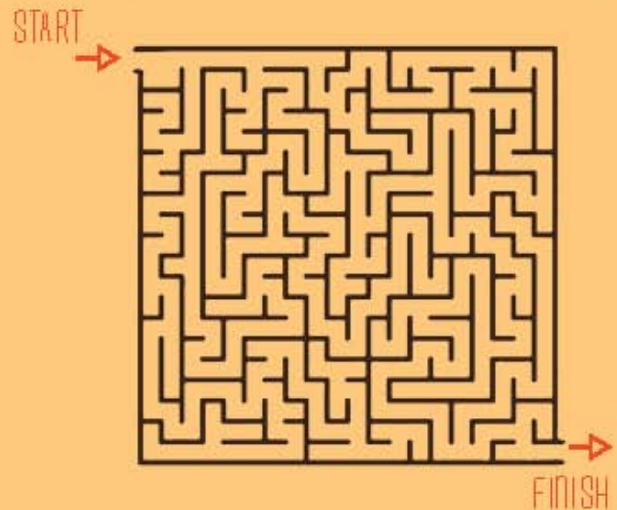
Pumpkins

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