

OCTOBER 2015



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



NATIONAL SCHOOL LUNCH WEEK! OCTOBER 12 - 16

French Toast Sticks
OR
Cereal
Yogurt
Fruit
Fruit Juice
Syrup 5

Pancake on Stick
OR
Cereal
Pop Tart
Fruit
Fruit Juice
Syrup 6

Egg Patty
OR
Cereal
Toast
Fruit
Fruit Juice
Salsa/Jelly 7

Breakfast Pizza
OR
Cereal
Yogurt
Fruit
Fruit Juice 8

Biscuit
OR
Cereal
Pop Tart
Fruit
Fruit Juice
Jelly/Gravy 9

Teacher-In
Service
NO
STUDENTS 12

Pancakes
OR
Cereal
Pop Tart
Fruit
Fruit Juice
Syrup 13

Breakfast on Bun
OR
Cereal
Pop Tart
Fruit
Fruit Juice 14

Waffles
OR
Cereal
Pop Tart
Fruit
Fruit Juice
Syrup 15

Biscuit
OR
Cereal
Pop Tart
Fruit
Fruit Juice
Jelly/Gravy 16

French Toast Sticks
OR
Cereal
Yogurt
Fruit
Fruit Juice
Syrup 19

Pancake on Stick
OR
Cereal
Pop Tart
Fruit
Fruit Juice
Syrup 20

Egg Patty
OR
Cereal
Toast
Fruit
Fruit Juice
Salas/Jelly 21

Breakfast Pizza
OR
Cereal
Yogurt
Fruit
Fruit Juice 22

Biscuit
OR
Cereal
Pop Tart
Fruit
Fruit Juice
Jelly/Gravy 23

Muffin
OR
Cereal
Yogurt
Fruit
Fruit Juice 26

Pancakes
OR
Cereal
Pop Tart
Fruit
Fruit Juice
Syrup 27

Breakfast on Bun
OR
Cereal
Yogurt
Fruit
Fruit Juice 28

Waffles
OR
Cereal
Pop Tart
Fruit
Fruit Juice
Syrup 29

Biscuit
OR
Cereal
Pop Tart
Fruit
Fruit Juice
Jelly/Gravy 30

GOOD EATS AT:

TIOGA ISD
Breakfast

SPECIAL ANNOUNCEMENTS

DAILY OFFERINGS
FAT FREE CHOCOLATE MILK
1% PLAIN MILK
MENU SUBJECT TO CHANGE



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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IT'S OCTOBER, the perfect time to FALL into a healthy eating habit! Here are a few facts that can help you be better explorers and healthier Texans!

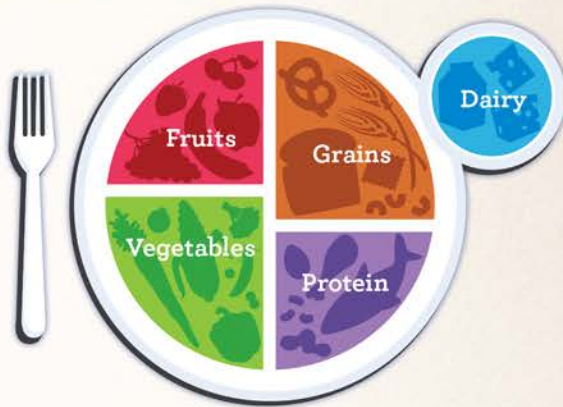
SUBJECT: National School Lunch Week!

All over Texas, school cafeterias will join the National School Lunch Week celebration, **October 12-16**. Did you know **Wednesday, October 14 is "Take Your Parents to Lunch Day?"** Ask them to join you to explore the delicious and nutritious Texas foods that are available for lunch at your school!

REGION WITH FRESH SELECTIONS: Statewide

DISTINGUISHING CHARACTERISTICS:

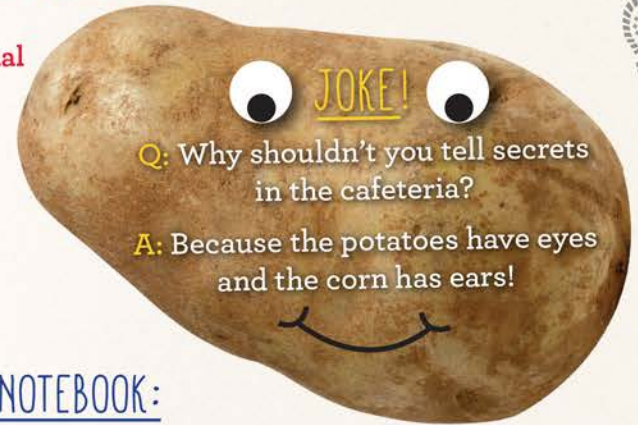
Does your plate have something from every food group? Here are some examples of foods grown in Texas.



- FRUITS** Apples, watermelon, berries, peaches, grapefruit and oranges
- VEGETABLES** Carrots, tomatoes, spinach, 1015 onion and sweet potatoes
- GRAINS** Whole wheat bread, corn tortillas, brown rice, whole wheat pasta, oatmeal and whole grain cereal
- PROTEIN** Beef, chicken, pork, fish, shrimp, eggs, beans and nuts
- DAIRY** Milk, cheese, cottage cheese and yogurt

WHAT TO KNOW:

The school cafeteria is a great place to explore the variety of foods Texas has to offer. **The cafeteria offers choices from all five food groups** so you'll have a well-balanced meal, and a happier **National School Lunch Week!** Thank your cafeteria staff today!



Q: Why shouldn't you tell secrets in the cafeteria?
A: Because the potatoes have eyes and the corn has ears!

**COMING IN NOVEMBER:
DAIRY!**



EXPLORER'S NOTEBOOK:

Farm Fresh Fridays and the Local Products Challenge
Celebrating Local Products in Our Schools

"Hey kids, this month your cafeteria may be serving foods that include Texas ingredients as a celebration of Farm Fresh Fridays. Ask your cafeteria team which foods include Texas products and explore!"

