

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 AND CHOCOLATE MILK, FRUIT AND FRUIT JUICE

MENU SUBJECT TO CHANGE



Monday

Tuesday

Wednesday

Thursday

Friday

3 EGG PATTY
TOAST
OR
CEREAL
TOAST
JELLY

4 WAFFLES
OR
CEREAL
CHEESE STICK
SYRUP

5 DONUT
OR
CEREAL
POP TART

6 BREAKFAST
PIZZA
OR
CEREAL
CHEESE STICK

7 BISCUIT
CHICK PATTY
OR
CEREAL
CHEESE STICK
GRAVY

10
**NO
SCHOOL**

11 EGGSTRAVAGANZA
OR
CEREAL
TOAST
JELLY

12 Chocolate
MUFFIN
OR
CEREAL
CHEESE STICK

13 FRENCHTOAST
STICKS
OR
CEREAL/ POP TART
SYRUP

14 BISCUIT
SAUSAGE
OR
CEREAL
CHEESE STICK

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

17 EGG PATTY
TOAST
OR
CEREAL
TOAST
JELLY

18 WAFFLES
OR
CEREAL
CHEESE STICK
SYRUP

19 DONUT
OR
CEREAL
POP TART

20 BREAKFAST
PIZZA
OR
CEREAL
CHEESE STICK

21 BISCUIT
CHICK PATTY
OR
CEREAL
POP TART
Gravy

24 PANCAKES
OR
CEREAL
CHEESE STICK
SYRUP

25 EGGSTRAVAGANZA
TOAST
OR
CEREAL / TOAST
JELLY

26 CHOCOLATE
MUFFIN
OR
CEREAL
POP TART

27 FRENCHTOAST
STICKS
OR
CEREAL
CHEESE STICK
SYRUP

28 BISCUIT
SAUSAGE
OR
CEREAL
POP TART
Jelly

31 EGG PATTY
TOAST
OR
CEREAL
TOAST
JELLY

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
BREAKFAST PK-12

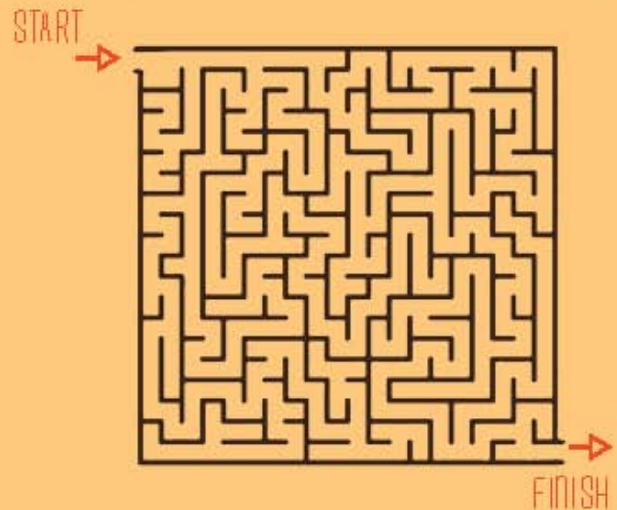
Pumpkins

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