

# OCTOBER 2015



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



## NATIONAL SCHOOL LUNCH WEEK! OCTOBER 12-16

Cheese OR Pepperoni Pizza Salad  
Fresh Broccoli Bites  
Fresh Fruit  
Fruit Juice  
Ranch 5

Beef Ravioli OR Hot Dog/Chili  
Baked Beans  
Curly Fries  
Diced Pears  
Fruit Slush  
Ketchup 6

Soft Tacos OR Beef Nachos  
Refried Beans  
Steamed Corn  
Spanish Rice  
Fresh Fruit  
Fruit Juice / Cookie  
Salsa 7

Meatball/Gravy OR Corn Dog  
Mashed Potato  
Broccoli/Cheese  
Pineapple Tidbits  
Fruit Slush  
Roll 1

BBQ Rib Sandwich OR Steak Sandwich  
Let/Tom/Pick Cup  
Chips  
Pork and Beans  
Fresh Fruit  
Fruit Juice  
Ketchup/Mayo/Mustard 2

Teacher In Service  
NO STUDENTS 12

Burrito OR Hot Dog/Chili  
Refried Beans  
Corn  
Spanish Rice  
Rosy Applesauce  
Fruit Slush  
Salsa 13

Chicken Nuggets OR Meatball Sub  
Tater Gems  
Green Beans  
Fresh Fruit  
Fruit Juice  
Cookie  
Mustard/Ketchup 14

Steak Fingers OR Corn Dog  
Mashed Potato  
Carrots, Baby  
WW Roll  
Fruit Cocktail  
Fruit Slush  
Gravy / Ranch 15

Grilled Cheese Sandwich OR BBQ  
Brisket Sandwich  
Curly Fries  
Garlic Broccoli  
Fresh Fruit  
Fruit Juice  
Ketchup 16

Cheese OR Pepperoni Pizza Salad  
Steamed Corn  
Fresh Fruit  
Fruit Juice  
Ranch 19

Chicken Sandwich OR Hot Dog/Chili  
Carrots, Baby  
Let/Tom/Pick Cup  
Diced Peaches  
Fruit Slush  
Mayo/Mustard/Ketchup  
Ranch 20

Chicken Nuggets OR Steak Fingers  
Mashed Potato  
Green Beans  
Fresh Fruit  
Fruit Juice  
Cookie  
Gravy/Ketchup 21

Macaroni/Cheese OR Corn Dog  
Curly Fries  
Steamed Broccoli  
Mandarin Oranges  
Fruit Slush  
Ketchup 22

Hamburger OR Spicy Chicken Sandwich  
Chips  
Let/Tom/Pick Cup  
Baked Beans  
Fresh Fruit  
Fruit Juice  
Mayo/Mustard/Ketchup 23

Cheese OR Pepperoni Pizza Salad  
Corn on Cob  
Fresh Fruit  
Fruit Juice  
Ranch 26

Spaghetti/Meat Sauce OR Hot Dog/Chili  
Carrots, Baby Salad  
Garlic Bread  
Sliced Pineapple  
Fruit Slush/ Ranch 27

Oven Fried Chicken OR Cheeseburger  
Tater Gems  
Green Beans  
Fresh Fruit  
Fruit Juice  
Cookie  
Ketchup/Mayo/Mustard 28

Meatballs/ Gravy OR Corn Dog  
Mashed Potato  
Broccoli/Cheese  
WW Roll  
Tropical Fruit  
Fruit Slush 29

BBQ Rib Sandwich OR Steak Sandwich  
Let/Tom/Pick Cup  
Chips  
Pork and Beans  
Fresh Fruit  
Fruit Juice  
Ketchup/Mayo/Mustard 30

### GOOD EATS AT:

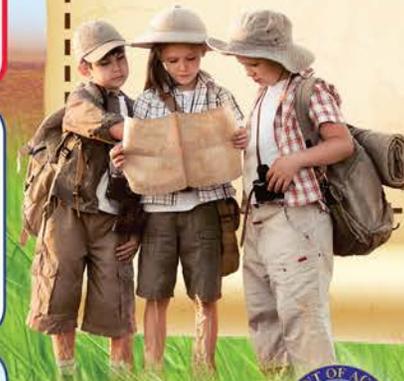
TIOGA ISD  
Lunch 9-12 Grade



### 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!

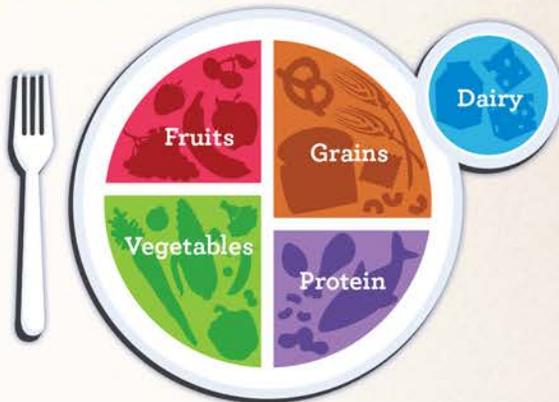
**SUBJECT: National School Lunch Week!**

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.

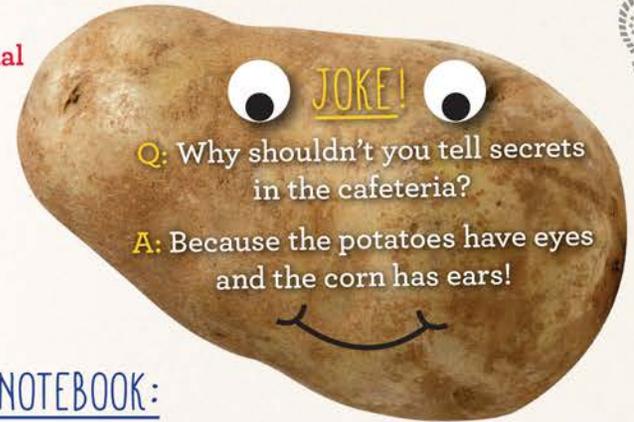


- FRUITS** Apples, watermelon, berries, peaches, grapefruit and oranges
- VEGETABLES** Carrots, tomatoes, spinach, 1015 onion and sweet potatoes
- GRAINS** Whole wheat bread, corn tortillas, brown rice, whole wheat pasta, oatmeal and whole grain cereal
- PROTEIN** Beef, chicken, pork, fish, shrimp, eggs,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

**COMING IN NOVEMBER: DAIRY!**



**JOKE!**

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

**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!"

