

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

Crispito/Cheese OR Corn Dog
Santa Fe Blend
Celery Sticks
Peaches
Fruit Slush
Ranch
Salsa / Jalapeno 8

BBQ Rib Sandwich OR Steak Sandwich
Let/Tom/Pick Cup
Chips
Pork and Beans
Fresh Fruit
Fruit Juice
Ketchup/Mayo/Mustard 9

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:

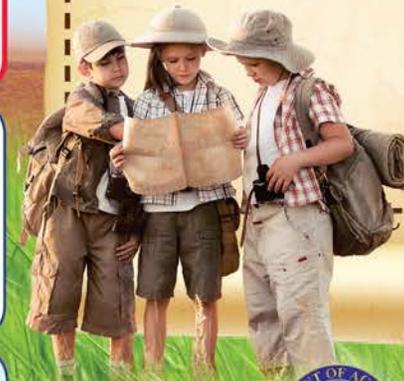
TIOGA ISD
Lunch 6-8 Grade



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!

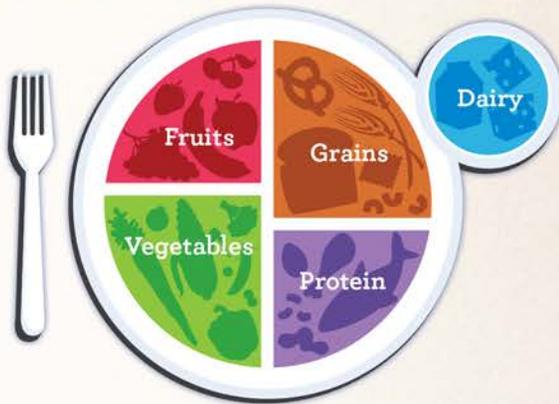
SUBJECT: National School Lunch Week!

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.

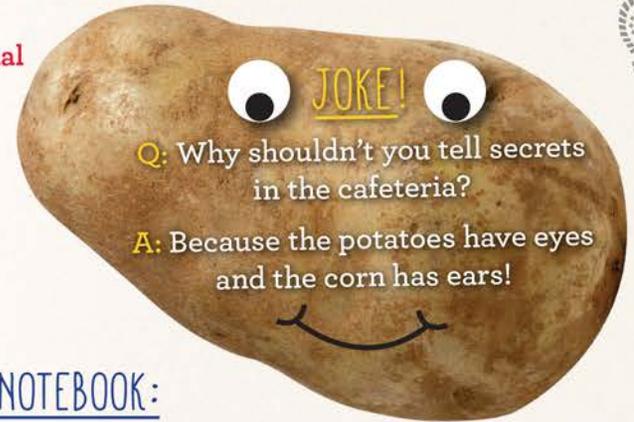


- FRUITS** Apples, watermelon, berries, peaches, grapefruit and oranges
- VEGETABLES** Carrots, tomatoes, spinach, 1015 onion and sweet potatoes
- GRAINS** Whole wheat bread, corn tortillas, brown rice, whole wheat pasta, oatmeal and whole grain cereal
- PROTEIN** Beef, chicken, pork, fish, shrimp, eggs,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



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!"

