

# October



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>3</b> BREAKFAST PIZZA BAGEL, TOAST, CEREAL JUICE, MILK</p> <p><b>CHICKEN NUGGETS</b> <b>BRD. BEEF PATTY</b> MASH POTATOES, GREEN BEANS, ORANGE WEDGES PEACH CUP, BISCUIT, GRAVY, MILK</p>	<p><b>4</b> ASSORTED MUFFIN, OATMEAL, CEREAL, TOAST, JUICE, MILK</p> <p><b>CORNDOG</b> <b>CHEESE NACHOS</b> LETTUCE &amp; TOMATO CUP, OR PICKLES, PINTO BEANS MANDARIN FRUIT CUP, COOKIE, MILK</p>	<p><b>5</b> BISCUIT, SAUSAGE, TOAST, CEREAL, JUICE, MILK</p> <p><b>BEEF RAVIOLI</b> <b>PEPPERONI PIZZA</b> CORN, TOSS SALAD, BLUSHING PEARS, BREADSTICK, MILK</p>	<p><b>6</b> FRENCH TOAST STICKS, TOAST, CEREAL, JUICE, MILK</p> <p><b>BEEF STRIP W/TERIYAYI</b> <b>ASIAN CHICKEN CHUNKS</b> STEAM CAL, VEGGIES, RICE, PEACH CUP, OR ORANGE WEDGE, ROLL, MILK</p>	<p><b>7</b> GRILL CHEESE SAND. TOAST, CEREAL ,JUICE, MILK</p> <p><b>BBQ RIB PATTY</b> <b>CHEESEBURGER</b> SALAD BAR OR PICKLES TATER TOTS, JUICE BAR MILK</p>
<p><b>10</b></p> <p>HOLIDAY</p>	<p><b>11</b> BREAKFAST PIZZA TOAST, CEREAL, JUICE, MILK</p> <p><b>CORNDOG</b> <b>ASSORTED PIZZA</b> WHOLE KERNEL CORN, TOSS SALAD, PINEAPPLE TIDBITS, MILK</p>	<p><b>12</b> PANCAKES, TOAST CEREAL, JUICE, MILK</p> <p><b>TACO SALAD</b> <b>CHICKEN FAJITA</b> REFRIED BEANS, DICE TOMATO &amp; LETTUCE, SPANISH RICE, APPLE OR ORANGE WEDGES, MILK</p>	<p><b>13</b> MORNING SAUSAGE ROLL, TOAST, CEREAL, JUICE, MILK</p> <p><b>BAKE CHICKEN</b> <b>SALISBURY STEAK</b> MASH POTATOES, GREEN BEANS, PEACHES, BISCUIT MILK</p>	<p><b>14</b> CINNAMON ROLL, OATMEAL, TOAST, CEREAL, JUICE, MILK</p> <p><b>CHEESEBURGER</b> <b>HAM &amp; CHEESE SUB</b> BURGER BAR, OR PICKLES TATER TOTS, JUICE BAR MILK</p>
<p><b>17</b> BREAKFAST PIZZA BAGEL, TOAST, CEREAL JUICE, MILK</p> <p><b>BEEF &amp; RONI</b> <b>ASSORTED PIZZA</b> TOSS SALAD, CORN, CHERRY COBBLER, TOAST MILK</p>	<p><b>18</b> ASSORTED MUFFIN, OATMEAL, CEREAL, TOAST JUICE, MILK</p> <p><b>GRILLED CHEESE</b> <b>HOT HAM &amp; CHEESE SAND</b> CHICKEN NOODLE SOUP, PICKLES, CARROT STICKS W/DRESSING, ORANGE WEDGE, MILK</p>	<p><b>19</b> BISCUIT, SAUSAGE, CEREAL, TOAST, JUICE, MILK</p> <p><b>SLOPPY JOE/ON BUN</b> <b>HOTDOG W/OUT CHILI</b> RANCH STYLE BEANS, PICKLES, CORN CHIPS, JUICE BAR, MILK</p>	<p><b>20</b> FRENCH TOAST STICKS, TOAST, CEREAL, JUICE, MILK</p> <p><b>CHICKEN SPAGHETTI</b> <b>BREADED BEEF PATTY</b> BROCCOLI, TOSS SALAD, HOT CINNAMON APPLES, BREADSTICK, MILK</p>	<p><b>21</b> GRILL CHEESE SAND. TOAST, CEREAL ,JUICE, MILK</p> <p><b>CHEESEBURGER</b> <b>CHICKEN PATTY BURGER</b> BURGER SALAD, OR PICKLES, TATER TOTS, STRAWBERRIES, ICE CREAM, MILK</p>
<p><b>24</b> BREAKFAST OR TAC-GO WRAP, TOAST, CEREAL, JUICE, MILK</p> <p><b>CHICKEN FAJITA</b> <b>MEXICAN BURRITO</b> CORN, DICE LETTUCE &amp; TOMATO, RICE KRISPY TREAT, MIX FRUIT GELATIN, MILK</p>	<p><b>25</b> BREAKFAST PIZZA TOAST, CEREAL, JUICE, MILK</p> <p><b>CORNDOG</b> <b>ASSORTED PIZZA</b> PINTO BEANS, TOSS SALAD, HOT CINNAMON APPLES, MILK</p>	<p><b>26</b> PANCAKES, TOAST, CEREAL, JUICE, MILK</p> <p><b>STEAK FINGERS</b> <b>CHICKEN TENDERS</b> MACARONI &amp; CHEESE CALIFORNIA VEGGIES, ORANGE WEDGES, TOAST, MILK</p>	<p><b>27</b> MORNING SAUSAGE ROLL, TOAST, CEREAL, JUICE, MILK</p> <p><b>HAM &amp; CHEESE</b> <b>BAR-BE-CUE BEEF</b> BAKE POTATO, GREEN BEANS, BLUSHING PEARS, BREADSTICK, MILK</p>	<p><b>28</b> CINNAMON ROLL, OATMEAL, TOAST, CEREAL, JUICE, MILK</p> <p><b>CHEESEBURGER</b> <b>CHICKEN PATTY BURGER</b> BURGER SALAD, OR PICKLES, TATER TOTS SHERBET FRUIT CUP MILK</p>
<p><b>31</b> BREAKFAST PIZZA BAGEL, TOAST, CEREAL JUICE, MILK</p> <p><b>PIZZA / CORNDOG</b> PINTO BEANS, TOSS SALAD, PEACHES, COOKIE MILK</p>				



# What does a HEALTHY SCHOOL MEAL bring me?



## Fill Your Tray the Healthy Way



Do you know how important it is to have a healthy, nutritious lunch at school? A healthy lunch not only provides fuel for the body, it helps keep your mind alert and focused in the classroom.

October is a great time to learn how to fill your tray with a variety of healthier options.



## The Lunch Line-Up

Variety gives you more things to taste – and more chances to eat healthy. In the lunch line, choose foods from each line of this line-up:

- \* Whole-grain breads, rice, corn or barley
- \* Milk for stronger teeth and bones
- \* Orange and leafy-green vegetables
- \* Fruit for energy throughout the day
- \* Muscle-building protein like chicken, turkey, lean-beef or beans



### National School Lunch Week Match

Draw lines from the food to the healthy ingredient to the benefit for your body.

- |                      |              |                           |
|----------------------|--------------|---------------------------|
| 1a Whole Wheat Bread | 1b Protein   | 1c Strong teeth and bones |
| 2a Milk              | 2b Vitamin C | 2c Healthy immune system  |
| 3a Baked chicken     | 3b Fiber     | 3c Protects eyes and skin |
| 4a Orange slices     | 4b Vitamin A | 4c Digestive Health       |
| 5a Spinach           | 5b Vitamin D | 5c Strong muscles         |

(Answers: 1a-3b-4c, 2a-5b-1c, 3a-1b-5c, 4a-2b-2c, 5a-4b-3c)

**Thanks President Truman!**  
 In 1946, President Harry S. Truman started The National School Lunch Program to ensure low cost or free lunches to children across the country. Today, more than 31 million students are eating healthier five days a week. Thanks President Truman!

## OUR CAFETERIA BRINGS IT!

**CELEBRATING**

**NATIONAL SCHOOL LUNCH WEEK**

**OCTOBER 10-14**



Food and Nutrition Division  
 3E'S OF HEALTHY LIVING  
 Education, Exercise and Eating Right

Find out the amount of healthy food you need each day by getting your personal food guide pyramid at [www.mypyramid.gov](http://www.mypyramid.gov).

Square Meals is the Texas Department of Agriculture's school nutrition education and outreach program, funded by the U.S. Department of Agriculture, Food and Nutrition Service.

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