

OCTOBER 2017

NATIONAL SCHOOL LUNCH WEEK

OCTOBER 9-13
squaremeals.org/nslw

MON

TUE

WED

THUR

FRI

Breakfast Pizza
Or
Muffin
Fresh Fruit
Fruit Juice
Milk Variety **2**

Chicken Biscuit
Or
PBJ
Fresh Fruit
Fruit Juice
Milk Variety **3**

Biscuit, Gravy,
Scrambled Eggs & Bacon
Or
Cereal Variety w/Toast
Fresh Fruit
Fruit Juice
Milk Variety **4**

Pancake Wrap
Yogurt
Or
PBJ
Fresh Fruit
Fruit Juice
Milk Variety **5**

Cinnamon Roll
Sausage
Or
Cereal Variety w/Toast
Fresh Fruit
Fruit Juice
Milk Variety **6**

Pancakes/Bacon
Or
Cereal Variety w/Toast
Fresh Fruit
Fruit Juice
Milk Variety **9**

Sunrise Sandwich
Or
PBJ
Fresh Fruit
Fruit Juice
Milk Variety **10**

French Toast /Sausage
Or
Breakfast Parfait
Fresh Fruit
Fruit Juice
Milk Variety **11**

Breakfast Bread
Or
PBJ
Fresh Fruit
Fruit Juice
Milk Variety **12**

Breakfast Burrito
Hash Brown
Or
Muffin/Yogurt
Fresh Fruit
Fruit Juice
Milk Variety **13**

Sausage Kolache/Yogurt
Or
Muffin/Yogurt
Fresh Fruit
Fruit Juice
Milk Variety **16**

Cheese Omelet/Toast
Or
Cereal Bar/Yogurt
Fresh Fruit
Fruit Juice
Milk Variety **17**

Waffles/Sausage
Or
Cereal Variety/Toast
Fresh Fruit
Fruit Juice
Milk Variety **18**

Breakfast Pizza
Or
Breakfast Crackers/Cheese Stick
Fresh Fruit
Fruit Juice
Milk Variety **19**

Donut Holes
Sausage
Or
Cereal Variety/Toast
Fresh Fruit
Fruit Juice
Milk Variety **20**



Pancakes/Sausage
Or
Muffin/Yogurt
Fresh Fruit
Fruit Juice
Milk Variety **24**

Breakfast Burrito
Hash Browns
Or
Cereal Variety/Toast
Fresh Fruit
Fruit Juice
Milk Variety **25**

Chicken-n- Waffles
Or
Stuffed Bagel/Sausage
Fresh Fruit
Fruit Juice
Milk Variety **26**

Dutch Waffle/Bacon
Or
Cereal Variety/Toast
Fresh Fruit
Fruit Juice
Milk Variety **27**

Waffles/Bacon
Or
Breakfast Round/Yogurt
Fresh Fruit
Fruit Juice
Milk Variety **30**

Cinnamon Rolls
Sausage
Or
PBJ
Fresh Fruit
Fruit Juice
Milk Variety **31**

Good Eats at:

NEW HOME ISD.
BREAKFAST MENU

Special Announcements



Fun facts on back! >

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



Gala APPLES

I come from the really large apple clan and we come in all colors and sizes. My name is Gala and I have stripes and am slightly more orange in color. Gala apples like me are very sweet and can be cooked, baked in pies and enjoyed raw in salads. We are often used to make apple sauce. We grow on large trees in the Texas Hill Country and other parts of Texas. In the spring, our trees are covered in pretty white flowers. We continue to grow throughout the summer and are ready to be picked in the autumn.



LAUNCH PAD

GALA APPLES GROWING REGIONS

1. The High Plains
2. Central Texas



FUN FACT

Apples float when dropped into water because they consist of 25% air.

Joke of the MONTH

Q: What kind of apple isn't an apple?

A: A pineapple.



Go Local LUNCH!

TWO-PLAYER GAME

Apples are the most popular fruit in the United States. Gala apples rank No. 2 out of the Top 10 apples grown in the country. Red Delicious apples are ranked No. 1.

Identify THE APPLES

- a. Gala
- b. Granny Smith
- c. Red Delicious



1. _____



2. _____



3. _____

INGREDIENTS

For Chicken Salad: 1 tablespoon olive oil • 1 pound skinless, boneless chicken breast • 3 celery stalks, finely chopped • 3 green onions, peeled and finely chopped • 1 apple, peeled, cored, and cut into thin strips • 1/3 cup raisins • 1/2 cup nonfat plain Greek yogurt • 1/4 cup mayonnaise • 1/4 cup unfiltered apple cider vinegar • 1 teaspoon curry powder • Pinch of salt

For Wraps: 8 whole-wheat tortillas • 2 cups fresh spinach • 1/2 cup low-fat sharp cheddar cheese, shredded

PREPARATION

To make the Chicken Salad: In a large nonstick skillet, warm the olive oil over moderate heat and add the chicken. Cook for 6 minutes, turn, and cook for additional 7 minutes or until golden brown. Let cool for 5 minutes, then shred. In a large mixing bowl, combine celery, onions, apples, and raisins. In a small bowl, whisk together remaining ingredients. Add 3/4 of dressing to chicken salad, saving the rest for people to add to wraps as desired. Top each wrap with spinach, chicken and cheese, and fold. Serve maple veggies as a yummy side dish!

Recipes courtesy of: www.whatscooking.fns.usda.gov

Answer: 1) c 2) b 3) a