

OCTOBER

Don't forget to "Vote for a Winning Lunch" during National School Lunch Week! October 10-14 2018



Special Announcements

Breakfast is served with a choice of: 1% White Milk, Skim Milk, Fat Free Chocolate Milk, or Fat Free Strawberry Milk.

Breakfast is served with a choice of fruit and/or 100% fruit juice.



Monday	Tuesday	Wednesday	Thursday	Friday
3 Breakfast Muffin Yogurt Fruit Juice Milk	4 Cinnamon Pull-a-Parts Cheese Stick Fruit Juice Milk	5 Pancake Wrap Fruit Juice Milk	6 Waffle Cheese Stick Fruit Juice Milk	7 Breakfast Pizza Fruit Juice Milk
10 Breakfast Strudel Cheese Stick Fruit Juice Milk	11 Mini Pancakes Yogurt Fruit Juice Milk	12 Breakfast Burritos Fruit Juice Milk	13 Sausage Kolache Cheese Stick Fruit Juice Milk	14 French Toast Yogurt Fruit Juice Milk
N A T I O N A L S C H O O L L U N C H W E E K				
17 Breakfast Round Yogurt Fruit Juice Milk	18 Sausage Biscuit Fruit Juice Milk	19 Breakfast Sliders Fruit Juice Milk	20 Chicken-n-Waffle Stix Fruit Juice Milk	21 Grilled Cheese Sandwich Fruit Juice Milk
24 Pancake Wrap Fruit Juice Milk	25 Cinnamon Pull-a-Pats Cheese Stick Fruit Juice Milk	26 Breakfast Muffin Yogurt Fruit Juice Milk	27 Breakfast Pizza Fruit Juice Milk	28 Waffle Cheese Stick Fruit Juice Milk

31 French Toast Yogurt Fruit Juice Milk

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:

Whiteface CISD
Pre-K – 12th Grades
Breakfast Menu

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Don't forget to "Vote for a Winning Lunch" during National School Lunch Week! October 10-14 2018



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All lunches are served with a choice of: 1% White Milk, Skim Milk, Fat Free Chocolate Milk and Fat Free Strawberry Milk.

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Monday	Tuesday	Wednesday	Thursday	Friday
3 Pizza Garden Salad Vegetable Medley Orange Smiles	4 Meat & Cheese Tostadas Spanish Rice (9-12 only) Salsa Zesty Cucumbers Refried Beans Lettuce & Tomato Garnish Rosy Applesauce	5 Country Fried Steak w/Gravy Roll Mashed Potatoes Savory Green Beans Strawberry Cup	6 Soft Tacos Salsa Baby Carrots Lettuce & Tomato Garnish Peaches Cookie	7 Chicken Strips w/Cream Gravy Texas Toast Coleslaw Sweet Potato Fries Apple Slice
10 Corn Dog Basket Tater Tots Baked Beans Broccoli Bites Apple-Pineapple D'Lite	11 Salisbury Steak Brown Gravy Biscuit Roasted Potatoes Garden Salad Fruity Gelatin	12 Hot Dog/Corn Chips Baby Carrots Broccoli Bites w/Cherry Tomatoes Fresh Grapes Cookie	13 Nachos Grande/Salsa Refried Beans Lettuce & Tomato Garnish Cucumber Dippers Tiny Tomato Cup Pears/Lime Sherbet	14 Chicken Sandwich Lettuce & Tomato Garnish Tater Tots Fresh Veggie Cup Mandarin Oranges
N A T I O N A L S C H O O L L U N C H W E E K				
17 Tex-Mex Stack Lettuce & Tomato Garnish Refried Beans Salsa Tiny Tomato Cup Rosy Applesauce Spanish Rice (9-12 only)	18 Asian Bowl w/Brown Rice Eggroll Baby Carrots Steamed Broccoli Chilled Pineapple Tidbits Sugar Cookie	19 Chicken Nuggets Roll Mashed Potatoes w/Cream Gravy Garden Salad Tuscan Vegetables Fresh Seasonal Fruit	20 Hamburger Hamburger Garnish Tater Tots Fresh Veggie Cup Orange Smiles	21 Chicken Parmesan Breadstick Garden Salad Savory Green Beans Apple Slices
24 Mexican Combo Plate (1 Taco and 2 Tamales) Lettuce & Tomato Garnish Seasoned Corn Charro Beans Cinnamon Applesauce	25 Spaghetti Bowl Breadstick Garden Salad California Blend Vegetables Sliced Peaches Chocolate or Vanilla Pudding	26 Popcorn Chicken Roll Tater Tots Cucumber Dippers Fresh Seasonal Fruit Cookie	27 Breaded Pork Chop w/Brown Gravy Roll Mashed Potatoes Baby Carrots Strawberries & Bananas	28 Crunchy Tacos Lettuce & Tomato Garnish Broccoli Bites Tiny Tomato Cup Orange Smiles
31 Cheeseburger Hamburger Garnish Tater Tots Baby Carrots Mixed Fruit	<h2 style="text-align: center;">Did You Know?</h2> <p style="text-align: center;">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.</p>			

Good Eats At:

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Pre-K – 12th Grades
Lunch Menu

Pumpkins

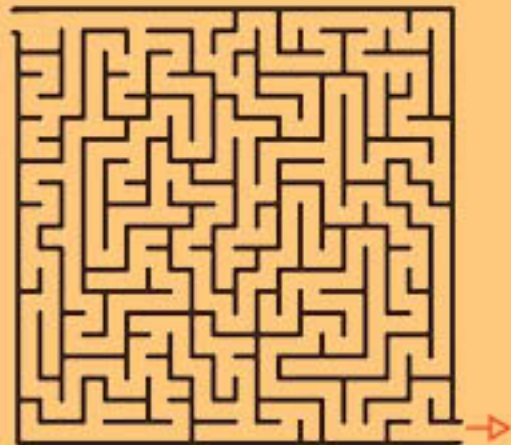
Pumpkins from the Patch: Pumpkins grow above the ground on vines and are in the same family as squash. The color and shape make them great for decorating and the tasty flesh and seeds make them popular in recipes and as a snack.

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.

START →



FINISH

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