

OCTOBER 2017

MON

TUE

WED

THUR

FRI

NATIONAL SCHOOL LUNCH WEEK

OCTOBER 9-13
squaremeals.org/nslw

Chicken Patty Sandwich
Sweet Potato Fries
Celery Sticks
Ranch Dressing
Fresh Orange
Chilled Fruit Cocktail
Mayo
Mustard, Ketchup

2

Salisbury Steak w/ Gravy
Wheat Roll
Mashed Potatoes
Green Beans
Fresh Grapes
Chilled Peaches

3

Chicken Quesadillas
Pinto Beans
Sliced Cucumbers
Ranch Dressing
Fresh Apple
Pineapple Tidbits

4

Spaghetti with Meat sauce
Wheat Roll
Roasted Carrots
Spinach Salad
Ranch Dressing
Mandarin Orange
Banana

5

Pepperoni Pizza
Corn
Fresh Broccoli
Ranch Dressing
Fresh Orange
Applesauce

6

Corn Dog
Baked Beans
Herb Broccoli
Fresh Apple
Mustard
Ketchup

9

Steak Fingers
Wheat Roll
Mashed Potatoes
Garden Salad
Ranch Dressing
Fresh Grapes
Chilled Peaches
Country Gravy

10

Orange Chicken
Fried Rice
Asian Squash
Fresh Carrots Sticks w/ Dip
Strawberries w/ Topping
Fresh Apple

11

Kick n Chicken Sandwich
Sweet Potato Fries
Sliced Cucumbers
Ranch Dressing
Banana
Mandarin Orange
Ketchup

12

Grilled Cheese
Corn
Garden Salad
Ranch Dressing
Fresh Orange
Blushing Pears

13

Chicken Nuggets
Bread Stick
Mashed Potatoes
Green Beans
Fresh Apple
Chilled Peaches
Country Gravy
Ketchup

16

Beef Nachos
Spanish Rice
Pinto Beans
Garden Salad
Ranch Dressing
Fresh Grape
Pineapple Tidbits

17

Barbecued Chicken
Wheat Roll
Baked Potato
Garden Salad
Ranch Dressing
Strawberries
Mandarin Orange

18

Cheese Pizza
Corn
Veggie Dippers
Ranch Dressing
Banana
Chilled Fruit Cocktail

19

Rotini w/ Marinara Sauce
Meatballs
Wheat Roll
Sliced Cucumbers
Fresh Carrots
Ranch Dressing
Applesauce
Fresh Orange

20

Inservice/
Students Holiday

23

Parents Conference/
Student Holiday

24

Stuffed Cheese Pockets
Herb Roasted Roast
Fresh Carrots Sticks
Ranch Dressing
Strawberries
Fresh Apple

25

Burrito
Corn
Garden Salad
Ranch Dressing
Banana
Applesauce

26

Cheeseburger
Potato Wedges
Burger Salad
Fresh Orange
Pineapple Tidbits
Mayo
Mustard, Ketchup

27

Chicken Patty Sandwich
Sweet Potato Fries
Celery Sticks
Ranch Dressing
Fresh Orange
Chilled Fruit Cocktail
Mayo
Mustard, Ketchup

30

Salisbury Steak w/ Gravy
Wheat Roll
Mashed Potatoes
Green Beans
Fresh Grapes
Chilled Peaches

31

Good Eats at:

Elementary &
Collins Intermediate
Lunch Menu

SPECIAL ANNOUNCEMENTS

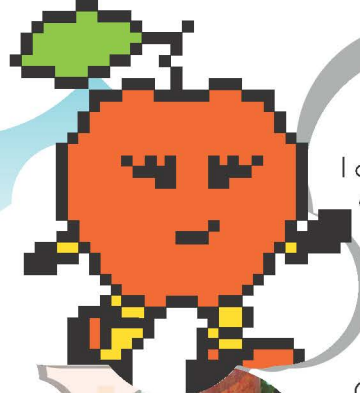
Offer Daily : 1 % White Milk,
FF Chocolate Milk
Monday: Chef Salad with Ham & Bread Stick
(Roman lettuce, Tomatoes, Carrots, Shredder
Cheese, Diced Ham, Crackers)
Tuesday & Thursday: Yogurt Cheese Tray
(Fresh Fruit, Yogurt, Mozzarella Cheese Stick,
Graham Crackers)
Wednesday & Friday : Sun Butter Tray
(Fresh Fruit, Yogurt, Sunflower Butter)



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



Fun facts
on back! ➔



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