

OCTOBER 2024



You can always **Pick 3** for Lunch in the Cafe

Choose lunch entrée or Pick 3 of the following: **protein**, **starch**, **fruit**, **vegetable** or **yogurt**.

Milk Available Daily
1% White Milk
1% Chocolate Milk
1% Strawberry Milk

October is National Apple Month
October 4th & 25th Students Choose the Menu
October 18th LTO - Cheesy Chorizo Enchilada Bake
October 31st Halloween



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

	Deluxe Cheesy Nachos Mini Corn Dogs	1	Chicken Patty/ Dinner Roll Grilled Cheese	2	Ball Park Hot Dog Fish Sticks	3	(Students Choice) Spaghetti & Meatballs Cheese Pizza	4
	Salad Bar Mexican Corn Cucumbers Fruit Mix Juice		Salad Bar Mashed Potatoes/Gravy Celery Banana Juice		Salad Bar Smiley Fries Corn Applesauce Juice		Salad Bar Roasted Broccoli Baby Carrots Watermelon Juice	
7	Walking Nachos 3 Cheese Quesadilla	8	Chicken Patty on a Bun Cheeseburger	9	Mac & Cheese n' Weenies Bacon Chicken Ranch Flatbread	10	Pepperoni Pizza Cheese Pizza	11
	Salad Bar Black Beans & Corn Cucumbers Cantaloupe Fruit Juice		Salad Bar French Fries Zucchini Fruit Cocktail Fruit Juice		Salad Bar Seasoned Corn Celery Applesauce Fruit Juice		Salad Bar Green Peas Grape Tomatoes Orange Fruit Juice	
14	Chili Cheese Fries Burrito Supreme	15	Chicken Patty/ Dinner Roll Ham and Cheese Sub	16	French Toast Sticks Fish Sticks	17	Cheesy Chorizo Enchilada Bake Cheese Pizza	18
	Salad Bar Mixed Vegetables Zucchini Pear Fruit Juice		Salad Bar Mashed Potatoes & Gravy Green Peas Banana Fruit Juice		Salad Bar Celery Triangle Hash Brown Pear Fruit Juice		Salad Bar Ranchero Beans Cucumbers Orange Fruit Juice	
21	Dorito Nachos Sausage Quesadilla	22	Chicken Patty on a Bun Mini Corn Dogs	23	Meatball Sub BBQ Chicken Flatbread	24	(Students Choice) Frank & Campfire Beans Cheese Pizza	25
	Salad Bar Tex Mex Corn Baby Carrots Applesauce Fruit Juice		Salad Bar Smiley Fries Zucchini Apple Fruit Juice		Salad Bar Green Peas Grape Tomatoes Fruit Cocktail Fruit Juice		Salad Bar Mixed Vegetables Cucumbers Diced Peaches Fruit Juice	
28	Cheesy Nachos Chili Cheese Dog	29	Chicken Patty/ Dinner Roll French Toast Sticks	30	Chicken n' Waffles Fish Sticks	31		
	Salad Bar Roasted Corn Celery Fruit Mix Fruit Juice		Salad Bar Tater Tots Baby Carrots Pear Fruit Juice		Salad Bar Crinkle Cut French Fries Celery Orange Fruit Juice			

HOW 'BOUT THEM APPLES?

Perfect for snacking, the Gala apple is one of only a few types of apples that are able to grow despite the mild winters in Texas. Gala apples are known for having pinkish-red stripes over a lighter yellow (appearing orange-red in color) with a crisp, sweet flavor. An apple a day really does keep the doctor away since they are full of nutrients such as potassium, vitamin C, fiber, and antioxidants. But don't peel the skin! Most of an apple's vitamins are in the skin. While apple trees need four to five years before they grow apples, these trees live to be up to 100 years old!

'TIS THE SEASON FOR APPLE PICKING!

HERE ARE A FEW POPULAR CHOICES FOR MAKING YOUR FAVORITE FALL TREATS:

- Beauty is in the Pie of the Beholder: The Fuji, Granny Smith, Yellow Delicious, and Red Delicious are the most popular apples for baking.
- Sauce Bosses: Jonathan, McIntosh, and Winesap apples make great applesauce and apple jelly because of their soft flesh, which is the pale part under the outer peel.
- In-Cider Scoop: Gala and Pippin apples are crisp and sweet—great for apple cider.



ACE'S JOKE OF THE MONTH

Q. WHAT KIND OF APPLE IS NOT AN APPLE?

SEE ANSWER BELOW



APPLE OF YOUR EYE...

NOT ALL APPLES ARE ALIKE.

There are over 7,500 different types of apples grown in the world. Some are red, yellow, or green. Some apples are sweeter, while others are crunchier, but one thing is for sure...there are no bad apples here!

ACTIVITY: APPLES TO APPLES

Guess the name of each apple. Choose from the types below. Each name will only be used once.

GALA

GOLDEN DELICIOUS

GRANNY SMITH

MCINTOSH

RED DELICIOUS

SEE ANSWER BELOW



1. _____



2. _____



3. _____



4. _____



5. _____