



OCTOBER 2017

MON

TUE

WED

THUR

FRI

NATIONAL SCHOOL LUNCH WEEK
 OCTOBER 9-13
squaremeals.org/nslw

BREAKFAST FOR SUPPER:
 BREAKFAST POCKET
 GOLDEN CORN
 FRUIT COCKTAIL
 ASSORTED MILK
 2

HOT DOG
 BABY CARROTS
 MANDARIN ORANGES
 ASSORTED MILK
 3

PEPPERONI PIZZA
 STEAMED BROCCOLI FLORETS
 PINEAPPLE TIDBITS
 ASSORTED MILK
 4

HAM & CHEESE DELI SANDWICH
 BURGER SALAD
 APPLESAUCE
 ASSORTED MILK
 5

HAMBURGER
 GOLDEN TATOR TOTS
 DICED PEACHES
 ASSORTED MILK
 6

STAFF DEVELOPMENT DAY
 9

BEAN & CHEESE BURRITO
 BABY CARROTS
 MANDARIN ORANGES
 ASSORTED MILK
 10

CORN DOG
 STEAMED BROCCOLI FLORETS
 PINEAPPLE TIDBITS
 ASSORTED MILK
 11

OVEN BAKED CHICKEN FINGERS
 WHIPPED MASHED POTATOES W/ BROWN GRAVY
 APPLESAUCE
 ASSORTED MILK
 12

HOMESTYLE CHICKEN BURGER
 GOLDEN TATOR TOTS
 DICED PEACHES
 ASSORTED MILK
 13

BREAKFAST FOR SUPPER:
 BREAKFAST POCKET
 GOLDEN CORN
 FRUIT COCKTAIL
 ASSORTED MILK
 16

HOT DOG
 BABY CARROTS
 MANDARIN ORANGES
 ASSORTED MILK
 17

PEPPERONI PIZZA
 STEAMED BROCCOLI FLORETS
 PINEAPPLE TIDBITS
 ASSORTED MILK
 18

HAM & CHEESE DELI SANDWICH
 BURGER SALAD
 APPLESAUCE
 ASSORTED MILK
 19

HAMBURGER
 GOLDEN TATOR TOTS
 DICED PEACHES
 ASSORTED MILK
 20

BREAKFAST FOR SUPPER:
 BREAKFAST POCKET
 GOLDEN CORN
 FRUIT COCKTAIL
 ASSORTED MILK
 23

BEAN & CHEESE BURRITO
 BABY CARROTS
 MANDARIN ORANGES
 ASSORTED MILK
 24

CORN DOG
 STEAMED BROCCOLI FLORETS
 PINEAPPLE TIDBITS
 ASSORTED MILK
 25

OVEN BAKED CHICKEN FINGERS
 WHIPPED MASHED POTATOES W/ BROWN GRAVY
 APPLESAUCE
 ASSORTED MILK
 26

HOMESTYLE CHICKEN BURGER
 GOLDEN TATOR TOTS
 DICED PEACHES
 ASSORTED MILK
 27

BREAKFAST FOR SUPPER:
 BREAKFAST POCKET
 GOLDEN CORN
 FRUIT COCKTAIL
 ASSORTED MILK
 30

HOT DOG
 BABY CARROTS
 MANDARIN ORANGES
 ASSORTED MILK
 31

Good Eats at:
 PSJA ISD
 SUPPER MENU

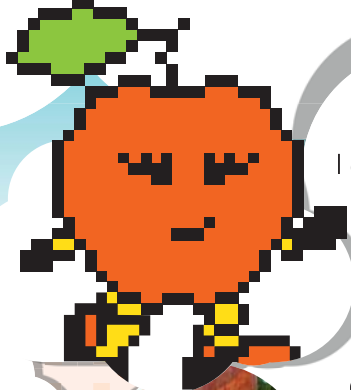
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TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

Fun facts on back!



Gala APPLES

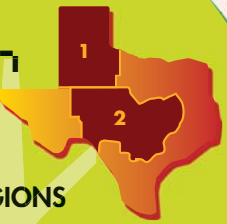
I come from the really large apple clan and we come in all colors and sizes. My name is Gala and I have stripes and am slightly more orange in color. Gala apples like me are very sweet and can be cooked, baked in pies and enjoyed raw in salads. We are often used to make apple sauce. We grow on large 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