

OCTOBER

Don't forget to "Vote for a Winning Lunch" during National School Lunch Week! October 10-14 2016

Special Announcements

Have a Safe & Happy Halloween!



Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast- Pizza
Lunch-Chicken nuggets, potatoes, green beans, fruit, milk,

Breakfast- Mini Pancakes
Lunch- Pizza, corn, salad, oranges, milk

Breakfast- Omelet, toast
Lunch-Baked Potato, ham, cheese, bread stick, broccoli, fruit, milk

Breakfast- French toast sticks
Lunch-Grilled cheese, sweet potato tots, salad, peaches, milk

Breakfast- Pancake on a stick
Lunch- Tiger chicken, fixins, fries, fruit, milk

Breakfast-Sausage, Biscuit
Lunch- Chicken Taco, lettuce, cheese, pinto beans, pineapple, milk

Breakfast- Scrambled eggs, toast
Lunch-BBQ sandwich, black eyed peas, sweet potato tots, fruit, milk

Breakfast- Pizza
Lunch- Chicken fried steak, potatoes, gravy, bread, corn, pears, milk

Breakfast- Sausage, toast
Lunch-Hot ham & cheese, pickle spears, broccoli, chips, milk

Breakfast-Waffles, fruit, juice, milk
Lunch- Tiger Burger, fixins, fries, milk, applesauce

N A T I O N A L S C H O O L L U N C H W E E K

Breakfast- Biscuit, gravy
Lunch- Soft taco, lettuce, cheese, refried beans, pineapple, milk

Breakfast- Chicken Biscuit
Lunch- Stuffed crust Pizza, salad, carrot sticks, peaches, milk

Breakfast- Biscuit, gravy
Lunch- Spaghetti, garlic toast, corn on cob, salad, peaches, milk

Breakfast- Pizza
Lunch- Hot Dog, chips, carrots, salad, pears, milk

Breakfast- Pancake on a stick
Lunch- Bag Lunch Early Release

Breakfast- Sausage, Toast
Lunch- Beef Taco Pie, pinto beans, tortilla chip, pineapple, milk

Breakfast- Omelet, toast, fruit, juice, milk
Lunch- Mini Corndogs, broccoli, carrots, Fruit mix, milk

Breakfast- French toast stick
Lunch- Chicken Strips, potatoes, gravy, bread, corn, pears, milk

Breakfast- Pizza
Lunch-Nachos, meat, cheese, pinto beans, fruit, pineapple

Breakfast-Waffles, fruit, juice, milk
Lunch- Tiger Burger, fixins, fries, milk, applesauce

Breakfast- Pizza
Lunch-Chicken nuggets, potatoes, green beans, fruit, 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:

Tenaha ISD
Elementary & Junior High

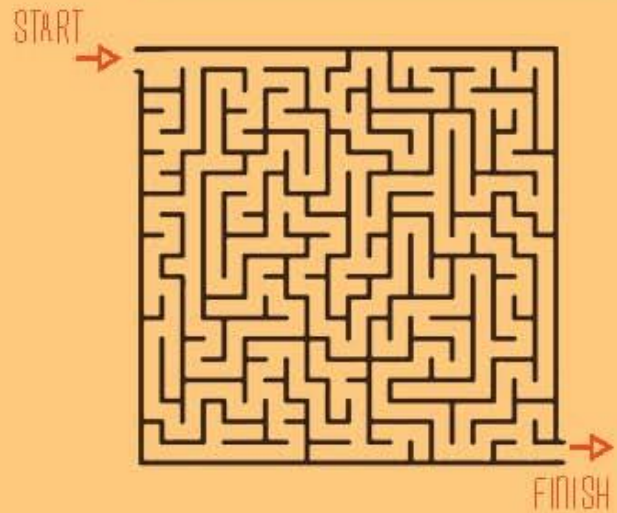
Pumpkins

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.



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