

OCTOBER 2017

NATIONAL SCHOOL LUNCH WEEK

OCTOBER 9-13
squaremeals.org/nslw

MON

TUE

WED

THUR

FRI

PROFESSIONAL DEVELOPMENT
NO SCHOOL
2

MEATBALL SUB OR CORNDOG
REDUCED FAT CHIPS
BABY CARROTS W/ DIP
GREEN BEANS
PEACHES
MILK
3

CHICKEN NUGGETS
MASHED POTATOES
CHEESY BROCCOLI
WATERMELON CUPS
HOMEMADE ROLL
MILK
4

CHEESEBURGER
WAFFLE FRIES
BURGER SALAD
BAKED BEANS
RAISELS
MILK
5

OVEN FRIED CHICKEN
CHICKEN FRIED STEAK
COOKED CARROTS
STEAMED CORN
TEXAS WATERMELON
COOKIE
MILK
6

CHEESEBURGER OR CORNDOG
TATER TOTS
BURGER SALAD
FRESH BROCCOLI W/ DIP
BANANA
MILK
9

CHICKEN OR BEEF CRUNCHY TACOS
REFRIED BEANS
LETTUCE/ TOMATO
BABY CARROTS
ROSY APPLESAUCE
MILK
10

CHICKEN NUGGETS OR CHICKEN SPAGHETTI
MASHED POTATOES
CHEESY BROCCOLI
WATERMELON CUPS
HOMEMADE ROLL
MILK
11

PEPPERONI PIZZA OR CHEESE STICKS
MARINARA SAUCE
COOKED CARROTS
GREEN BEANS
TEXAS WATERMELON
MILK
12

HOT N SPICY OR BREADED CHICKEN SANDWICH
WAFFLE FRIES
BAKED BEANS
RAISELS
MILK
13

BBQ SANDWICH OR CORNDOG
REDUCED FAT CHIPS
BABY CARROTS W/ DIP
BAKED BEANS
RAISELS
MILK
16

BEEF OR CHICKEN CHEESY NACHOS
PINTO BEANS
STEAMED CABBAGE
FRESH SALSA
ORANGE SLICES
MILK
17

CHICKEN NUGGETS
MASHED POTATOES
GREEN BEANS
TEXAS WATERMELON
HOMEMADE ROLL
MILK
18

PEPPERONI PIZZA OR CHEESE STICKS
STEAMED CORN
CHEESY BROCCOLI
FRESH FRUIT
MILK
19

CHEESEBURGER
TATER TOTS
BURGER SALAD
RIPS
MILK
20

OVEN FRIED CHICKEN
STEAK FINGERS
CHEESY BROCCOLI
BAKED SWEET POTATO
ORANGE SLICES
GARLIC TOAST
MILK
23

YOGURT & GRILLED CHEESE SANDWICH
TATER TOTS
TOMATO SOUP
BABY CARROTS W/ DIP
STRAWBERRIES
MILK
24

CHICKEN NUGGETS OR CHICKEN SPAGHETTI
MASHED POTATOES
CALIFORNIA VEGGIES
APPLE SLICES
HOMEMADE ROLL
MILK
25

PEPPERONI PIZZA
SEASONED SQUASH
GREEN BEANS
PIZZA SAUCE
FRESH FRUIT
MILK
26

CHEESEBURGER OR CORNDOG
WAFFLE FRIES
BURGER SALAD
BAKED BEANS
RAISELS
MILK
27

BBQ SANDWICH OR CHICKEN SANDWICH
TATER TOTS
LETTUCE/ PICKLE
BABY CARROTS W/DIP
WATERMELON CUPS
MILK
30

PEPPERONI PIZZA OR CHEESE STICKS
MARINARA SAUCE
GREEN PEAS
COOKED CARROTS
PINEAPPLE
MILK
31

Good Eats at:
HENDERSON ISD

Special Announcements

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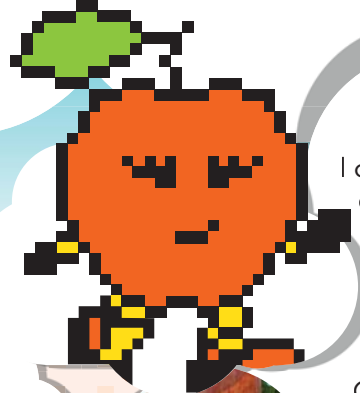
PLEASE JOIN US FOR LUNCH ON OCTOBER 11TH.

Fun facts on back! ➔



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER





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