

OCTOBER

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

Special Announcements

EARLY RELEASE 10-5

*A VARIETY OF MILK IS OFFERED DAILY

**NOTES BREAKFAST: A VARIETY OF CEREAL IS OFFED DAILY.

HIGH SCHOOL OFFERS A VARIETY OF JUICE AT LUNCH.

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

This institution is an equal opportunity provider.



Monday	Tuesday	Wednesday	Thursday	Friday
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3 *Blue Berry Pancake on Stick COUNTRY STEAK ASIAN SALAD MASHED POTATOES GREEN BEANS DINNER ROLL FRESH FRUIT STRAWBERRIES	4 *Breakfast Slider BEEF & CHEESE TOASTADA CHICKEN FAJITA SALAD LA FIESTA RICE REFRIED BEANS SALAD FRESH FRUIT APPLESAUCE	5 *French Toast Ham & Cheese Sub Fresh Broccoli Orange Wedges Baked Chips EARLY RELEASE	6 *Breakfast Pizza SOFT TACOS SANTE FE SALAD BABY CARROTS TACO FIXENS SALSA ORANGE WEDGES PINEAPPLE TIDBITS	7 *Grape Jamwich HAMBURGER/CHEESEBURGER CRISPY CHICKEN SALAD SANDWICH FIXENS CUCUMBER WHEELS SWEET POTATO TOTS FRESH FRUIT DICED PEACHES
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10 NO CLASSES	11 *Breakfast on a Bun NACHOS TACO SALAD CHERRY TOMATOES SALAD SALSA FRESH FRUIT	12 *Peach Parfait CORN DOG CHEF SALAD BAKED BEANS BROCCOLI & CHEESE SALAD FRESH APPLES	13 *Stuffed Bagels Salisbury Steak Crispy Chicken Salad Mashed Potatoes Green Beans Dinner Roll	14 *Burritos Pizza Choice Chicken Fajita Salad Baby carrots Fresh Broccoli Seasoned Corn
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NATIONAL SCHOOL LUNCH WEEK

17 **Pancake on a Stick Chicken Fajitas Chicken Fajita Salad Pinto Beans Tomato & Cucumber Cup Salad Strawberries & Bananas Fresh Fruit	18 **Cheese Omelet Wrap Chicken Nuggets Asian Salad Oven Brown Rice Sliced Carrots Steamed Broccoli Pineapple Tidbits Sugar Cookie	19 **Breakfast Pizza Tex-Mex Stack Santa Fe Salad La Fiesta Rice Refried Beans Salad Diced Peaches Fresh Apples	20 **Breakfast Rounds Hamburger/Cheeseburger Chef Salad Sandwich Fixens Potato Rounds Baked Beans Diced Pears Orange Wedges	21 **Cinnamon Roll Meaty Macaroni Crispy Chicken Salad Seasoned Green Beans Salad Bread stick Mixed Fruit Fresh Fruit
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24 **Mini Pancakes Steak Fingers/Gravy Caribbean Salad Baked Potato Salad Dinner Roll Strawberries & Bananas Fresh Fruit	25 **Cheesy Toast Spaghetti/Meatballs Chef Salad Steamed Broccoli Salad Breadstick Diced Peaches Orange Wedges	26 **Biscuits & Gravy Soft Tacos Santa Fe Salad Seasoned Corn Pinto Beans Salad Applesauce Fresh Grapes	27 **Cherry Frudel Popcorn Chicken Crispy Chicken Salad Sweet Potato Gems Cucumber Wheels Salad Pineapple Tidbits Fresh Fruit	28 **Waffles Chili Cheese Combo Chicken Fajita Salad Pinto Beans Fresh Broccoli Salad Diced Pears Fresh Apples
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31 **Blueberry Pancake Pizza Choice Asian Salad Baby Carrots Seasoned Corn Salad Strawberries & Bananas Fresh Fruit

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:

DUMAS JR. HIGH & HIGH SCHOOLS
NPOC

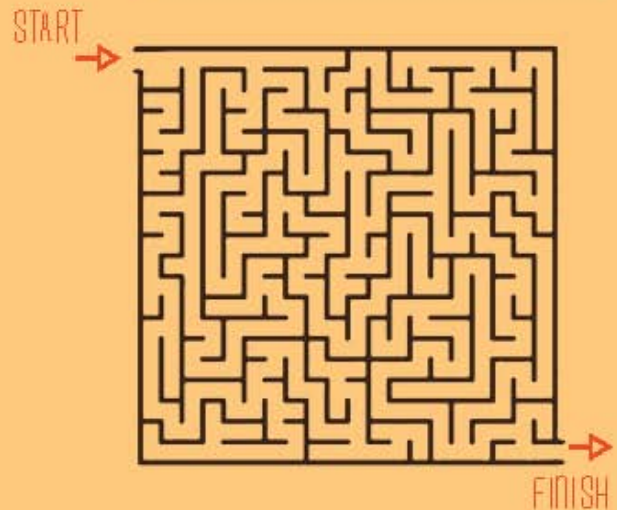
Pumpkins

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