



OCTOBER 2020

High School



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Special Announcements:

Breakfast Sandwich/fruit
Philly Cheese Steak
Tomato Cup
Potatoes
Strawberries & Bananas

5.

Muffin/Yogurt/Fruit
Spaghetti Bowl
Bread Stick
California Blend Veggies
Garden Salad
Fruit Cup

6.

Pancake Wrap/Yogurt/Fruit
Boneless Chicken Wings
Celery Sticks
Cooked Carrots
Peaches
Pudding

7.

Cereal Bar/Yogurt/Fruit
Bacon Ranch Quesadilla
Corn/Beans/Salsa
Sliced Fresh Fruit

8.

PBJ/Fruit
Popcorn Chicken
Roll/Potatoes
Vegetable Medley
Pears
Grain Based Dessert

9.

NO SCHOOL

12.

Sausage Kolache/Cheese Cubes
Fruit
Nachos Grande
Beans/Salsa/Cucumbers
Apricots
Ice Cream Cup

13.

Breakfast Sliders/fruit
Crispy Chicken Sandwich
Fresh Veggie Cup
Oven Fries
Fruity Gelatin

14.

Waffles/Yogurt/Fruit
Hamburger Steak
Brown Gravy
Roasted Potatoes/Biscuit
Crunchy Broccoli salad
Mandarin Oranges

15.

Breakfast Bread/Yogurt/Fruit
Ham & Cheese Sandwich
Baked Chips
Garden Salad
Sliced Fresh Fruit

16.

Breakfast Pizza/Fruit
Cheeseburger
Cucumbers
Oven Fries
Strawberries

19.

Mini Pancakes/Yogurt/Fruit
Chicken Fajitas
Beans/Carrots/salsa
Hot Cinnamon Apples
Sherbet Cup

20.

Sausage Kolache/Cheese Cubes/Fruit
Chicken Alfredo
Tuscan Veggie
Breadsticks/Marinara
Garden Salad
Peaches

21.

Breakfast Crackers/Cheese Cubes/Fruit
Ranchero wrap
Tomato Cup
Beans
Snowball salad

22.

French Toast/Yogurt/Fruit
Breaded Porkchop
Mashed Potatoes
Gravy/Roll
Savory Greens Beans
Apple Slices

23.

Breakfast Sandwich/Fruit
Taqitos
Queso
Beans/Corn/Salsa
Fresh Fruit
Grain Based Dessert

26.

Muffin/Yogurt/Fruit
Chili Cheese Totchos
Fresh Veggie Cup
Strawberries

27.

Pancake Wrap/Yogurt/Fruit
Asian Bowl
Garden Salad
Egg Roll
Sliced Fruit

28.

Breakfast Pizza/Fruit
Pizza Choice
Red Bell Pepper Strips
Corn
Fruity gelatin

29.

PBJ/Fruit
Stuffed Baked potato
Roll/Celery
Cooked Carrots
Cinnamon applesauce
Grain Based Dessert

30.

- National School Lunch Week Oct. 12-16



CONSTELLATION CHICKEN



A constellation is a group of visible stars that form a pattern or picture in the sky. The pattern they form may take the shape of an animal, a mythological creature, a man, a woman, or an inanimate object. Astronomers recognize 88 different constellations. The smallest constellation is the Southern Cross, Crux, and the largest constellation is the Water Snake, Hydra.

FIND THE DIFFERENCE

One of the chickens is not like the other. Circle the one you think it could be.



DID YOU KNOW?

National School Lunch Week is this month! Look for proteins like chicken in your school cafeteria and try new foods from Texas farms and ranches! Milk, lean meat, fruit, vegetables, and whole grains can all be part of a healthy school lunch – and they're all produced right here in Texas.

Chicken is an excellent source of protein. Protein is important because it builds muscles and helps keep your body strong. Chicken is also low in fat, making it a healthy choice for any meal.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
National School Lunch Program and School Breakfast Program



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www.SquareMeals.org