



OCTOBER

2020

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Special Announcements:

Milk, fruit and juice will be served with breakfast.

Milk and fruit will be served with lunch.

Pancakes & Bacon
Chili Dog
Burritos
Tator Tots
Ranch Style Bean
Fruit

5.

Muffins & Yogurt
Carne Guisada
Chicken Fajita
Refried Beans
Rice
Hot Cinnamon Apples

6.

Breakfast Pizza
Chicken Alfredo
Cheesy Breadsticks
Vegetable Medley
Salad
Peaches

7.

Pancake Wrap and Yogurt
Chicken patty on a bun
Grilled Cheese
Chips
Baby Carrots
Grapes

1.

Frudel
Hamburger Steak
Corn Dog
Roasted Potatoes
Broccoli Salad
Mandarin Oranges

2.

No school

12.

Breakfast Taquito
Tater Tot Casserole
Meatball Sub
Baked Beans
Veggie Cup
Fruit

13.

Waffles & Sausage
Stuffed Baked Potato w/Ham
Hamburger/Cheeseburger
Salad
Baby Carrots
Applesauce / Dessert

14.

Kolache & Yogurt
Asian Chicken
Salisbury Steak
Asian Rice
Mixed Vegetable
Fruity Jello

15.

Breakfast Pizza
Popcorn Chicken
Turkey Wrap
French Fries
Green Beans
Fruit

16.

Pancake Wrap
Drumstick
Pig in a Blanket
Sweet Potato Tots
Corn
Orange Smile

19.

Biscuit & Sausage
Walking Taco (Frito Pie w/ nacho cheese)
Corn Dog
Black Eye Peas
Cucumber
Fruit

20.

Breakfast Bread
Pepperoni Pasta Bake
Chicken Nuggets
Green Beans
Tuscan Vegetables
Pineapple/ Dessert

21.

Cinnamon Roll
Pizza Choice
Chicken Parmesan
Broccoli Salad
Carrots
Mandarin Oranges

22.

Eggs, Bacon, Biscuit, Gravy
BBQ on Bun
Uncrustable
Chips
Salad
Grapes

23.

Waffles & Sausage
Chicken Fried Steak
Meatloaf
Mashed Potatoes
Okra
Fruit

26.

Breakfast Burrito
Soft Taco
Taqitos
Ranch Style beans
Corn
Rosy Applesauce

27.

French Toast
Chicken Strips
Stromboli
Fresh Broccoli
French Fries
Fruit Cocktail

28.

Frudel
X-Tream Burritos
Chicken Quesadilla
Refried Beans
Salad
Apple

29.

Dutch Waffle & Bacon
Corn Dog
Fish Shapes
Smiling Fries
Witches Fingers (Rainbow Carrots)
Devils food cake / Fruit

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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