

# OCTOBER

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

## Special Announcements



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Cherry Frudels or Cereal</p> <p>Crunchy Tacos Garden Salad Tomato Wedges Refried Beans Strawberry Fluff</p>	<p>4 Sausage/Egg &amp; Cheese Burritos or Cereal</p> <p>Lasagna Rolls/Garlic Toast Cucumbers &amp; Tomatoes Green Beans Strawberries &amp; Bananas</p>	<p>5 Breakfast Combos or Cereal</p> <p>Chicken Nuggets Macaroni &amp; Cheese Mashed Potatoes Baby Carrots &amp; Broccoli Peaches</p>	<p>6 Cinnamon Rolls or Cereal</p> <p>Pepperoni Stromboli Marinara Sauce Seasoned Corn Mixed Fresh Veggies Fresh Fruit</p>	<p>7 Blueberry Waffles or Cereal</p> <p>Cheese Burger Burger Salad Tater Tots Cucumber Slices Apples</p>
<p>10 Columbus Day No School</p>	<p>11 Pancake Pups or Cereal</p> <p>Grilled Cheese &amp; Soup Broccoli Bites Petit Tomatoes Pears &amp; Sherbet</p>	<p>12 Kolaches Or Cereal</p> <p>Hamburger Steak w/Brown Gravy &amp; Roll Roasted Potatoes Garden Salad Fruit Salad</p>	<p>13 Biscuits &amp; Gravy or Cereal</p> <p>Corndogs &amp; Tots Ranch Beans Cucumber Dippers Pineapple D'Lite</p>	<p>14 Strawberry French Toast or Cereal</p> <p>French Bread Pizza Baby Carrots Crunchy Broccoli Salad Fresh Grapes/Cookie</p>
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<p>17 Egg/Ham &amp; Cheese Combo or Cereal</p> <p>Fish Strips Texas Toast Coleslaw Pinto Beans Orange Smiles</p>	<p>18 Cinnamon Rolls or Cereal</p> <p>Hot Ham &amp; Cheese Sandwich Tomato &amp; Cucumbers Garden Salad Snowball Salad</p>	<p>19 Bacon/Egg &amp; Cheese Burrito or Cereal</p> <p>Philly Cheesesteak Sandwich Potato Rounds Green Beans Pineapple Tidbits</p>	<p>20 Assorted Breakfast Pastries or Cereal</p> <p>Chicken Spaghetti Breadstick Mixed Veggies Carrot Coins Apple Slices/Cookie</p>	<p>21 Sausage/Egg Croissant or Cereal</p> <p>Cheeseburger Burger Salad Oven Fries Baby Carrots</p>
<p>24 Kolaches or Cereal</p> <p>Taquitos &amp; Queso Salsa Western Beans Garden Salad Cinnamon Apples</p>	<p>25 Blueberry Waffles or Cereal</p> <p>Popcorn Chicken Macaroni &amp; Cheese Savory Green Beans Baby Carrots &amp; Broccoli Peaches</p>	<p>26 Scrambled Eggs &amp; Ham/Biscuit or Cereal</p> <p>Meatball Sub Sandwich Tater Rounds Veggie Cups Fresh Fruit/Pudding</p>	<p>27 Donuts or Cereal</p> <p>Cheese Pizza Garden Salad Tomato Wedges Fruit Cup</p>	<p>28 Pancake Pups or Cereal</p> <p>Cheeseburger Burger Salad Oven Fries Baby Carrots Peaches/Cereal Treat</p>
<p>31 Assorted Breakfast Pastries or Cereal</p> <p>Frito Pie Baby Carrots Seasoned Corn Lettuce &amp; Tomato Mixed Fruit/Cookie</p>	<p><b>Did You Know?</b> 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.</p>			

### Good Eats At:

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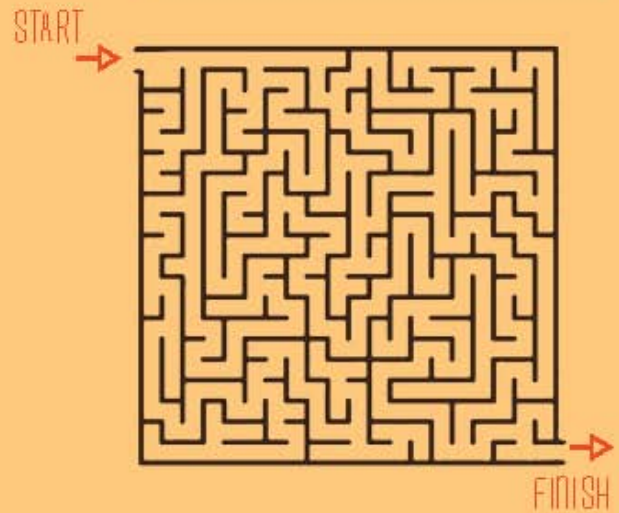
# Pumpkins

**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



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