

# OCTOBER

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



## Special Announcements

LUNCH SERVED ONLY

**LUNCH PRICES**

Reduced \$0.40  
 Student \$3.50  
 Adult \$4.00

**A LA CARTE PRICES**

Milk \$0.50  
 Juice \$0.50  
 Ice Dog \$1.00

\*\*Please send a note to your child's teacher if you want to limit a-la-carte purchases



TEXAS DEPARTMENT OF AGRICULTURE  
 COMMISSIONER SID MILLER

Monday	Tuesday	Wednesday	Thursday	Friday
3 Pig in a blanket Roasted potatoes Broccoli w/cheese Fruit Milk	4 Chicken Wrap Spanish Rice Lettuce w/tomato slices Sauteed Zucchini Fruit Milk	5 Hamburger on a Bun Garden Salad Green Beans Fruit Milk	6 Taco Salad & Toritlla Chips Red Bell Pepper Strips Refried Beans Fruit Milk	7 Turkey & Cheese Sub Sandwich Mashed Potatoes Baby Carrots Fruit Milk
10 Mini Meatball Sub Ranch Potato Wedges Tossed Salad Fruit Milk	11 Popcorn Chicken Baked Beans Creamy Cole Slaw Baby Carrots Fruit Milk	12 Rock N Roll Beef Wrap Cherry Tomatoes Cucumber slices Fruit Milk	13 Cheese Pizza Broccoli Florets Baby Carrots Fruit Milk	14 Pepperoni Pizza Corn Sugar Snap peas Fruit Milk
N A T I O N A L S C H O O L L U N C H W E E K				
17 BBQ Sandwich Lettuce Tomato slice Oven Fries Fruit Milk	18 Beef Tacos Spanish Rice Refried Beans Salsa Fruit Milk	19 Corn Dog Green Beans Tater Tots Fruit Milk	20 Cheese Quesadilla Broccoli florets Baby Carrots Fruit Milk	21 NOON DISMISSAL  NO LUNCH
24 Hamburger on a Bun Lettuce w/tomato slice Oven Fries Fruit Milk	25 Chili Red Bell Pepper Strips Sliced Cucumbers Fruit Milk	26 Chicken Nuggets WG Roll Mashed potatoes & gravy Tossed Salad Fruit Milk	27 Chicken Sandwich Apple glazed sweet potatoes Green Beans Fruit Milk	28 NO SCHOOL
31 Pigs in a blanket Roasted potatoes Broccoli w/cheese Fruit Milk				

## 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:

All Saints Catholic School  
 2006 N. Houston St.  
 Fort Worth, TX 76164  
[www.ascsfw.org](http://www.ascsfw.org)

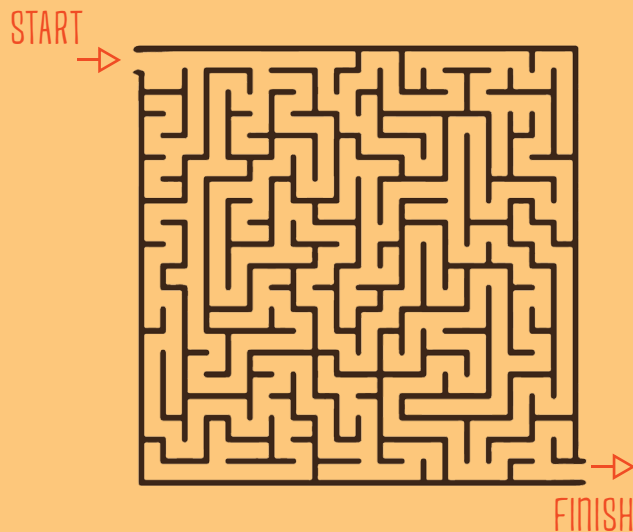
# Pumpkins

**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



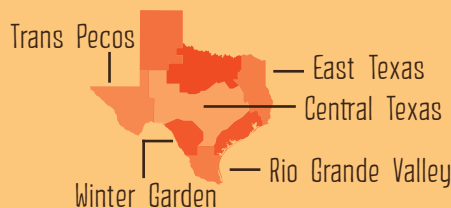
**How sweet it is to be a Cantaloupe!** Cantaloupes are round melons with orange, edible centers. They are actually muskmelons which include honeydew melons. Texas ranks No.3 in the United States for muskmelon production.

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](http://SquareMeals.org/SeasonalityWheel)