

# OCTOBER 2017

**NATIONAL SCHOOL LUNCH WEEK**  
OCTOBER 9-13  
squaremeals.org/nslw

MON

TUE

WED

THUR

FRI

Cold Cereal/Cheese Stick or Pop Tarts  
**Spaghetti**  
*Pudding* 2

Cold Cereal/Yogurt or Breakfast Pizza  
**Corn Dogs** 3

Cold Cereal/Cheese Stick or Bean & Cheese Taco  
**Personal Pan PIZZA** 4

Cold Cereal/Yogurt or Breakfast Pizza  
**Chicken Nuggets** 5

Cold Cereal/Cheese Stick or Sausage & Biscuit  
**Hamburger or Cheeseburger** 6

**Student Holiday** 9

Cold Cereal/Yogurt or Breakfast Pizza  
**Hot Dogs** 10

Cold Cereal/Cheese Stick or Bacon/Egg Cheese Taco  
**PIZZA** 11

Cold Cereal/Yogurt or Breakfast Pizza  
**Popcorn Chicken** 12

Cold Cereal/Cheese Stick or Cinnamon Rolls  
**Hot Ham/Cheese on Croissant** 13

Cold Cereal/Cheese Stick or French Toast Sticks  
**Frito Pie** 16

Cold Cereal/Yogurt or Breakfast Pizza  
**Mexican Food 2 Different Entrees**  
*Ice Cream Sandwich* 17

Cold Cereal/Cheese Stick or Cheese Omelet  
**PIZZA** 18

Cold Cereal/Yogurt or Breakfast Pizza  
**Chicken Strips** 19

Cold Cereal/Cheese Stick or Scrambled Eggs & Sausage  
**Early Release - Cook's Choice** 20

Cold Cereal/Cheese Stick or Pop Tarts  
**Spaghetti** 23

Cold Cereal/Yogurt or Breakfast Pizza  
**Corn Dogs** 24

Cold Cereal/Cheese Stick or Bean & Cheese Taco  
**Personal Pan PIZZA** 25

Cold Cereal/Yogurt or Breakfast Pizza  
**Chicken Nuggets** 26

Cold Cereal/Cheese Stick or Sausage & Biscuit  
**Hamburger or Cheeseburger** 27

Cold Cereal/Cheese Stick or Pancake on a Stick  
**Nachos or PBJ w/ Chips** 30

Cold Cereal/Yogurt or Breakfast Pizza  
**Hot Dogs** 31

Good Eats at:

LA VERNIA ISD ...

**PRIMARY & INTERMEDIATE CAMPUSES**

Special Announcements

**MEAL PRICES:**

Breakfast - Student Full Price \$1.75  
Reduced \$0.30  
Adult \$2.25  
Lunch- Student Full Price \$2.35  
Reduced \$0.40  
Adult \$3.50  
Prices Are Subject To Change

**EXTRAS:**

Hot Breakfast Entrée - \$1.35  
Cold Breakfast Entrée - \$1.00  
Hot Lunch Entrée - \$1.75  
Fruit/ Vegetable - \$0.75  
Snacks/Milk/Bread - \$0.60 to \$1.00  
Large Bottled Drink - \$1.00  
Small Bottled Water - \$0.35

Extras are available on first come first serve basis.

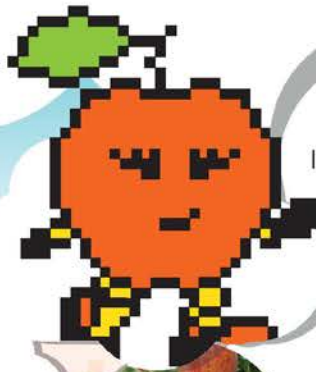
Menus are subject to change without notice due to availability of products.



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



Fun facts on back!



# Gala APPLES

I come from the really large apple clan and we come in all colors and sizes. My name is Gala and I have stripes and am slightly more orange in color. Gala apples like me are very sweet and can be cooked, baked in pies and enjoyed raw in salads. We are often used to make apple sauce. We grow on large trees in the Texas Hill Country and other parts of Texas. In the spring, our trees are covered in pretty white flowers. We continue to grow throughout the summer and are ready to be picked in the autumn.



## LAUNCH PAD

GALA APPLES GROWING REGIONS

1. The High Plains
2. Central Texas



## FUN FACT

Apples float when dropped into water because they consist of 25% air.

## Joke of the MONTH

Q: What kind of apple isn't an apple?

A: A pineapple.

## Go Local LUNCH!



## Two-Player GAME

Apples are the most popular fruit in the United States. Gala apples rank No. 2 out of the Top 10 apples grown in the country. Red Delicious apples are ranked No. 1.

## Identify THE APPLES

- a. Gala
- b. Granny Smith
- c. Red Delicious



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### INGREDIENTS

**For Chicken Salad:** 1 tablespoon olive oil • 1 pound skinless, boneless chicken breast • 3 celery stalks, finely chopped • 3 green onions, peeled and finely chopped • 1 apple, peeled, cored, and cut into thin strips • 1/3 cup raisins • 1/2 cup nonfat plain Greek yogurt • 1/4 cup mayonnaise • 1/4 cup unfiltered apple cider vinegar • 1 teaspoon curry powder • Pinch of salt

**For Wraps:** 8 whole-wheat tortillas • 2 cups fresh spinach • 1/2 cup low-fat sharp cheddar cheese, shredded

### PREPARATION

**To make the Chicken Salad:** In a large nonstick skillet, warm the olive oil over moderate heat and add the chicken. Cook for 6 minutes, turn, and cook for additional 7 minutes or until golden brown. Let cool for 5 minutes, then shred. In a large mixing bowl, combine celery, onions, apples, and raisins. In a small bowl, whisk together remaining ingredients. Add 3/4 of dressing to chicken salad, saving the rest for people to add to wraps as desired. Top each wrap with spinach, chicken and cheese, and fold. Serve maple veggies as a yummy side dish!

Recipes courtesy of: [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov)

Answer: 1) c 2) b 3) a

