

# OCTOBER 2015



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



## NATIONAL SCHOOL LUNCH WEEK! OCTOBER 12-16



**Variety Breakfast Cereal**  
 ½ cup fruit  
 ½ cup fruit juice  
 milk 5

**Turkey Sausage Pizza**  
 ½ cup fruit  
 ½ cup fruit juice  
 milk 6

**Pancake on a stick, syrup**  
 ½ cup fruit  
 ½ cup fruit juice  
 Milk 7

**Cinnamon Roll Cheese stick**  
 ½ cup fruit  
 ½ cup fruit juice,  
 milk 8

**French Toast Sticks, syrup**  
 Yogurt  
 ½ cup fruit  
 ½ cup fruit juice  
 Milk 2

**Chex Mix Yogurt**  
 ½ cup fruit  
 ½ cup fruit juice  
 milk 12

**Kolachi**  
 ½ cup fruit  
 ½ cup fruit juice  
 milk 13

**Variety Breakfast Cereal**  
 ½ cup fruit  
 ½ cup fruit juice  
 milk 14

**Blueberry Muffins**  
 Cheese stick  
 ½ cup fruit  
 ½ cup fruit juice,  
 milk 15

**Turkey Sausage Pizza**  
 ½ cup fruit  
 ½ cup fruit juice  
 milk 16

**Variety Breakfast Cereal**  
 ½ cup fruit  
 ½ cup fruit juice  
 milk 19

**Blueberry Muffins**  
 Cheese stick  
 ½ cup fruit  
 ½ cup fruit juice,  
 milk 20

**Chex Mix Yogurt**  
 ½ cup fruit  
 ½ cup fruit juice  
 milk 21

**Turkey Sausage Pizza**  
 ½ cup fruit  
 ½ cup fruit juice  
 milk 22

**French Toast Sticks, syrup**  
 Yogurt  
 ½ cup fruit  
 ½ cup fruit juice  
 Milk 23

**Muffins**  
 Cheese stick  
 1/2cup fruit  
 1/2cup fruit juice,  
 milk 26

**Pancake on a stick, syrup**  
 ½ cup fruit  
 ½ cup fruit juice  
 Milk 27

**Variety Breakfast Cereal**  
 ½ cup fruit  
 ½ cup fruit juice  
 milk 28

**Cinnamon Roll Cheese stick**  
 1/2cup fruit  
 1/2cup fruit juice,  
 milk 29

**Turkey Sausage Pizza**  
 ½ cup fruit  
 ½ cup fruit juice  
 milk 30



TEXAS DEPARTMENT OF AGRICULTURE  
 COMMISSIONER SID MILLER

This product was funded by USDA.  
 This institution is an equal opportunity provider.

**IT'S OCTOBER,** the perfect time to FALL into a healthy eating habit! Here are a few facts that can help you be better explorers and healthier Texans!

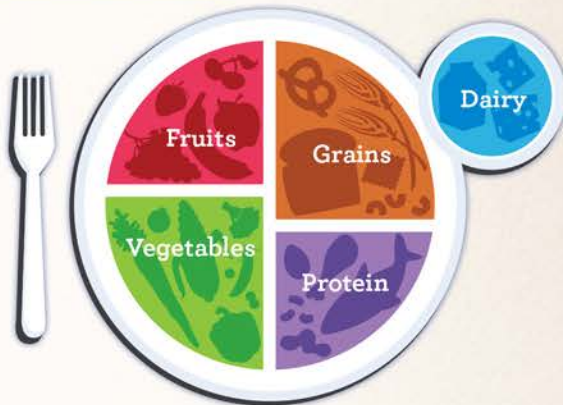
**SUBJECT: National School Lunch Week!**

All over Texas, school cafeterias will join the National School Lunch Week celebration, **October 12-16**. Did you know **Wednesday, October 14 is "Take Your Parents to Lunch Day?"** Ask them to join you to explore the delicious and nutritious Texas foods that are available for lunch at your school!

**REGION WITH FRESH SELECTIONS: Statewide**

**DISTINGUISHING CHARACTERISTICS:**

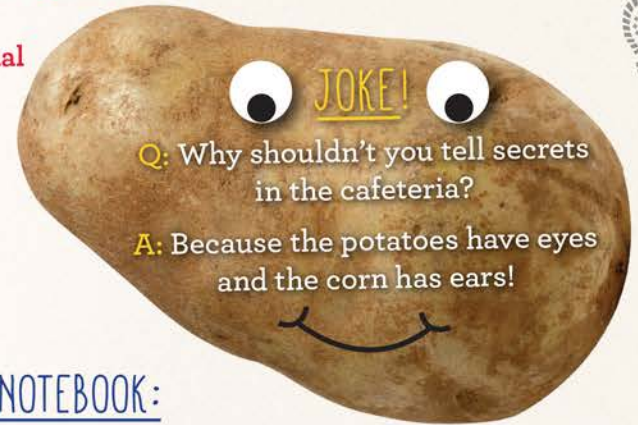
Does your plate have something from every food group? Here are some examples of foods grown in Texas.



- FRUITS** Apples, watermelon, berries, peaches, grapefruit and oranges
- VEGETABLES** Carrots, tomatoes, spinach, 1015 onion and sweet potatoes
- GRAINS** Whole wheat bread, corn tortillas, brown rice, whole wheat pasta, oatmeal and whole grain cereal
- PROTEIN** Beef, chicken, pork, fish, shrimp, eggs, beans and nuts
- DAIRY** Milk, cheese, cottage cheese and yogurt

**WHAT TO KNOW:**

The school cafeteria is a great place to explore the variety of foods Texas has to offer. **The cafeteria offers choices from all five food groups** so you'll have a well-balanced meal, and a happier **National School Lunch Week!** Thank your cafeteria staff today!



**Q:** Why shouldn't you tell secrets in the cafeteria?  
**A:** Because the potatoes have eyes and the corn has ears!

**COMING IN NOVEMBER:  
DAIRY!**



**EXPLORER'S NOTEBOOK:**

**Farm Fresh Fridays and the Local Products Challenge**  
*Celebrating Local Products in Our Schools*

"Hey kids, this month your cafeteria may be serving foods that include Texas ingredients as a celebration of Farm Fresh Fridays. Ask your cafeteria team which foods include Texas products and explore!"

