

# OCTOBER

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

## Special Announcements

If you have not filled out a meal application this year please do so as soon as possible. Last years applications will expire on Oct 4, 2016. After that your child will have to pay full price of 2.60 for Elementary and 2.70 for High School, until another application is filled out and approved.

Nacho day has been moved to Thursdays

Please let Mr. Baird know if there is something you would like to see on the Menu.



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

3 Cheese Pizza Calzones Cooked Broccoli Baked Squash Strawberries Pears	4 Pepperoni Pizza Breadsticks Green Beans Baby Carrots Pineapple Tidbits Mandarin Oranges	5 Chicken Tenders Chicken Fried Steak Green Peas Mashed Potatoes Peaches Watermelon Raisals Dinner Rolls	6 Nachos Enchiladas Buttered Corn Salad Canteloupe Mixed Fruit	7 Hamburger Hot Dog Baked Beans French Fries Apples Raisins
10 Cheese Pizza Calzones Cooked Broccoli Baked Squash Strawberries Pears	11 Chicken Nuggets Steak Fingers Mashed Potatoes Cooked Carrots Apples Craisins	12 Spaghetti w/meat sauce Chef salad Green Beans Corn Peaches Mixed Fruit	13 Nachos Crispitos Refried Beans Lima Beans Blueberries Mixed Fruit	14 Hamburger Corn Dog Baked Beans Tater Tots Sidekicks
N A T I O N A L S C H O O L L U N C H W E E K				
17 Pepperoni Pizza Breadsticks Green Beans Baby Carrots Pineapple Tidbits Mandarin Oranges	18 Asian Chicken BBQ Sandwich Three Bean Salad Italian Vegetables Apples Honey Dew Fried Rice	19 Salisbury Steaks Chicken Rings Spinach Cooked Carrots Cantaloupe Mixed Fruit Dinner Rolls	20 Nachos Enchiladas Pinto Beans Corn Peaches Strawberries	21 Cheeseburger Chicken Sandwich Baked Beans Sweet Potato Fries Pears Sidekicks
24 Cheese Pizza Calzones Cooked Broccoli Baked Squash Strawberries Pears	25 Chicken Strips Fish Sticks Green Peas Cooked Carrots Oranges Peaches	26 Orange Chicken Beef Dippers Green Beans Corn on the cob Pineapple Raisals Fried Rice	27 Nachos Quesadillas Refried Beans Cauliflower Apple Sauce Mixed Fruit	28 Cheeseburger Mini Corn Dog Baked Beans French Fries Pears Sidekicks

## 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:

The Mount Enterprise Schools Cafeteria

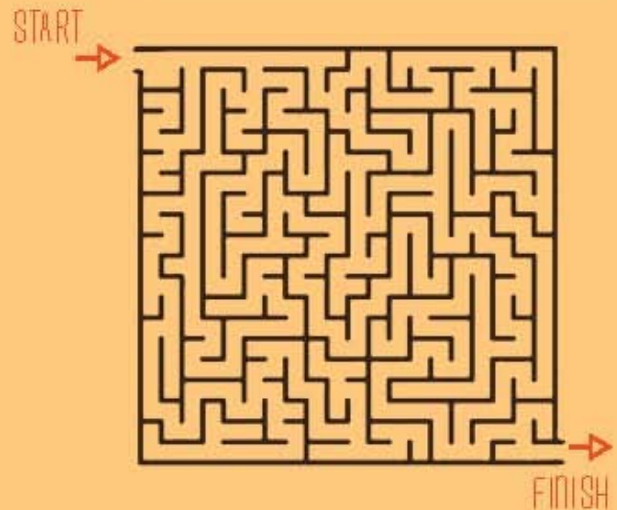
# Pumpkins

**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)