

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

3
CEREAL
TOAST
PEARS
JUICE
MILK

4
BAGEL
CREAM CHEESE
GRAPES
JUICE
MILK

5
PANCAKE &
SAUSAGE ON A
STICK
PINEAPPLE
JUICE
MILK

6
CHEESE OMELET
TOAST
MANDARIN
ORANGES
JUICE
MILK

7
POP TART
FRUIT CHOICE
JUICE
MILK

10
NO SCHOOL
TEACHER INSERVICE

11
BISCUITS &
GRAVY
PINEAPPLE
JUICE
MILK

12
FRENCH TOAST
FRESH FRUIT
JUICE
MILK

13
PANCAKES
APPLESAUCE
JUICE
MILK

14
POP TART
FRUIT CHOICE
JUICE
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
CEREAL
TOAST
PEARS
JUICE
MILK

18
SMOOTHIE
CEREAL BAR
FRESH FRUIT
JUICE
MILK

19
PANCAKE &
SAUSAGE ON A
STICK
PINEAPPLE
JUICE
MILK

20
BREAKFAST
BURRITO
FRESH FRUIT
JUICE
MILK

21
POP TART
FRUIT CHOICE
JUICE
MILK

24
CEREAL
TOAST
PEARS
JUICE
MILK

25
BREAKFAST
PIZZA
PINEAPPLE
JUICE
MILK

26
FRENCH TOAST
FRESH FRUIT
JUICE
MILK

27
WAFFLES
APPLESAUCE
JUICE
MILK

28
NO SCHOOL

31
CEREAL
TOAST
PEARS
JUICE
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:

DILLER ODELL PUBLIC SCHOOL

OCTOBER

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

Special Announcements

FRESH FRUIT & VEGETABLE BAR SERVED DAILY

MILK CHOICE SERVED DAILY



Monday

Tuesday

Wednesday

Thursday

Friday

3
PIZZA
LETTUCE SALAD
PEARS
GELATIN CUP
MILK

4
BREADED BEEF PATTIE
MASHED POTATOES
PEACHES
DINNER ROLL MILK

5
GRILLED CHICKEN PATTIE
ON WG BUN
POTATO SALAD
FRESH FRUIT
MILK

6
HOT HAM & CHEESE ON
WG BUN
SWEET POTATO FRIES
MIXED FRUIT
MILK

7
TACO BAR
CORN
FRESH FRUIT
MILK

10
NO
SCHOOL
TEACHER
INSERVICE

11
WALKING TACO
CORN
FRUIT SALAD
RICE CRISPY BAR
MILK

12
DELI TURKEY
SANDWICH
SUNCHIPS
FRESH FRUIT
MILK

13
HOT DOG
ON WG BUN
BAKED BEANS
PINEAPPLE
MILK

14
CHILI OR
CHICKEN NOODLE SOUP
FRESH VEGGIES
PEACHES
CINNAMON ROLL
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
CHICKEN NUGGETS
STEAMED CARROTS
FROZEN FRUIT CUP
DINNER ROLL
MILK

18
HAMBURGER ON
WG BUN
FRENCH FRIES
APPLESAUCE
CHOCOLATE CHIP
COOKIE
MILK

19
CAVATINI
LETTUCE SALAD
PEARS
GARLIC TOAST
MILK

20
SAUSAGE PATTIE
PANCAKES
HASH BROWNS
JUICE
MILK

21
CHILI CRISPITO
SPANISH RICE
CORN
FRESH FRUIT
MILK

24
ITALIAN
DUNKERS
LETTUCE SALAD
FRESH FRUIT
PEANUT BUTTER BAR
MILK

25
MINI CORNDOGS
GREEN BEANS
APPLE CRISP
MILK

26
CHICKEN FAJITA
GRAPES
PUDDING
MILK

27
TACO SOUP
CORN CHIPS
APPLES
PUMPKIN BARS
MILK

28
NO
SCHOOL

31
FIESTADO
CORN
WATERMELON
MILK

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Good Eats At:

DILLER ODELL PUBLIC SCHOOL
JR & SR HIGH

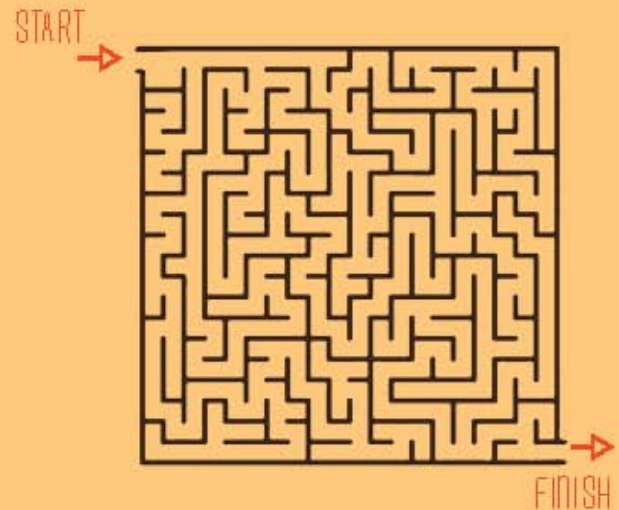
Pumpkins

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