

Apple World

Gala Apple x 10

OCTOBER 2017

NATIONAL SCHOOL LUNCH WEEK

OCTOBER 9-13
squaremeals.org/nslw

MON

TUE

WED

THUR

FRI

CEREAL
TOAST
FRUIT
JUICE
MILK

2

BISCUITS & GRAVY
PINEAPPLE
JUICE
MILK

3

FRENCH TOAST
STIX
FRESH FRUIT
JUICE
MILK

4

PANCAKES
APPLESAUCE
JUICE
MILK

5

POPTART
FRUIT
JUICE
MILK

6

NO
SCHOOL

9

SMOOTHIE
CEREAL BAR
FRUIT
JUICE
MILK

10

PANCAKE &
SAUSAGE ON A
STICK
PINEAPPLE
JUICE
MILK

11

BREAKFAST
BURRITO
FRESH FRUIT
JUICE
MILK

12

POPTART
FRUIT
JUICE
MILK

13

CEREAL
TOAST
FRUIT
JUICE
MILK

16

BREAKFAST PIZZA
PINEAPPLE
JUICE
MILK

17

FRENCH TOAST
STIX
FRESH FRUIT
JUICE
MILK

18

WAFFLES
APPLESAUCE
JUICE
MILK

19

POPTART
FRUIT
JUICE
MILK

20

CEREAL
TOAST
FRUIT
JUICE
MILK

23

BAGELS
FRESH FRUIT
JUICE
MILK

24

PANCAKE &
SAUSAGE ON A
STICK
PINEAPPLE
JUICE
MILK

25

EGG & CHEESE
OMELET
TOAST
MANDARIN
ORANGES
JUICE MILK

26

NO
SCHOOL

27

CEREAL
TOAST
FRUIT
JUICE
MILK

30

BISCUITS & GRAVY
PINEAPPLE
JUICE
MILK

31

Good
Eats at:

DILLER ODELL PUBLIC
SCHOOL

Special
Announcements



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



Fun facts
on back! >

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OCTOBER 2017

NATIONAL SCHOOL LUNCH WEEK

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MON

TUE

WED

THUR

FRI

SALISBURY STEAK
MASHED
POTATOES
CARROTS
MIXED FRUIT
OATMEAL ROLL

2

PIG IN A BLANKET
BAKED BEANS
PINEAPPLE

3

MEATBALL SUB
LETTUCE SALAD
FRESH FRUIT
GELATIN CUP

4

TANGERINE
CHICKEN
BROWN RICE
STIR-FRY VEGGIES
APRICOTS

5

STROMBOLI
VEGETABLE
CHOICE
FRESH FRUIT

6

NO
SCHOOL

9

PIZZA
LETTUCE SALAD
SLICED PEARS
OATMEAL COOKIE

10

BREADED BEEF
PATTIE
MASHED
POTATOES
SLICED PEACHES
DINNER ROLL

11

GRILLED CHICKEN
SANDWICH
POTATO SALAD
FRESH FRUIT

12

HOT HAM &
CHEESE
SANDWICH
SWEET POTATO
FRIES
MIXED FRUIT

13

POPCORN
CHICKEN
MASHED
POTATOES
TROPICAL FRUIT
DINNER ROLL

16

HOTDOG ON BUN
BAKED BEANS
APPLE SLICES

17

WALKING TACO
CORN
FRESH FRUIT
RICE CRISPY BAR

18

DELI TURKEY
SANDWICH
SUNCHIPS
PINEAPPLE

19

CHILI OR CHICKEN
NOODLE SOUP
PEACHES
CINNAMON ROLL

20

ITALIAN DUNKERS
LETTUCE SALAD
PEARS
PEANUT BUTTER
BAR

23

MINI CORNDOGS
GREEN BEANS
APPLECRISP

24

CHICKEN FAJITA
REFRIED BEANS
FRESH FRUIT
PUDDING CUP

25

TACO SOUP
CORN CHIPS
APPLE SLICES
AUTUMN SPICE
BAR

26

NO
SCHOOL

27

HAMBURGER ON
BUN
FRENCH FRIES
APPLESAUCE
CHOCOLATE CHIP
COOKIE

30

CHICKEN
NUGGETS
SCALLOPED
POTATOES
CARROTS
MIXED FRUIT

31

Good
Eats at:
DILLER ODELL
HIGH SCHOOL

Special Announcements

FRESH FRUIT & VEGETABLE
BAR SERVED DAILY

MILK CHOICE SERVED
DAILY



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 • $\frac{1}{3}$ cup raisins • $\frac{1}{2}$ cup nonfat plain Greek yogurt • $\frac{1}{4}$ cup mayonnaise • $\frac{1}{4}$ cup unfiltered apple cider vinegar • 1 teaspoon curry powder • Pinch of salt

For Wraps: 8 whole-wheat tortillas • 2 cups fresh spinach • $\frac{1}{2}$ 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 $\frac{3}{4}$ 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

Answer: 1) c 2) b 3) a