

# OCTOBER

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

## Special Announcements

Valley ISD is an Offer vs Serve facility meaning that each student is required to take at least 3 of the 5 food components.

Meat/Meat Alternate  
Grain  
Vegetable  
Fruit  
Milk



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Steak Fingers Mashed Potatoes/Gravy Green Beans Strawberry Cup Roll Milk	<b>4</b> Beef Enchiladas Refried Beans Cucumbers/Salad Hot Sauce Applesauce Milk	<b>5</b> Pizza Salad Veggie Cup Orange Smiles Milk	<b>6</b> Soft Tacos Mexicali Corn Carrots/Hot Sauce Lettuce/Tomato Peaches Milk	<b>7</b> Chicken Strips Sweet Potato Fries Toast/Gravy Apple Slices/Cookie Milk
<b>10</b> Corndogs/Tatertots Baked Beans Broccoli Bites Apple Pineapple Delight Milk	<b>11</b> Grilled Cheese Tomato Soup Cucumbers Pears/Lime Sherbert Milk	<b>12</b> Chicken Sandwich/Fries Veggie Cup Lettuce/Tomato Manderine Oranges Milk	<b>13</b> Salisbury Steak/Potatoes Brown Gravy/Biscuit Salad Fruit Milk	<b>14</b> Hot Dog/Corn Chips Carrots/Broccoli Grapes/Cookie Milk
N A T I O N A L S C H O O L L U N C H W E E K				
<b>17</b> Student Holiday	<b>18</b> Asian Bowl/Egg Roll Carrots/Broccoli Pineapple Cookie Milk	<b>19</b> Chicken Fajitas Refried Beans Lettuce/Tomato Tomato Cup/Hot Sauce Hot Cinnamon Apples Milk	<b>20</b> HB/Cheeseburger French Fries Lettuce/Tomato Veggie Cup Orange Smiles Milk	<b>21</b> Pulled Pork on a Bun Multi-Grain Chips Green Beans Coleslaw Fruit Milk
<b>24</b> Steak Fingers Mashed Potatoes Carrots Strawberries and Bananas Milk	<b>25</b> Chicken Spaghetti Breadstick Salad/Veggies Sliced Peaches Vanilla Pudding Milk	<b>26</b> Chicken Quesadilla Mexicali Corn/Beans Hot Sauce Lettuce/Tomato Cinnamon Applesauce Milk	<b>27</b> Texas Chili/Cornbread Broccoli/Tomato Orange Smiles Milk	<b>28</b> Popcorn Chicken Fries/Roll Cucumbers Fresh Fruit Milk
<b>31</b> Pizza Broccoli/Carrots Mixed Fruit Milk	<b>Did You Know?</b> 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.			<b>Good Eats At:</b> <b>Valley School</b>

# 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

# 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.

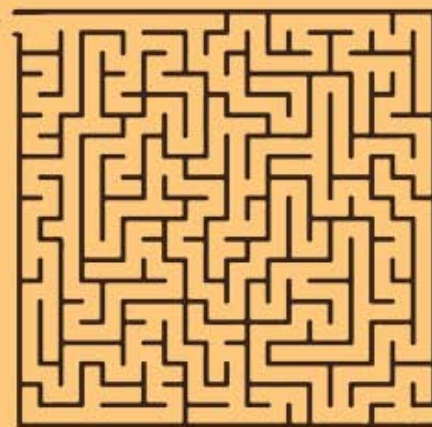
There are hundreds of varieties of sweet potatoes.

**Growing Region:** East Texas

Visit: [SquareMeals.org/SeasonalityWheel](https://www.squaremeals.org/SeasonalityWheel)

## Activities

START →



FINISH →

## Joke of the Month

Q: What do you call a bandage for a pumpkin?

see answer below.



Growing Regions





# OCTOBER

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



## Special Announcements

Valley ISD is an Offer vs Serve facility meaning that each student is required to take 3 of the 5 food components.

Meat/Meat Alternate  
Grain  
Vegetable  
Fruit  
Milk



Monday	Tuesday	Wednesday	Thursday	Friday
3 Sausage Kolache Yogurt Fruit Juice/Milk	4 Cheese Omelet Wrap Fruit OR Cereal/Toast Juice/Milk	5 Breakfast Pizza Fruit Juice/Milk	6 Waffles/Sausage Fruit Juice/Milk	7 Cinnamon Roll Bacon Fruit Juice/Milk
10 Pancakes/Bacon Fruit Juice/Milk	11 Sunrise Sandwich Fruit OR Cereal/Toast Juice/Milk	12 Scrambled Eggs Sausage Biscuit/Gravy Fruit Juice/Milk	13 Oatmeal Cinnamon Toast/Fruit OR Cereal and Toast Juice/Milk	14 Breakfast Burrito Hashbrown Fruit 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 Student Holiday	18 Pancake Wrap Yogurt Fruit Juice/Milk	19 French Toast Sausage Fruit Juice/Milk	20 Early Bird Sandwich Fruit OR Cereal and Toast Juice/Milk	21 Dutch Waffle/Bacon Fruit OR Cereal/Toast Juice/Milk
24 Pancake Sausage Fruit Juice/Milk	25 Breakfast Pizza Fruit Juice/Milk	26 Scrambled Eggs Sausage/Biscuit Fruit Juice/Milk	27 Banana Muffin Yogurt/Fruit OR Cereal/Toast Juice/Milk	28 Breakfast Club Fruit OR Cereal/Toast Juice/Milk
31 Sausage Biscuit Fruit OR Yogurt Parfait Juice/Milk	<b>Did You Know?</b> 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.			<b>Good Eats At:</b> <h1>Valley School</h1>

# 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

# 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.

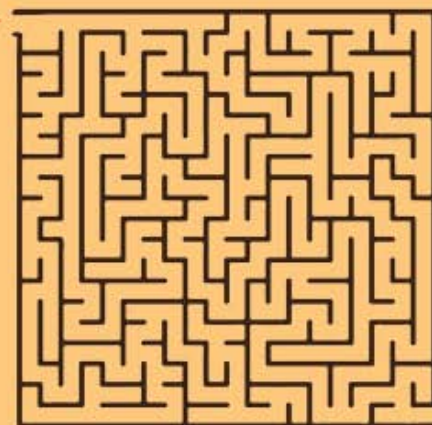
There are hundreds of varieties of sweet potatoes.

**Growing Region:** East Texas

Visit: [SquareMeals.org/SeasonalityWheel](https://SquareMeals.org/SeasonalityWheel)

## Activities

START →



FINISH →

## Joke of the Month

Q: What do you call a bandage for a pumpkin?

see answer below.



Growing Regions

