

Apple World

Gala Apple x 10

OCTOBER 2017

NATIONAL SCHOOL LUNCH WEEK
OCTOBER 9-13
squaremeals.org/nslw

MON	TUE	WED	THUR	FRI
French Toast, Fruit, Cereal of Choice Cheese Burger Burger Salad Tater Tots, Fruit Milk 2	Pancake Sausage Wrap, Fruit, Cereal of Choice Chili Mac Buttered Corn Green Beans, Fruit Bread, Milk 3	Breakfast Pizza, Fruit, Cereal of Choice Chicken Fajitas Fajita Salad Cup Pinto Beans Fruit, Milk 4	Pancakes, Fruit, Cereal of Choice Pizza Garden Salad Country Style Veg Fruit, Milk 5	Breakfast Taco, Fruit, Cereal of Choice Chicken Club Club Salad Cup Sweet Pot Fries Fruit, Milk 6
No School  3	Muffins, Fruit, Cereal of Choice Chicken Tenders Mashed Potatoes Broccoli, Bread Cantaloupe, Milk 10	Breakfast Pizza, Fruit, Cereal of Choice Fish Po'boy Cole Slaw, Peas Mac & Cheese Apples, Milk 11	Sausage Rolls, Fruit, Cereal of Choice Beef Tacos Taco Salad Cup Pinto Beans Oranges, Milk 12	Biscuits, Sausage, Fruit, Cereal of Choice Panini Sub Panini Salad Cup Carrot Sticks Watermelon, Milk 13
Toast, Fruit, Cereal of Choice Chicken Nuggets Buttered Noodles Glazed Carrots Bread, Fruit, Milk 16	Pancake Sausage Wrap, Fruit, Cereal of Choice Baked Potatoes w/Ham Carrot Sticks Fruit, Bread, Milk 17	Breakfast Pizza, Fruit, Cereal of Choice Beef Chalupas Chalupa Salad Cup Fiesta Corn Fruit, Milk 18	Pancakes, Fruit, Cereal of Choice Cheese Burger Burger Salad Cup French Fries Fruit, Milk 19	Breakfast Taco, Fruit, Cereal of Choice Nachos Grande Pinto Beans Nacho Salad Cup Fruit, Milk 20
Muffins, Yogurt, Fruit, Cereal of Choice Corn Dogs Baked Beans Country Style Veg. Fruit, Milk 23	Breakfast Pizza, Fruit, Cereal of Choice Popcorn Chicken Mashed Potatoes Broccoli, Bread Fruit, Milk 24	Sausage Rolls, Fruit, Cereal of Choice Beef Burritos Pinto Beans Garden Salad, Fruit Bread, Milk 25	Waffles, Fruit, Cereal of Choice Chicken Spaghetti Green Beans Glazed Carrots, Fruit, Garlic Bread, Milk 26	Biscuits, Sausage, Fruit, Cereal of Choice Sloppy Joes Corn on the Cob Cole Slaw Fruit, Milk 27
French Toast, Fruit, Cereal of Choice Chick Burger Burger Salad Baked Beans Fruit, Milk 30	Pancake Sausage Wrap, Fruit, Cereal of Choice Nachos Grande Fiesta Corn Nacho Salad Cup Fruit, Milk 31	 TEXAS DEPARTMENT OF AGRICULTURE COMMISSIONER SID MILLER		

Good Eats at:

KATZ N' KITTENS CAFÉ
361-596-4821

A variety of juice and milk offered with meals. Menus are subject to change.

Special Announcements

We will be celebrating National School Lunch Week by inviting parents and grandparents to come and eat with their children/grandchildren. Please call the lunchroom (361-596-4821) a day in advance if you will be eating here with you children/grandchildren, cost of meal is \$3.75, and don't forget to sign in at the elementary office for your visitor pass to come in the lunchroom.

We will go by the following schedule:
Tuesday October 10: Kindergarten at 10:45 and Pre-K at 11:00
Wednesday October 11: First Grade at 10:45 and Fourth Grade at 11:30.
Thursday October 12: Second Grade at 10:55 and Fifth Grade at 11:30
Friday October 13: Third Grade at 10:55 and Sixth Grade at 11:30

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