

# SCORE BIG

October 2014



National School Lunch Week! All over Texas, school cafeterias will join the National School Lunch Week celebration, October 13-17! You will learn all about the Texas foods that score big for lunchtime nutrition. Also, Wednesday, October 15, is "bring a parent to lunch" day! Ask them to join you to "Score Big with a Healthy Texas Lunch" that day.

Monday

Tuesday

Wednesday

Thursday

Friday

*Eating Right!* Leafy green kale and crispy carrots are **BIG** in Texas. Eat like a healthy Texan this month by trying vegetables you've never eaten before. This is a fun way to stay healthy!

Chicken & Broccoli  
Penne w/ Breadsticks,  
Garden Salad  
Baby Carrots w/Ranch,  
Apple Slices  
Brownie Cookie  
Milk Variety

Bulldog Chicken Bowl  
Mashed Potatoes,  
Corn, Gravy  
Roll  
Apple-Pineapple  
D'Lite  
Milk Variety

BBQ on a Bun,  
Coleslaw,  
Pinto Beans  
Carrots w/Ranch  
Orange Smiles  
Milk Variety

*Good Eats at*  
Zephyr ISD



Texas Combo  
Basket  
Charro Beans,  
Garden Salad  
Hot Cinnamon  
Apples  
Milk Variety

Philly Cheese Steak  
Sandwich  
Potato Rounds, Fresh  
Veggie Cup  
Fresh Fruit  
Carnival Cookie  
Milk Variety

Hot Ham & Cheese  
Sandwich  
Vegetable Soup  
Baby carrots  
w/Ranch  
Fruit Cup  
Milk Variety

Chicken Nuggets  
Mac & Cheese  
Garden Salad  
Green Beans  
Apple Slices  
Crispy Cereal Treat  
Milk Variety

Hamburger  
Hamburger Garnish  
Seasoned Corn  
Baby Carrots  
w/ranch  
Sliced Peaches  
Milk Variety

*Special Announcements*

Country Fried Steak  
Mashed Potatoes  
Gravy, Roll  
Green Beans  
Strawberry Cup  
Milk Variety

Chicken Quesadilla  
Salsa  
Garden Salad  
Refried Beans  
Applesauce  
Milk Variety

Chicken Spaghetti  
Breadsticks  
Garden Salad  
California Blend  
Apple Slices  
Milk Variety

Soft Beef Tacos  
Baby Carrots w/Ranch  
Tortilla Chips  
Seasoned Corn  
Salsa  
Orange Smiles  
Milk Variety

Popcorn Chicken  
Zesty Cucumbers  
Sweet Potato Fries  
Sliced Peaches  
Milk Variety



COMMISSIONER TODD STAPLES  
TEXAS DEPARTMENT OF AGRICULTURE

Corn Dog  
Baked Beans  
Crunchy Broccoli  
Salad  
Apple / Pineapple  
D' lite  
Milk Variety

Grilled Cheese  
Sandwich  
Tomato Soup  
Garden Salad  
Sliced Pears  
Lime Sherbet Cup  
Milk Variety

Chicken Sandwich  
Oven Fries  
Fresh Veggie Cup  
Fruity Gelatin  
Milk Variety

Meaty Pasta bake  
Garden Salad  
Steamed Broccoli  
Fresh Grapes  
Breadsticks  
Choc Chip Cookie  
Milk Variety

Ultimate Taco Salad  
Spanish Rice  
Tomato/CucumberCup  
Baby Carrots w/Ranch  
Mandarin Oranges  
Milk Variety

*Texas Scores Big!*

Texas scores big as the state that invented the 1015 onion! It's the official state vegetable for Texans and the Texas A&M scientist who invented the onion called it 1015 because the best day to plant the onion is October 15. The ten is for the 10th month, October and fifteen is for the 15th day of the month.

*Get it?*

Steak Fingers  
Quick Baked Potato  
Seasoned Corn  
Baby Carrots  
Fresh Fruit Bowl  
Milk Variety

Asian Chicken  
Brown Rice  
Baby Carrots  
Steamed Broccoli  
Chilled Pineapple  
Sugar Cookie  
Milk Variety

Tex-Mex Stack  
Spanish Rice  
Refried Beans  
Garden Salad  
Hot Cinnamon Apples  
Milk Variety

Chicken Parmesan  
Breadsticks  
Green Beans  
Garden salad  
Fresh Apple Slices  
Milk Variety

Hamburger  
Hamburger Garnish  
Potatoes Round  
Western Beans  
Diced Pears  
Milk Variety