

# October



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p><b>3</b> STEAK FINGERS Mashed Potatoes Peas &amp; Carrots Fresh Fruit Choice Texas Toast Milk Breakfast: Waffles, Juice, Milk</p>	<p><b>4</b> (Early Release) HAMBURGER Multi Grain Chips Pickles Apple Milk  Breakfast: Scrambled Eggs, Toast, Juice, Milk</p>	<p><b>5</b> CHICKEN FAJITAS Refried Beans Lettuce &amp; Tomato Mixed Fruit Sherbet Cup Milk Breakfast: Breakfast Pizza, Juice, Milk</p>	<p><b>6</b> PIZZA Lettuce &amp; Tomato Mixed Vegetables Fruited Gelatin/Topping Milk  Breakfast: Biscuit, Honey, Juice, Milk</p>	<p><b>7</b> TOASTED HAM &amp; CHEESE SANDWICH Veggie Dippers Orange Halves Pickle Spears Baked Chips Chocolate Chip Cookie Milk Breakfast: Omelet, Toast, Juice, Milk</p>
<p><b>10</b>  STAFF DEVELOPMENT</p>	<p><b>11</b> ROASTED CHICKEN Broccoli, Rice &amp; Cheese Tossed Salad Diced Peaches Wheat Roll Milk  Breakfast: Biscuit, Gravy, Juice, Milk</p>	<p><b>12</b> PIZZA STIXS/Sauce Corn on Cob Tossed Salad Apricots Milk  Breakfast: Scrambled Eggs, Toast, Juice, Milk</p>	<p><b>13</b> CHICKEN NUGGETS Mashed Potatoes Seasoned Carrots Strawberries &amp; Bananas Wheat Roll Milk Breakfast: Toaster Pastry, Juice, Milk</p>	<p><b>14</b> HAMBURGER Potato Rounds Burger Salad Diced Peaches Crispy Cereal Treat Milk Breakfast: Yogurt, Graham Cracker, Juice, Milk</p>
<p><b>17</b> SPAGHETTI/MEAT Tossed Salad Green Beans Spiced Apples Garlic Bread Milk Breakfast: Cinnamon Glazed French Toast, Juice, Milk</p>	<p><b>18</b> HOAGIE SANDWICH Burger Salad Veggie Dippers Baked Chips Orange Cookie Milk Breakfast: Oatmeal Breakfast Bar, Juice, Milk</p>	<p><b>19</b> POPCORN CHICKEN Mashed Potatoes Peas &amp; Carrots Blushing Pears Texas Toast Milk  Breakfast: Omelet, Toast, Juice, Milk</p>	<p><b>20</b> ENCHILADAS Refried Beans Lettuce &amp; Tomatoes Fruited Gelatin/Topping Cornbread Milk  Breakfast: Breakfast Pizza, Juice, Milk</p>	<p><b>21</b> CHICKEN PATTY SANDWICH Potato Rounds Burger Salad Apricots Milk  Breakfast: Pancakes, Juice, Milk</p>
<p><b>24</b> CHILI CHEESE BAKED POTATO Seasoned Broccoli Tossed Salad/Ranch Fresh Fruit Choice Wheat Roll Milk Breakfast: Yogurt, Graham Cracker, Juice, Milk</p>	<p><b>25</b> PIZZA Tossed Salad/Ranch Mixed Vegetables Fruited Gelatin/Topping Milk  Breakfast: Biscuit, Jelly, Juice, Milk</p>	<p><b>26</b> FISH STRIPS Green Beans Corn on Cob Rosy Applesauce Sherbet Cup Wheat Roll Milk Breakfast: Scrambled Eggs, Tortilla, Juice, Milk</p>	<p><b>27</b> SOFT TACO Refried Beans Lettuce &amp; Tomatoes Peaches Spanish Rice Milk  Breakfast: Toaster Pastry, Juice, Milk</p>	<p><b>28</b> CHOPPED BBQ ON A BUN Baby Carrots/Ranch Potato Rounds Pickle Spears Apple Milk Breakfast: Sausage Biscuit, Juice, Milk</p>
<p><b>31</b> SAUSAGE WRAP Pinto Beans Pickles Cherry Freeze Bar Milk  Breakfast: Pancake on a Stix, Juice, Milk</p>				



# What does a HEALTHY SCHOOL MEAL bring me?



## Fill Your Tray the Healthy Way



Do you know how important it is to have a healthy, nutritious lunch at school? A healthy lunch not only provides fuel for the body, it helps keep your mind alert and focused in the classroom.

October is a great time to learn how to fill your tray with a variety of healthier options.



How do you know lettuce is smart enough for school?

Because you find it in heads!

## The Lunch Line-Up

Variety gives you more things to taste – and more chances to eat healthy. In the lunch line, choose foods from each line of this line-up:

- \* Whole-grain breads, rice, corn or barley
- \* Milk for stronger teeth and bones
- \* Orange and leafy-green vegetables
- \* Fruit for energy throughout the day
- \* Muscle-building protein like chicken, turkey, lean-beef or beans



**Thanks President Truman!**  
 In 1946, President Harry S. Truman started The National School Lunch Program to ensure low cost or free lunches to children across the country. Today, more than 31 million students are eating healthier five days a week. Thanks President Truman!

### National School Lunch Week Match

Draw lines from the food to the healthy ingredient to the benefit for your body.

- |                      |              |                           |
|----------------------|--------------|---------------------------|
| 1a Whole Wheat Bread | 1b Protein   | 1c Strong teeth and bones |
| 2a Milk              | 2b Vitamin C | 2c Healthy immune system  |
| 3a Baked chicken     | 3b Fiber     | 3c Protects eyes and skin |
| 4a Orange slices     | 4b Vitamin A | 4c Digestive Health       |
| 5a Spinach           | 5b Vitamin D | 5c Strong muscles         |

(Answers: 1a-3b-4c, 2a-5b-1c, 3a-1b-5c, 4a-2b-2c, 5a-4b-3c)



Food and Nutrition Division  
 3E'S OF HEALTHY LIVING  
 Education, Exercise and Eating Right

Find out the amount of healthy food you need each day by getting your personal food guide pyramid at [www.mypyramid.gov](http://www.mypyramid.gov).

Square Meals is the Texas Department of Agriculture's school nutrition education and outreach program, funded by the U.S. Department of Agriculture, Food and Nutrition Service.

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## OUR CAFETERIA BRINGS IT!

SLATON ISD  
 MENUS ARE SUBJECT TO CHANGE.  
 Alternate Daily Breakfast is Cereal, Toast, Juice, & Milk  
 Complete only ONE Free & Reduced Application per family. Meals may be prepaid any day from 7:00 am to 8:30 am, but will be accepted at any time.  
**Students are allowed only TWO CHARGES.**  
 MEAL PRICES:

**BREAKFAST:** Full \$1.50 Reduced \$.30 Teacher \$2.00 Guest \$2.00

**LUNCH:**  
 ELEMENTARY: Full \$2.00 Reduced \$.40  
 SECONDARY: Full \$2.50 Reduced \$.40  
 Teacher \$3.00 Guest \$4.00