

NATIONAL SCHOOL LUNCH WEEK 2014



“GET IN THE GAME WITH A HEALTHY TEXAS LUNCH!”

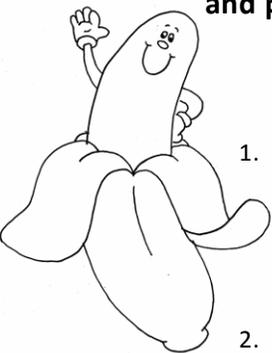


OCTOBER 2014- ELEMENTARY

MAJOR LEAGUE MONDAY	TEAMWORK TUESDAY	WARM-UP WEDNESDAY	TAILGATE THURSDAY	FRIDAY NIGHT LIGHTS
13 Chef Salad Tray OR Popcorn Chicken OR Bean N Cheese Burrito <i>With</i> Spanish Rice Seasoned Carrots Cheesy Kale Bake Fresh Fruit Chilled Peach Cup	14 Fruity Salad OR Pepperoni Pizza OR Cheese Pizza <i>With</i> Two Bean Salad Crisp Salad Greens Chilled Fruit Orange Wedges Fresh Watermelon Cubes	15 Rainbow Salad OR Nacho Grande OR Cheese Quesadilla <i>With</i> Lettuce N Tomato Salsa Ranch Beans Tomato Cucumber Parsley Salad Chilled Mixed Fruit Fresh Fruit	16 Fruity Salad OR <u>Breakfast For Lunch</u> Whole Wheat Toast Turkey Ham OR Scrambled Eggs <i>With</i> Potato Wedges Broccoli w/Cheese Sauce Confetti Corn Salad Fresh Fruit Wedges Chilled Fruit	17 Chef Salad Tray OR Sliders OR Fish Sticks Wheat Roll <i>With</i> Central Valley Harvest Bake Fresh Sweet Potato Sticks Vegetable Soup Fresh Fruit Chilled Fruit

Super Foods Word Scramble!

Your body needs a healthy lunch every day to give you the energy you need to learn, grow, and play. Each of the super foods below are nutrient packed and will give you the power punch of energy you need to be a school superstar!



- This dairy product comes in a rainbow of yummy flavors, and is a great choice as a snack or with lunch. Eating this super food adds calcium to your diet, which helps your bones to grow big and strong!

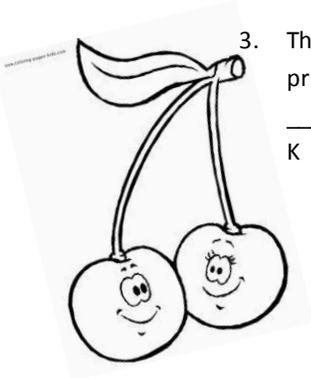
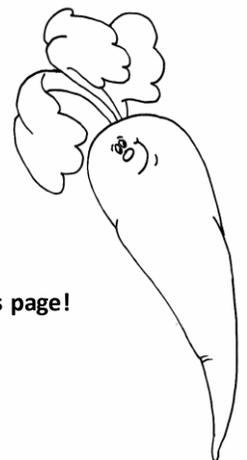
O Y T G U R

- This super food is high in Vitamin C, which helps your body to fight off illness and also helps your body to heal when you get a cut or a scrape. This super food can be eaten raw or cooked, and is commonly found in food items like spaghetti or pizza sauce, or on a burger or sandwich.

T A M A O T

- This fruit provides your body with potassium, which helps keep your muscles and nerves working properly. Fun fact: this fuzzy fruit shares its name with a bird that lives in New Zealand!

K W I I



For more nutrition fun, color in the fruits and veggies on this page!

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“GET IN THE GAME WITH A HEALTHY TEXAS LUNCH!”



OCTOBER 2014-MIDDLE

MAJOR LEAGUE MONDAY	TEAMWORK TUESDAY	WARM-UP WEDNESDAY	TAILGATE THURSDAY	FRIDAY NIGHT LIGHTS
13 Chef Salad OR Popcorn Chicken W/W Biscuit OR Vegetable/Cheese Pizza OR Spicy Chicken Sandwich <i>With</i> Steamed Carrots Cheesy Kale Bake Strawberry Applesauce Fresh Fruit	14 Chef Salad OR Soft Shell Taco OR Cheese Enchiladas <i>With</i> Spanish Rice Two Bean Salad Crisp Salad Greens Chilled Fruit Fresh Watermelon Cubes	15 Rainbow Salad OR Tangerine Chicken Oriental Vegetable Rice OR Oriental Vegetable Rice Bowl <i>With</i> Tomato Cucumber Parsley Salad Broccoli/Carrot Stir Fry Chilled Fruit Fresh Fruit	16 Chef Salad OR Cheeseburger on Bun OR Hot Dog OR Mini Cheese Bagel Pizza <i>With</i> Sweet Potato Crinkle Fries Confetti Corn Salad Lettuce & Trimmings Chilled Fruit Fresh Fruit	17 Rainbow Salad OR Turkey Sub Baked Lays Chips OR Baked Mini Ravioli W/W Bread Sticks <i>With</i> Central Valley Harvest Bake Carrots w/Low Fat Ranch Dressing Fiesta Salad Chilled Fruit Orange/Grapefruit Wedges

Did You Know...?

Texas designated the sweet onion as the state vegetable in 1997. Have you tried one?

The state fruit of Texas is the Texas Red Grapefruit. Yum!

Texas is the #1 cattle producing state in the U.S., with over 13 million cattle and calves. That's a lot of beef!

Texas ranks third in U.S. production of watermelons with over 42,000 acres grown each year!

