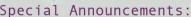


# OCTOBER

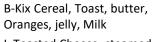
#### **Callier Child Development** Center







10-1,6,7,14,20- Veggie Nuggets;10-2- Cheese Sandwich, 10-8,9,12,21,30-Veggie Patty,10-13,27-Veggie Spaghetti, 10-15,26,28-Veggie Taco,10-16- Veg Sloppy Joe, 10-22- Veggie Balls, 10-29-Cheese Quesadilla. All Grains are Whole Grain, Milk Choices: Fat-Free, Whole and Skim



L-Toasted Cheese, steamed Broccoli, Mixed Fruit, Milk

S-Goldfish

B-Pancake, Turkey Sausage, Baked Apples, syrup, Milk

L-Meatloaf, Carrots, Peaches, Roll. Milk

S-Cheese Sticks w/crackers 12.

B-Turkey Sausage, Toast, butter, Mixed Fruit, Jelly, Milk L-Cheese Pizza, Carrots, Peaches, Milk

S-Cheddar Chex Mix

B-Kix Cereal, Toast, Oranges, jelly, butter, Milk, L-Beef Soft Taco, Corn, Mixed

Fruit, Milk

26. S-Yogurt

B-Waffle, Turkey Sausage, syrup, butter, Mango, Milk L-Fish Shapes, Green Beans, fresh Pears, ketchup, Roll, Milk S-Cauliflower w/ranch

B-Ricechex, Toast, Oranges, jelly, butter, Milk L-Beef Rotini, Green Beans, Apricots, Roll, Milk

S-Apples

S-Oranges

B-Kix Cereal, Toast, Mango, jelly, butter, Milk L-Sweet + Sour Chicken, Roll stmd. Broccoli, Pineapple, Milk 20.

B-Egg Omelet, Toast, jelly, butter, Banana, Milk L-Beef Spaghetti, Spinach, fresh Pears, Bread, Milk 27. S-Goldfish

B-Cheese, Toast, Banana, butter, jelly, Milk

L-BBQ Chicken on bun, Black Eye Peas, Watermelon, Milk

S-Yogurt

B-Boiled Egg, Toast, butter, jelly, Banana, Milk

L-Chicken Alfredo, steamed Broccoli, fresh Pears, Roll, Milk

S-Yogurt

13.

B-Pancake, Turkey Sausage, syrup, butter, Applesauce, Milk L-Salisbury Steak Sandwich,

Black eye Peas, frs. Pears, Milk

S-Banana

B-Cheerios, Toast, butter, Strawberries, Milk

L-Turkey Taco Burger, Green Beans, Apricots, Milk

28. S-Cauliflower w/ranch

butter, syrup, Applesauce L-Chicken Nuggets, Carrots, Mixed Fruit, Roll, Milk **S-Oranges** 

B- Pancake, Turkey Sausage,

B-Biscuit, Turkey Sausage, jelly,

L-Salisbury Steak, Mash Potato, Apricots, Roll, Milk

S-Cantaloupe Cubes

Baked Apples, Milk

B-Cheerios. Toast. butter. Strawberries, jelly, Milk

L-Turkey Tacos, Black Beans, Pineapple, Milk

S-Cucumbers w/ranch

B-Cheerios, Toast, butter, jelly, Peaches, Milk

L-Meatballs w/gravy, Mash Potato, Mixed Fruit, Roll, Milk

S-Broccoli w/ranch

B-Biscuit, Turkey Sausage, butter, Baked Apples, Milk

L-Chicken Fajita, Black Beans, Pineapple, Milk

S-Oranges

15.

22.

B-Cinnamon Toast, Banana, Milk

L-Turkey & Cheese Sub. Green Beans, fresh Pears, Milk

S-Cheddar Chex Mix

B-Cornchex, Toast, Peaches,

butter, jelly, Milk L-Hamburger, Sweet Potato Fries, ketchup, Apples, Milk

S-Animal Crackers

B-Biscuit, Turkey Sausage, Applesauce, butter, Milk

L-Sloppy Joe on Bun, T. Tots, ketchup, Mixed Fruit, Milk

S-Teddy Grahams

B-Cinnamon Toast, Banana, butter, Toast, Milk L-Toasted Cheese, Green

Beans, Oranges, Milk S-Graham Crackers

B-Cornchex, Toast, butter, jelly, Mango, Milk

23.

30.

L-Hamburger, Sweet Potato fries, ketchup, Peaches, Milk

S-Animal Crackers

National School Lunch Week Oct. 12-16





This product was funded by USDA. This institution is an equal opportunity provider.



Food and Nutrition Division National School Lunch Program and School Breakfast Program

19.

## CONSTELLATION CHICKEN



A constellation is a group of visible stars that form a pattern or picture in the sky. The pattern they form may take the shape of an animal, a mythological creature, a man, a woman, or an inanimate object. Astronomers recognize 88 different constellations. The smallest constellation is the Southern Cross, Crux, and the largest constellation is the Water Snake, Hydra.

### FIND THE DIFFERENCE

One of the chickens is not like the other. Cirle the one you think it could be.

### DID YOU KNOW?

National School Lunch Week is this month! Look for proteins like chicken in your school cafeteria and try new foods from Texas farms and ranches! Milk, lean meat, fruit, vegetables, and whole grains can all be part of a healthy school lunch — and they're all produced right here in Texas.

Chicken is an excellent source of protein. Protein is important because it builds muscles and helps keep your body strong. Chicken is also low in fat, making it a healthy choice for any meal.









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