



OCTOBER

2020

Callier Child Development Center



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Special Announcements:

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

B-Kix Cereal, Toast, butter, Oranges, jelly, Milk
L-Toasted Cheese, steamed Broccoli, Mixed Fruit, Milk
S-Goldfish 5.

B-Waffle, Turkey Sausage, syrup, butter, Mango, Milk
L-Fish Shapes, Green Beans, fresh Pears, ketchup, Roll, Milk
S-Cauliflower w/ranch 6.

B-Cheese, Toast, Banana, butter, jelly, Milk
L-BBQ Chicken on bun, Black Eye Peas, Watermelon, Milk
S-Yogurt 7.

B-Biscuit, Turkey Sausage, jelly, Baked Apples, Milk
L-Salisbury Steak, Mash Potato, Apricots, Roll, Milk
S-Cantaloupe Cubes 8.

B-Cornchex, Toast, Peaches, butter, jelly, Milk
L-Hamburger, Sweet Potato Fries, ketchup, Apples, Milk
S-Animal Crackers 9.

B-Pancake, Turkey Sausage, Baked Apples, syrup, Milk
L-Meatloaf, Carrots, Peaches, Roll, Milk
S-Cheese Sticks w/crackers 12.

B-Ricechex, Toast, Oranges, jelly, butter, Milk
L-Beef Rotini, Green Beans, Apricots, Roll, Milk
S-Apples 13.

B-Boiled Egg, Toast, butter, jelly, Banana, Milk
L-Chicken Alfredo, steamed Broccoli, fresh Pears, Roll, Milk
S-Yogurt 14.

B-Cheerios, Toast, butter, Strawberries, jelly, Milk
L-Turkey Tacos, Black Beans, Pineapple, Milk
S-Cucumbers w/ranch 15.

B-Biscuit, Turkey Sausage, Applesauce, butter, Milk
L-Sloppy Joe on Bun, T. Tots, ketchup, Mixed Fruit, Milk
S-Teddy Grahams 16.

B-Turkey Sausage, Toast, butter, Mixed Fruit, Jelly, Milk
L-Cheese Pizza, Carrots, Peaches, Milk
S-Cheddar Chex Mix 19.

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

B-Pancake, Turkey Sausage, syrup, butter, Applesauce, Milk
L-Salisbury Steak Sandwich, Black eye Peas, frs. Pears, Milk
S-Banana 21.

B-Cheerios, Toast, butter, jelly, Peaches, Milk
L-Meatballs w/gravy, Mash Potato, Mixed Fruit, Roll, Milk
S-Broccoli w/ranch 22.

B-Cinnamon Toast, Banana, butter, Toast, Milk
L-Toasted Cheese, Green Beans, Oranges, Milk
S-Graham Crackers 23.

B-Kix Cereal, Toast, Oranges, jelly, butter, Milk,
L-Beef Soft Taco, Corn, Mixed Fruit, Milk
S-Yogurt 26.

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

B-Cheerios, Toast, butter, Strawberries, Milk
L-Turkey Taco Burger, Green Beans, Apricots, Milk
S-Cauliflower w/ranch 28.

B-Biscuit, Turkey Sausage, butter, Baked Apples, Milk
L-Chicken Fajita, Black Beans, Pineapple, Milk
S-Oranges 29.

B-Cornchex, Toast, butter, jelly, Mango, Milk
L-Hamburger, Sweet Potato fries, ketchup, Peaches, Milk
S-Animal Crackers 30.

- National School Lunch Week Oct. 12-16



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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. Circle 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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