

Apple World

Gala Apple x 10

OCTOBER 2017

MON TUE WED THUR FRI

NATIONAL SCHOOL LUNCH WEEK
OCTOBER 9-13
squaremeals.org/nslw

Good Eats at:

Cathedra of Faith Christian School

Special Announcements
October 12 - Early Release Day

+200

+100

+50

MON	TUE	WED	THUR	FRI
Breakfast General Mills Small Cereal Bowl, Juice/Milk Cereal Bars, Yogurt Lunch WG Cheese Pizza Broccoli Florets Sliced Peaches 2	Breakfast General Mills Small Cereal Bowl, Juice/Milk Cereal Bars, Yogurt Lunch Cheeseburger on WG Bun Sweet Corn Apple Sauce 3	Breakfast General Mills Small Cereal Bowl, Juice/Milk Cereal Bars, Yogurt Lunch WG Corn Dog Nuggets Baked Beans Pineapple Tidbits 4	Breakfast General Mills Small Cereal Bowl, Juice/Milk Cereal Bars, Yogurt Lunch PBJ or Turkey Sandwich on WW Bread Carrots, Fruit Cocktail 5	Breakfast General Mills Small Cereal Bowl, Juice/Milk Cereal Bars, Yogurt Lunch Beef-a-Roni, Texas Toast Side Salad Banana 6
Breakfast General Mills Small Cereal Bowl, Juice/Milk Cereal Bars, Yogurt Lunch Hotdog on WG Bun Baked Fries Mandarin Oranges 9	Breakfast General Mills Small Cereal Bowl, Juice/Milk Cereal Bars, Yogurt Lunch Fish-fila on WG Bun Steamed Collards Strawberry Cups 10	Breakfast General Mills Small Cereal Bowl, Juice/Milk Cereal Bars, Yogurt Lunch WG Cheese Pizza String Beans Diced Pears 11	Breakfast General Mills Small Cereal Bowl, Juice/Milk Cereal Bars, Yogurt Lunch Breakfast for Lunch: Turkey Sausage Links, Cinnamon Toast Sticks 12	Breakfast General Mills Small Cereal Bowl, Juice/Milk Cereal Bars, Yogurt Lunch Chic-Fila on WG Bun Broccoli Sliced Peaches 13
Breakfast General Mills Small Cereal Bowl, Juice/Milk Cereal Bars, Yogurt Lunch Beef-a-Roni/Beef Sauce Texas Toast Side Salad Fruit Cocktail 16	Breakfast General Mills Small Cereal Bowl, Juice/Milk Cereal Bars, Yogurt Lunch Cheeseburger on WG Bun Mixed Vegetables Pineapple Tidbits 17	Breakfast General Mills Small Cereal Bowl, Juice/Milk Cereal Bars, Yogurt Lunch Pork BBQ on WG Bun Cole Slaw, Baked Beans Strawberry Cup 18	Breakfast General Mills Small Cereal Bowl, Juice/Milk Cereal Bars, Yogurt Lunch WG Fish Nuggets Sweet Corn Sliced Oranges 19	Breakfast General Mills Small Cereal Bowl, Juice/Milk Cereal Bars, Yogurt Lunch WG Corn Dog Nuggets Broccoli Mandarin Oranges 20
Breakfast General Mills Small Cereal Bowl, Juice/Milk Cereal Bars, Yogurt Lunch Breakfast for Lunch: Turkey Sausage Links, Cinnamon Toast Sticks, AppoSauce 23	Breakfast General Mills Small Cereal Bowl, Juice/Milk Cereal Bars, Yogurt Lunch WG Cheese Pizza Steam Collards Fresh Apple 24	Breakfast General Mills Small Cereal Bowl, Juice/Milk Cereal Bars, Yogurt Lunch Hotdog on WG Bun Baked Fries Sliced Peaches 25	Breakfast General Mills Small Cereal Bowl, Juice/Milk Cereal Bars, Yogurt Lunch PBJ or Turkey Sandwich on WW Bread Carrots, Fruit Cocktail 26	Breakfast General Mills Small Cereal Bowl, Juice/Milk Cereal Bars, Yogurt Lunch Fish-fila on WG Bun String Beans Diced Pears 27
Breakfast General Mills Small Cereal Bowl, Juice/Milk Cereal Bars, Yogurt Lunch Chic-Fila on WG Bun Broccoli Strawberry Cup 30	Breakfast General Mills Small Cereal Bowl, Juice/Milk Cereal Bars, Yogurt Lunch WG Fish Nuggets Mixed Vegetables Pineapple Tidbits 31	 TEXAS DEPARTMENT OF AGRICULTURE COMMISSIONER SID MILLER 		

Fun facts on back! ➔



Gala APPLES

I come from the really large apple clan and we come in all colors and sizes. My name is Gala and I have stripes and am slightly more orange in color. Gala apples like me are very sweet and can be cooked, baked in pies and enjoyed raw in salads. We are often used to make apple sauce. We grow on large trees in the Texas Hill Country and other parts of Texas. In the spring, our trees are covered in pretty white flowers. We continue to grow throughout the summer and are ready to be picked in the autumn.



LAUNCH PAD

GALA APPLES GROWING REGIONS

1. The High Plains
2. Central Texas



FUN FACT

Apples float when dropped into water because they consist of 25% air.

Joke of the MONTH

Q: What kind of apple isn't an apple?

A: A pineapple.



Go Local LUNCH!

Two-Player GAME

Apples are the most popular fruit in the United States. Gala apples rank No. 2 out of the Top 10 apples grown in the country. Red Delicious apples are ranked No. 1.

Identify THE APPLES

- a. Gala
- b. Granny Smith
- c. Red Delicious



1. _____
2. _____
3. _____

INGREDIENTS

For Chicken Salad: 1 tablespoon olive oil • 1 pound skinless, boneless chicken breast • 3 celery stalks, finely chopped • 3 green onions, peeled and finely chopped • 1 apple, peeled, cored, and cut into thin strips • 1/3 cup raisins • 1/2 cup nonfat plain Greek yogurt • 1/4 cup mayonnaise • 1/4 cup unfiltered apple cider vinegar • 1 teaspoon curry powder • Pinch of salt

For Wraps: 8 whole-wheat tortillas • 2 cups fresh spinach • 1/2 cup low-fat sharp cheddar cheese, shredded

PREPARATION

To make the Chicken Salad: In a large nonstick skillet, warm the olive oil over moderate heat and add the chicken. Cook for 6 minutes, turn, and cook for additional 7 minutes or until golden brown. Let cool for 5 minutes, then shred. In a large mixing bowl, combine celery, onions, apples, and raisins. In a small bowl, whisk together remaining ingredients. Add 3/4 of dressing to chicken salad, saving the rest for people to add to wraps as desired. Top each wrap with spinach, chicken and cheese, and fold. Serve maple veggies as a yummy side dish!

Recipes courtesy of: www.whatscooking.fns.usda.gov

Answer: 1) c 2) b 3) a

USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 6329992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue SW
Washington, D.C. 20250-9410;
 - (2) fax: (202) 690-7442; or
 - (3) email: program.intake@usda.gov.
- This institution is an equal opportunity provider