



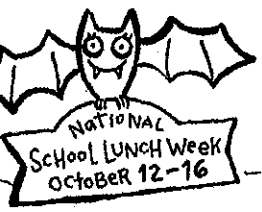
square meals

October



Have FUN and color me! Eat School meals! Friday

education EXERCISE eating RIGHT



NATIONAL SCHOOL LUNCH WEEK OCTOBER 12-16



Monday

Tuesday

Wednesday

Thursday

			1 Hamburger/Bun Choice of Vegetable Choice of Fruit Milk	2 Mystery Menu
5 Chicken Patty Choice of Vegetable Choice of Fruit Milk	6 Mozzarella Sticks & Dipping Sauce Choice of Vegetable Choice of Fruit Milk	7 Turkey Deli Choice of Vegetable Choice of Fruit Milk	8 No Lunch Teacher Convention	9 No Lunch Teacher Convention
12 Super Nachos Choice of Vegetable Choice of Fruit Milk	13 Chicken Nuggets Choice of Vegetable Choice of Fruit Milk	14 Meatball Sub Choice of Vegetable Choice of Fruit Milk	15 Hot Dog/Bun Choice of Vegetable Choice of Fruit Milk	16 Mystery Menu
19 Omelet Hash Brown Juice	20 Chicken Patty/Bun Choice of Vegetable Choice of Fruit Milk	21 Corn Dogs Choice of Vegetable Choice of Fruit Milk	22 Chicken ala King Choice of Vegetable Choice of Fruit Milk	23 Mystery Menu
26 Pizza Choice of Vegetable Choice of Fruit Milk	27 Tacos Choice of Vegetable Choice of Fruit Milk	28 Spaghetti Choice of Vegetable Choice of Fruit Milk	29 Chicken Nuggets Choice of Vegetable Choice of Fruit Milk	30 Mystery Menu

Looking for a Great Lunch? Get in Line!

Kids who eat school lunches are likely to get more milk, meats, grains, vegetables and fruits in their diets than kids who bring lunch from home. Get into healthy eating habits by getting into line at your school cafeteria!

Did You Know...

The National School Lunch Program was started all the way back in 1946. That was the year President Harry Truman signed the School Lunch Act to provide low-cost or free lunches at school. Today the program feeds more than 30.5 million students a day!

There's No Trick to This Treat

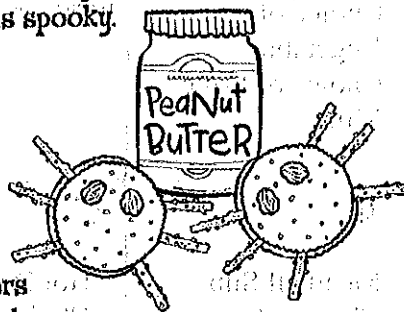
Make your Halloween a ghoulishly healthy one. This creepy, crawly snack is as delicious as it is spooky.

Bug Bites

- 10 small round wheat crackers
- 2 tablespoons peanut butter
- 15 pretzel sticks
- 10 raisins or dried cranberries

Spread peanut butter on five crackers. Put the other five crackers on the top to make cracker sandwiches.

Break the pretzel sticks in half and stick six "legs" inside each sandwich, three on each side. Use two dots of peanut butter on the top of each sandwich to stick the raisins on for bug eyes. Makes five bug bites.



Check Out the CAFETERIA BUZZ



Lunch Prices: PK-6 \$1.90, 7-8 \$2.00, Reduced .40¢, Milk .40¢. Alternate menu items are available at various prices. Café phone number is 453-6850. Menu is subject to change.

Free and Reduced applications from the prior semester year have expired. All previous applicants who did not submit an application for the current school year will pay full price for a lunch. Applications are accepted anytime during the school year. All information is kept confidential.

Find out the amount of healthy food you need each day by getting your personal food guide pyramid at 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. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write (USA) Director, Office of Administration and Compliance, 1400 Independence

