

Apple World

Gala Apple x 10

OCTOBER 2017

NATIONAL SCHOOL LUNCH WEEK

OCTOBER 9-13
squaremeals.org/nslw

MON

TUE

WED

THUR

FRI

Fish Nuggets
Mashed Potatoes
Broccoli
Peach Slices
Wheat Roll
Milk 2

Soft Tacos
Lettuce/tomatoes
Brown Beans
Mixed Fruit
Milk 3

Salisbury Steak
Brown Rice,
Gravy
Green Peas
Mandarin Oranges
Milk 4

Chicken Alfredo
Green Beans
Fresh Tomatoes
Pear Slices
Breadstick
Milk 5

Ham & Cheese
on Bun
Tater Tots
Garden Salad
Apple
Milk 6

Holiday

9

Chicken Tenders
Mashed Potatoes
Gravy, Broccoli
Applesauce
Wheat Roll
Milk 10

Beef Nachos
Spanish Rice
Brown Beans
Peach Slices
Milk 11

Lasagna
Green Beans
Strawberry cup
Breadstick
Milk 12

Hamburger
French Fries
Lettuce/tomatoes
Banana
Milk 13

Chicken Rings
Mashed Potatoes
Gravy
Broccoli
Applesauce, Roll
Milk 16

Spaghetti /Meat
Sauce
Corn
Pineapples
Breadstick
Milk 17

Sliced Ham
Green Beans
Macaroni &cheese
Mixed Fruit
Milk 18

Taco Salad
Brown Beans
Lettuce/tomatoes
Strawberry Cup
Crackers
Milk 19

Hot Dog
Chili/cheese
Tater Tots
Orange
Milk 20

Cheese Pizza
Corn
Garden Salad
Apple
Milk 23

Beef Tacos
Brown Beans
Lettuce/tomatoes
Pear Slices
Spanish Rice
Milk 24

Chicken
Spaghetti
Green Beans
Peach slices
Breadstick
Milk 25

Steak Fingers
Mashed Potatoes
Gravy
Broccoli
Mixed Fruit, Roll
Milk 26

Chicken on Bun
French Fries
Baby Carrots
Banana
Milk 27

Corn Dog
Pork & Beans
Garden salad
Orange
Milk 30

Frito Pie
Spanish Rice
Brown Beans
Corn
Applesauce
Milk 31

Good Eats at:

Westphalia ISD

Special Announcements

Breakfast Menu
Serving Time 7:15 to 7:45

- Monday: Cereal, Toast, Fruit, Juice, Milk
- Tuesday: Waffles, Fruit, Juice, Milk
- Wednesday: Toasted Cheese Sandwich, Fruit, Juice, Milk
- Thursday: Pancakes, Fruit, Juice, Milk
- Friday: Biscuit, Sausage Patty, Fruit, Juice, Milk

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