
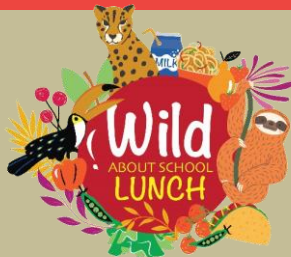






Breakfast Menu

OCTOBER 2021

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
 <p>Walk on the wild side and come explore the delicious, nutritious school lunches featured in your school cafeteria every day!</p>								Berry French Toast 1 Team Cheerios Bar & Scooby Crackers Red Apple Fresh Banana	
Chocolate Filled Crescent 4	Cherry Frudel 5	Ultimate Breakfast Round 6	Bagel with Cream Cheese 7	No School 8					
Apple Muffin & Cheese Stick	Trix Cereal Bowl & HB Egg	Graham Crackers & Yogurt	Cocoa Puffs Cereal & Cheese Stick						
Red Apple Craisins	100% Fruit Juice Orange	Fresh Banana Applesauce Cup	100% Apple Juice Orange						
No School 11	Oatmeal Banana Choc Chip Breakfast Round 12	Strawberry Mini Pancakes 13	Cinnamon Cream Cheese Mini Bagels 14	Blueberry Mini Waffles 15					
	Fruity Cheerios & HB Egg	Fudge PopTart & Cheese Stick	Rice Chex Cereal & Cheese Stick	Graham Crackers & Yogurt					
	100% Fruit Juice Orange	Fresh Banana Applesauce Cup	100% Apple Juice Orange	Red Apple Fresh Banana					
Cinnamon French Toast 18	Powdered Sugar Donuts 19	Grape Filled Crescent 20	Mini Pancakes 21	Apple Frudel 22					
Banana Muffin & Cheese Stick	Cinnamon Toast Crunch Cereal & HB Egg	Graham Crackers & Yogurt	Trix Cereal & Cheese Stick	Strawberry PopTart & Pretzel Goldfish					
Red Apple Craisins	100% Fruit Juice Orange	Fresh Banana Applesauce Cup	100% Apple Juice Orange	Red Apple Fresh Banana					
Bagel with Cream Cheese 25	Mini Pancakes 26	Mini Cinnamon Roll 27	Chocolate Chip UBR 28	Mini French Toast 29					
Graham Crackers & Yogurt	Cocoa Puffs Cereal & HB Egg	Blueberry Muffin & Cheese Stick	Fruity Cheerios & Cheese Stick	Fudge PopTart & Pretzel Goldfish					
Red Apple Craisins	100% Fruit Juice Orange	Fresh Banana Applesauce Cup	100% Apple Juice Orange	Red Apple Fresh Banana					

HOW 'BOUT THEM APPLES?

Perfect for snacking, the Gala apple is one of only a few types of apples that are able to grow despite the mild winters in Texas. Gala apples are known for having pinkish-red stripes over a lighter yellow (appearing orange-red in color) with a crisp, sweet flavor. An apple a day really does keep the doctor away since they are full of nutrients such as potassium, vitamin C, fiber, and antioxidants. But don't peel the skin! Most of an apple's vitamins are in the skin. While apple trees need four to five years before they grow apples, these trees live to be up to 100 years old!

'TIS THE SEASON FOR APPLE PICKING!

HERE ARE A FEW POPULAR CHOICES FOR MAKING YOUR FAVORITE FALL TREATS:

- Beauty is in the Pie of the Beholder: The Fuji, Granny Smith, Yellow Delicious, and Red Delicious are the most popular apples for baking.
- Sauce Bosses: Jonathan, McIntosh, and Winesap apples make great applesauce and apple jelly because of their soft flesh, which is the pale part under the outer peel.
- In-Cider Scoop: Gala and Pippin apples are crisp and sweet—great for apple cider.



ACE'S JOKE OF THE MONTH

Q. WHAT KIND OF APPLE IS NOT AN APPLE?

SEE ANSWER BELOW



APPLE OF YOUR EYE...

NOT ALL APPLES ARE ALIKE.

There are over 7,500 different types of apples grown in the world. Some are red, yellow, or green. Some apples are sweeter, while others are crunchier, but one thing is for sure...there are no bad apples here!

ACTIVITY: APPLES TO APPLES

Guess the name of each apple. Choose from the types below. Each name will only be used once.

GALA

GOLDEN DELICIOUS

GRANNY SMITH

MCINTOSH

RED DELICIOUS

SEE ANSWER BELOW



1. _____



2. _____



3. _____



4. _____



5. _____