

SHAC Committee
Magnolia ISD
Minutes- February 4, 2025

The SHAC committee of Magnolia ISD met on February 4, 2025, at 12:30 PM in the Magnolia ISD Event Center, 11659 FM 1488, Magnolia, TX 77354. The meeting was called to order by Sheri Cantu, Co-Chair at 12:34 p.m.

Members present: Sheri Cantu, Sheryl Tamborello, Jenny McCumber, Jennifer Tolbert

Members absent: Natalie Burman, Robi Yeatman

1. Overview and Purpose- The purpose was reviewed by the members.
2. Consider Approval of Minutes- Minutes were approved by Jenny McCumber; seconded by Sheryl Tamborello. Minutes were approved.
3. Child Nutrition Update- see attached pdf.

Meeting was adjourned at 12:47 p.m.



child nutrition fall



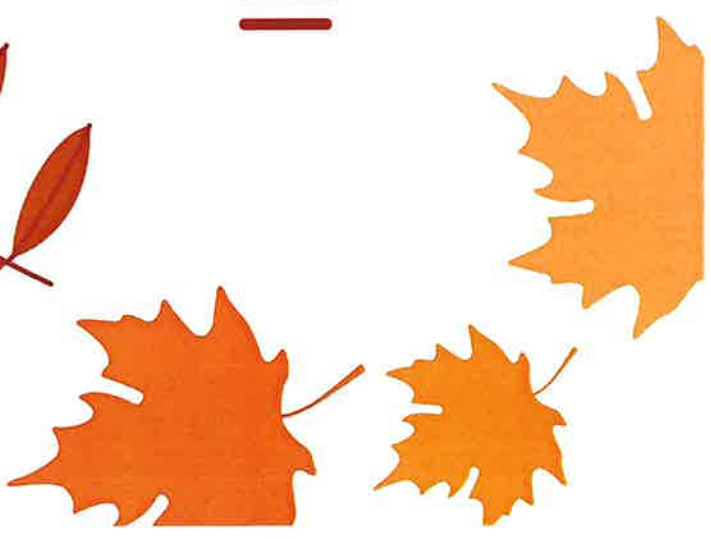
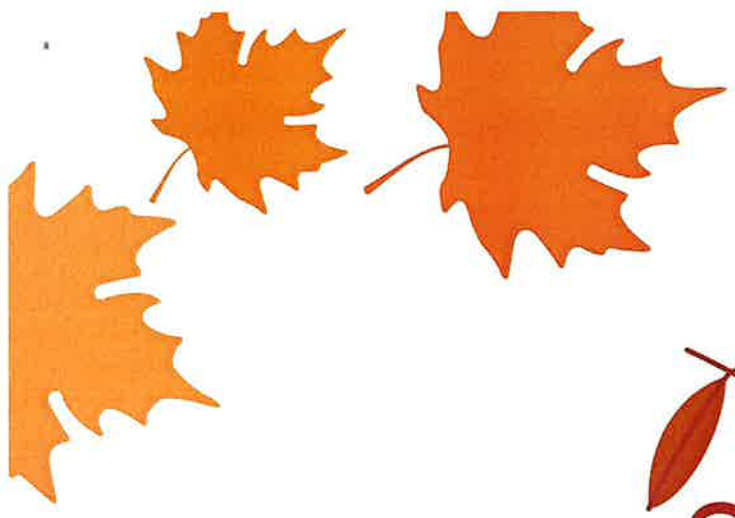
recap



Student Health Advisory Committee

Meeting

January 30, 2025





CHILD NUTRITION



FY 2024 AWARDS



- 2023 Turnip the Beet *Gold Level*
- 2023 USDA Foods Prime Player
- 2023 Farm Fresh *Best of the Bunch*
- 2024 Certificate of Achievement – *Administrative, Financial, and Procurement Review*

UPCOMING FY 2025 AWARDS

- 2024 Turnip the Beet *Potential Gold Level*
- 2024 USDA Foods Prime Player
- 2024 Farm Fresh *Cream of the Crop*
- Healthy Meals Incentives Recognition



PARTICIPATION

- 2024 National School Lunch Week
- 2025 School Breakfast Week



GRANTS

- FY 23 Supply Chain Assistance
- FY 24 Local Foods Grants
- FY 25 Local Foods Grants





FALL 2024

- 2024 National School Lunch Week
- 2024 Farm Fresh *Cream of the Crop*
- Local Food for Schools Grant

OCTOBER 14-18, 2024

2024 National School Lunch Week



Parent/Student Involvement



Nutrition Education and Promotion



SCHOOL LUNCH PIRATES FIND YOUR TREASURE!

NATIONAL SCHOOL LUNCH WEEK
OCTOBER 14-18, 2024 • PARENT FLYER

AHOY, PARENTS!

Get ready to hoist the sails and celebrate National School Lunch Week, October 14-18, 2024. This week-long adventure recognizes the dedicated school nutrition crews serving balanced meals, promoting healthy living, and connecting students to the bounty of Texas agriculture. Texas Agriculture Commissioner Sid Miller and the Texas Department of Agriculture (TDA) will join your child's school nutrition team in celebrating with the theme, "School Lunch Pirates: Find Your Treasure!" Throughout the week, our nutrition crew will conjure delicious and nutritious meals and engage in activities to uncover a hidden trove of healthy eating. You can support National School Lunch Week by encouraging your child to eat a healthy school lunch and participate in the school's swashbuckling activities.

For more information, visit www.SquareMeals.org/NSLW

AHOY



Food and Nutrition Division
www.SquareMeals.org

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Updated 7/30/2024
National School Lunch Program

SCHOOL LUNCH PIRATES

FIND YOUR TREASURE!



NATIONAL SCHOOL LUNCH WEEK • OCTOBER 14–18, 2024

ELEMENTARY

**Served with a variety of milk daily*



MONDAY



- Pirate Ship Hot Dog
- Chick Fil A Slider w/Bosco Stick
- Captain's Toasted Cheese Sandwich

- Potato Wedge Doubloons
- Baked Beans Treasure
- Baby Carrots w/Dip
- Fresh or Chilled Fruit Jewels

TUESDAY



- Pepperoni Pan Pizza
- Domino Cheese Pizza
- Captain's Toasted Cheese Sandwich
- Chef Salad with Ham

- Pirate Potato Smiles
- Green Beans
- Seafarers Garden Salad
- Fresh or Chilled Fruit Jewels

WEDNESDAY



- Bosco Sticks Arrr!
- Chick Fil A Slider w/Bosco Stick
- Captain's Toasted Cheese Sandwich
- Seasoned Fries
- Fresh or Chilled Fruit Jewels

- Green Pea Cannonballs
- Baby Carrots w/Dip
- Jolly Rodger Frozen Crybaby
- Fruit & Yogurt Parfait

THURSDAY



- Gold Breaded Drumsticks
- Wheat Roll
- Chef Salad with Turkey
- Captain's Toasted Cheese Sandwich
- Fresh or Chilled Fruit Jewels

- Mashed Potatoes
- Cream Gravy
- Oven Roasted Squash
- Broccoli w/Dip
- Chocolate Chip Cookies

FRIDAY



- Captain's Toasted Cheese Sandwich
- Deep Sea Taco Salad
- Spanish Rice

- Refried Beans
- Cucumbers w/Dip
- Spanish Rice
- Fresh or Chilled Fruit Jewels



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SCHOOL LUNCH PIRATES

FIND YOUR TREASURE!



NATIONAL SCHOOL LUNCH WEEK • OCTOBER 14-18, 2024

HIGH SCHOOL LINE 1

**Served with a variety of milk daily*



MONDAY



- Pirate Ship Steak Fingers -Wheat Roll
- Chris P Chicken Sandwich
- Chick Fil A Slider w/Jal. Mozz. Bites
- Pepperoni Pizza
- Captain's Toasted Cheese Sandwich
- Turkey & Cheese Wrap Meal
- Curly Fries
- Baby Carrots w/Dip
- Burger Salad Treasure
- Mashed Potatoes

TUESDAY



- Pirate's Choice Frito Pie
- Chick Fil A Slider w/ Jal. Mozz. Bites
- Spicy Chicken Sandwich
- Mega Meat Pizza
- Captain's Toasted Cheese Sandwich
- Chef Salad with Ham Coins
- Seasoned Fries
- Broccoli w/Dip
- Corn on the Cob
- Burger Salad Treasure

WEDNESDAY



- Pirate's Choice Taco Salad
- Spanish Rice
- Chick Fil A Slider w/ Jal. Mozz. Bites
- Pepperoni Pizza
- Cheeseburger
- Captain's Toasted Cheese Sandwich
- Tuna Croissant Meal
- Curly Fries
- Baby Carrots w/Dip
- Jolly Pinto Beans

THURSDAY



- Hot Wings -Wheat Roll
- Chris P Chicken Sandwich -Salad
- Chick Fil A Slider w/ Jal. Mozz. Bites
- Mega Meat Pizza
- Captain's Toasted Cheese Sandwich
- Chef Salad with Turkey Coins
- Seasoned Fries
- Mashed Potatoes
- Sea of Cream Gravy
- Garden Salad Treasure

FRIDAY



- Captain's Toasted Cheese Sandwich
- Tangerine Chicken Fried Rice
- Chicken Vegetable Dumpling
- Pepperoni Pizza
- Chick Fil A Slider w/Jal. Mozz. Bites
- Spicy Chicken Sandwich
- Ham and Cheese Meal
- Baby Carrots w/Dip
- Steamed Broccoli

***Fresh or Chilled Fruit Daily**



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Updated 7/30/2024
Nutrition and Assistance Program

SCHOOL LUNCH PIRATES

FIND YOUR TREASURE!



NATIONAL SCHOOL LUNCH WEEK - OCTOBER 14-18, 2024

HIGH SCHOOL SNACK BAR

**Served with a variety of milk daily*



MONDAY



- Chris P Chicken Sandwich
- Chick Fil A Slider w/Jal. Mozz. Bites
- Pepperoni Pizza
- Turkey & Cheese Wrap Meal
- Captain's Toasted Cheese Sandwich
- Curly Fries
- Baby Carrots w/Dip
- Burger Salad Treasure
- Fresh or Chilled Fruit Jewels

TUESDAY



- Chick Fil A Slider w/ Jal. Mozz. Bites
- Spicy Chicken Sandwich
- Mega Meat Pizza
- Captain's Toasted Cheese Sandwich
- Chef Salad with Ham Coins
- Seasoned Fries
- Broccoli w/Dip
- Burger Salad Treasure
- Fresh or Chilled Fruit Jewels

WEDNESDAY



- Chick Fil A Slider w/ Jal. Mozz. Bites
- Pepperoni Pizza
- Cheeseburger -Burger Salad
- Captain's Toasted Cheese Sandwich
- Tuna Croissant Meal
- Curly Fries
- Baby Carrots w/Dip
- Jolly Pinto Beans
- Fruit & Yogurt Parfait
- Fresh or Chilled Fruit Jewels

THURSDAY



- Chris P Chicken Sandwich -Salad
- Chick Fil A Slider w/ Jal. Mozz. Bites
- Mega Meat Pizza
- Captain's Toasted Cheese Sandwich
- Chef Salad with Turkey Coins
- Seasoned Fries
- Garden Salad Treasure
- Oven Roasted Squash
- Fresh or Chilled Fruit Jewels

FRIDAY



- Captain's Toasted Cheese Sandwich
- Pepperoni Pizza
- Curly Fries
- Baby Carrots w/Dip
- Chick Fil A Slider w/Jal. Mozz. Bites
- Spicy Chicken Sandwich
- Ham and Cheese Meal
- Fresh or Chilled Fruit Jewels



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SCHOOL LUNCH PIRATES

FIND YOUR TREASURE!



NATIONAL SCHOOL LUNCH WEEK • OCTOBER 14-18, 2024

INTERMEDIATE and JUNIOR HIGH

**Served with a variety of milk daily*



MONDAY



- Pirate Ship Tangerine Chicken
- Fried Rice Treasure
- Chick Fil A Slider w/Bosco Stick
- Pepperoni Pizza
- Captain's Toasted Cheese Sandwich

- Chicken Vegetable Dumpling
- Seasoned Fries
- Steamed Broccoli
- Baby Carrots w/Dip

TUESDAY



- Walking Taco
- Chick Fil A Slider w/Bosco Stick
- Bosco Sticks Arrr!
- Cheeseburger
- Captain's Toasted Cheese Sandwich

- Chef Salad with Ham Coins
- Curly Fries
- Jolly Refried Beans
- Burger Salad Treasure

WEDNESDAY



- Bosco Sticks Arrr!
- Chick Fil A Slider w/Bosco Stick
- Taco Salad
- Spanish Rice
- Captain's Toasted Cheese Sandwich

- Fruit & Yogurt Parfait
- Potato Wedges
- Corn on the Cob
- Broccoli w/Dip

THURSDAY



- Gold Chicken Tenders -Wheat Roll
- Spicy Chicken Sandwich
- Chick Fil A Slider w/Bosco Stick
- Chef Salad with Turkey Coins
- Captain's Toasted Cheese Sandwich

- Bosco Sticks Arrr!
- Curly Fries
- Mashed Potatoes
- Sea of Cream Gravy
- Burger Salad Treasure

FRIDAY



- Captain's Toasted Cheese Sandwich
- Steak Fingers
- Wheat Roll
- Pepperoni Pizza
- Domino Cheese Pizza

- Chick Fil A Slider w/Bosco Stick
- Macaroni and Cheese
- Green Beans
- Garden Salad Treasure

**Fresh or Chilled Fruit Jewels Daily*



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Morning Announcements: *Please help us promote National School Lunch Week by adding the following to morning announcements.*

Participation Goal: All schools who show an increase in participation for the week of National School Lunch Week will receive a Cool Tropic Frozen Slush on November 1st!

<p>MONDAY: X MARKS THE SPOT</p>	<p>Embark on a culinary adventure with your friends as you map your journey through the school cafeteria, navigate the lunch line, and discover new foods! Join us this week for chances to win cool prizes on Friday. Every student who buys lunch this week will be entered into a drawing for a bounty of prizes!</p>
<p>TUESDAY: MAKE TODAY A TRY-DAY</p>	<p>Embark on a journey to a paradise brimming with fruits and vegetables fit for a pirate known across the seven seas! Expand your taste buds and dare to take a bite out of fresh produce you have not yet tried! Try our Seafarer's Garden Salad featuring local Kalera Lettuce and locally sourced tomatoes. CHOOSE A STICKER FOR BUYING LUNCH!</p>
<p>WEDNESDAY: A LUNCH FIT FOR A CAPTAIN'S CREW</p>	<p>Join forces with your crew and enjoy a lunch fit for a captain! Wear matching shirts with your friends and sit together during lunch to show off your spirit! GRAB A COLOR SHEET!</p>
<p>THURSDAY: TREASURE TROVE OF FLAVOR</p>	<p>Continue your journey to paradise and dare to try our Oven Roasted Squash! STUDENTS WHO CHOOSE OVEN ROASTED SQUASH WILL RECEIVE A STICKER!</p>
<p>FRIDAY: DRESS LIKE A BUCCANEER</p>	<p>Arrrrr you ready to showcase your school spirit? Wear your favorite pirate attire to school! Show off your favorite pair of boots, striped or white shirts, black pants, eyepatch, pirate hat, bandana, etc. Tag any shared pictures with #TXNSLW #NSLW24 LOOK FOR YOUR NAME DURING LUNCH TO SEE IF YOU ARE ONE OF OUR WINNERS!</p>



CONGRATULATIONS!

PARTICIPATION GOAL:

The following schools increased the number of participation during **NATIONAL SCHOOL LUNCH WEEK!**

On November 1st students will receive a Cool Tropic Slush!

Audubon Elementary	Magnolia Elementary
Bear Branch Elementary	Magnolia Parkway Elementary
Bear Branch Intermediate	Nichols Sawmill Elementary School
Cedric C. Smith Elementary	Tom E. Ellisor Elementary
J.L. Lyon Elementary	Willie E. Williams Elementary



Made with 100% fruit juice



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Educational Posters

Highland Dairy Foods posters promote healthy living.

Drink more milk!



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EDUCATIONAL POSTERS

- ▶ **Dig In Posters** provided by **TEAM NUTRITION** for healthy eating habits.



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SCHOOL LUNCH PIRATES
FIND YOUR TREASURE!

NATIONAL SCHOOL LUNCH WEEK
OCTOBER 14-18, 2024

ACTIVITY BOOK



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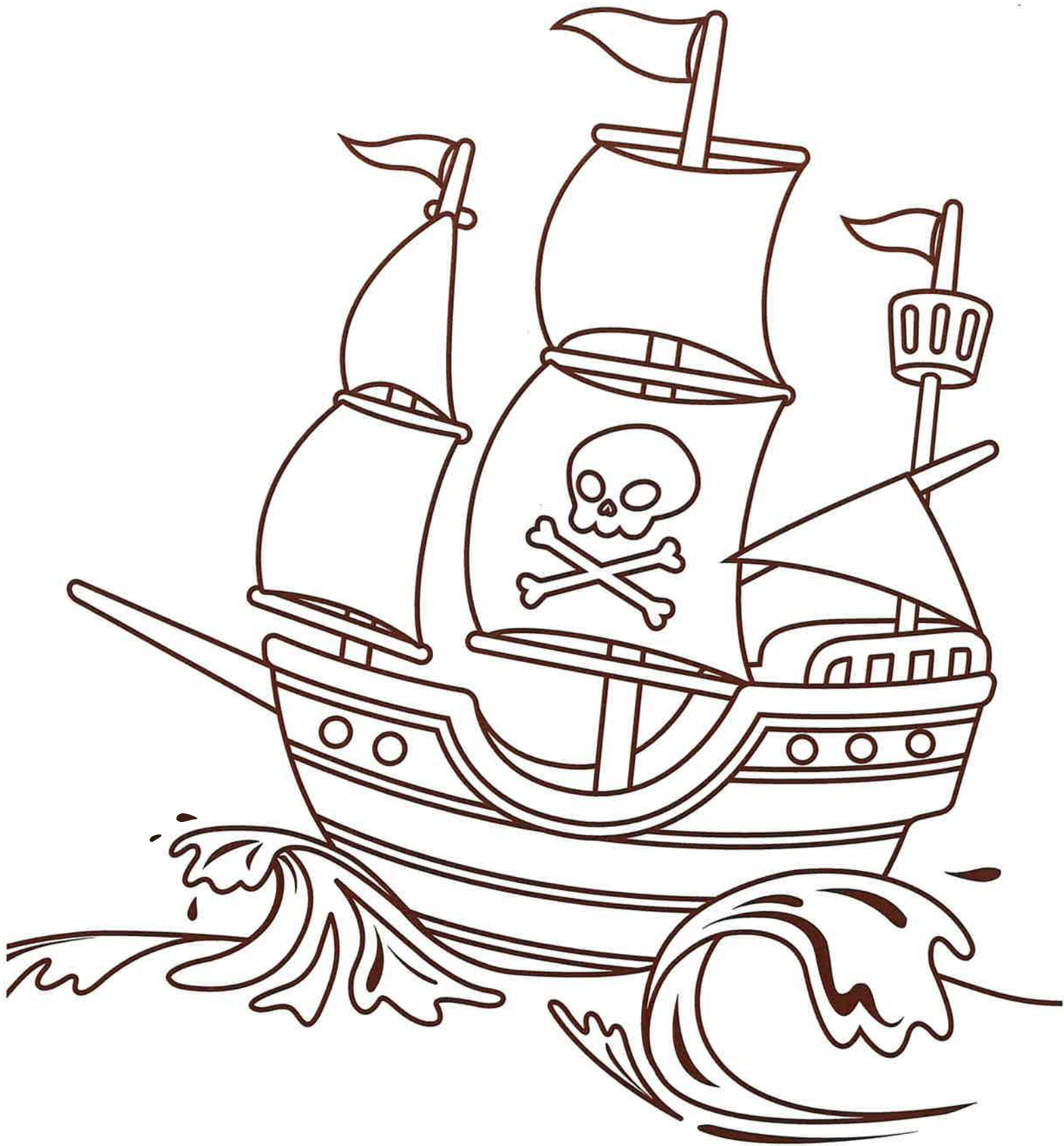
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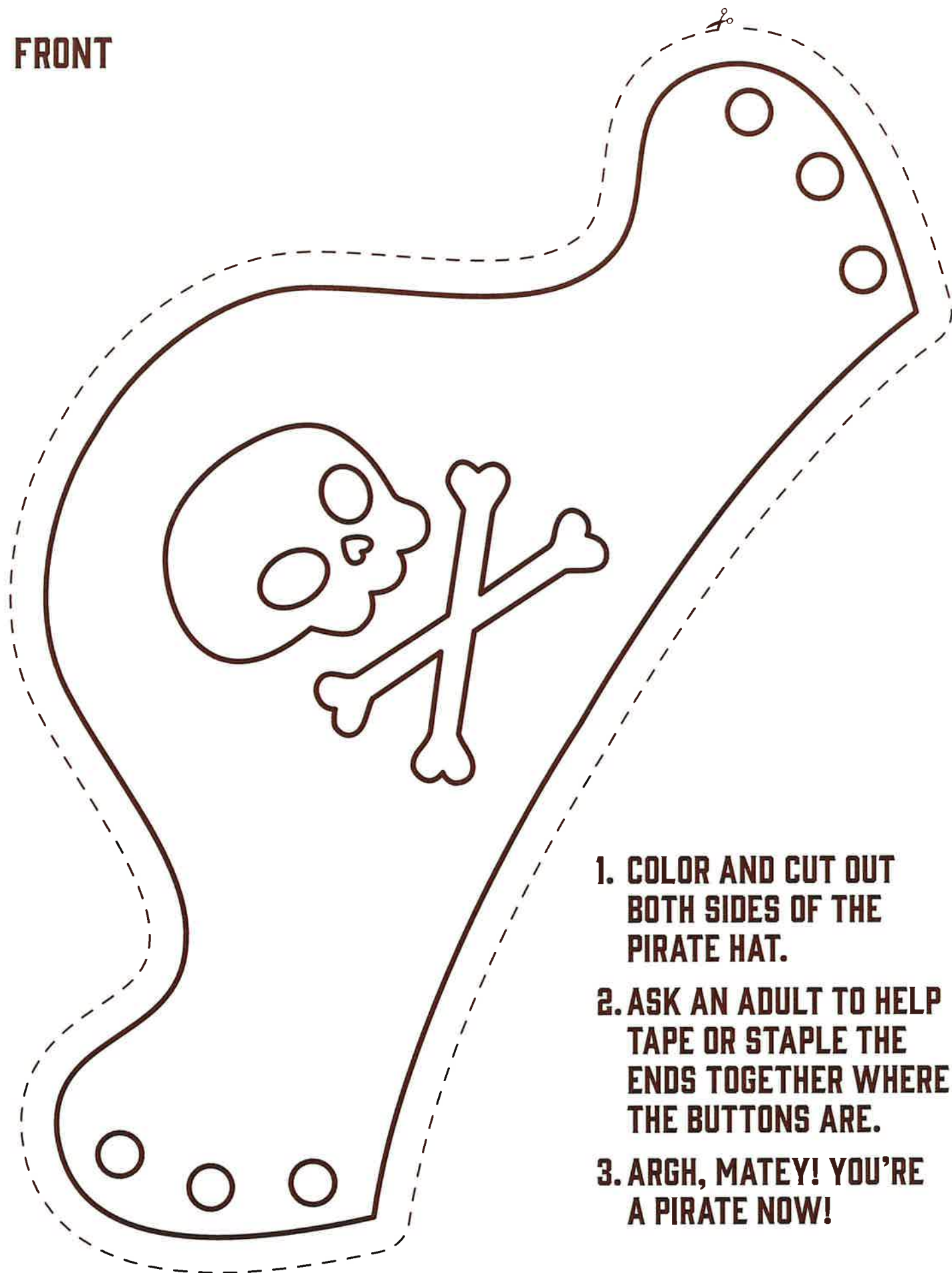


Updated 7/30/2024
National School Lunch Program



**AHOY! COLOR IN THE PIRATE SHIP THAT
WILL CARRY YOU ON YOUR ADVENTURES.**

FRONT






- 1. COLOR AND CUT OUT BOTH SIDES OF THE PIRATE HAT.**
- 2. ASK AN ADULT TO HELP TAPE OR STAPLE THE ENDS TOGETHER WHERE THE BUTTONS ARE.**
- 3. ARGH, MATEY! YOU'RE A PIRATE NOW!**

OCTOBER 2024



2024 Farm Fresh Cream of the Crop Award

-  Parent/Student Involvement
-  Nutrition Education and Promotion
-  Local Products

Complete the Challenge

Eat Local. Teach Local. Be Social.

Eat Local

Beginner Tier: Prime Participant

What to Serve: 3 local foods, representing 3 different meal components

How Often: once for the entire month

Intermediate Tier: Best of the Bunch

What to serve: 3 different local foods, representing 3 different meal components

How Often: each week of the challenge

***NEW* Expert Tier: Cream of the Crop**

What to serve: 6 different local foods, representing 3 different meal components

How Often: a minimum of two products served each week of the challenge

Teach Local

Beginner/Intermediate

Tiers: Host at least one educational activity during each full week of the challenge

Expert Tier: Same frequency of educational activities, but must meet additional requirements for two weeks

Be Social – use tags [#FarmFreshTexas](#) or [#FarmFreshChallenge](#)

Beginner/Intermediate

Tiers: Share at least one social media post during the challenge

Post: Facebook, Instagram, and/or X for the largest audience

Expert Tier: Share at least two social media posts during the challenge

Post: Facebook, Instagram, and/or X for the largest audience

Elementary Lunch Menu

OCTOBER 2024


	Tue 1	Wed 2	Thu 3	Fri 4
<p>The Farm Fresh Challenge takes place every October to celebrate local foods in school meals</p> <p>National School Lunch Week The National School Lunch Program serves nearly 30 million children every school day. President John F. Kennedy created National School Lunch Week in 1962 to promote the importance of a healthy school lunch in a child's life and the impact it has inside and outside of the classroom. #NSLW24 will be celebrated October 14-18, 2024.</p>	<p>Pepperoni Pan Pizza Domino Cheese Pizza Toasted Cheese Sandwich Chef Salad with Ham Choice of Milk Fresh or Chilled Fruit Potato Smiles Green Beans 🌱 Garden Salad</p>	<p>Bosco Sticks Chick Fil A Slider w/Bosco Stick Toasted Cheese Sandwich Cool Tropics Slush Fruit & Yogurt Parfait (Not available for Pre-K) Choice of Milk Fresh or Chilled Fruit Seasoned Fries Steamed Broccoli Baby Carrots w/Dip</p>	<p>Popcorn Chicken Chef Salad with Turkey Toasted Cheese Sandwich Wheat Roll Sugar Cookies Choice of Milk Fresh or Chilled Fruit 🌱 Cream Gravy Mashed Potatoes Pinto Beans Broccoli w/Dip</p>	<p>Breakfast for Lunch: Eggs Sausage & French Toast Toasted Cheese Sandwich Choice of Milk Fresh or Chilled Fruit Potato Wedges Seasoned Carrots Cucumbers w/Dip</p>
Mon 7	Tue 8	Wed 9	Thu 10	Fri 11
No Information Provided	No Information Provided	No Information Provided	No Information Provided	No Information Provided
Mon 14	Tue 15	Wed 16	Thu 17	Fri 18
<p>Hot Dog Chick Fil A Slider w/Bosco Stick Toasted Cheese Sandwich Choice of Milk Fresh or Chilled Fruit Potato Wedges Baked Beans Baby Carrots w/Dip</p>	<p>Pepperoni Pan Pizza Domino Cheese Pizza Toasted Cheese Sandwich Chef Salad with Ham Choice of Milk Fresh or Chilled Fruit Farm Fresh Garden Salad 🌱 Potato Smiles Green Beans</p>	<p>Bosco Sticks Chick Fil A Slider w/Bosco Stick Toasted Cheese Sandwich Crybaby Fruit & Yogurt Parfait (Not available for Pre-K) Choice of Milk Fresh or Chilled Fruit Seasoned Fries Green Peas Baby Carrots w/Dip</p>	<p>Breaded Drumsticks Chef Salad with Turkey Toasted Cheese Sandwich Wheat Roll Chocolate Chip Cookies Choice of Milk Fresh or Chilled Fruit Cream Gravy Mashed Potatoes Oven Roasted Squash 🌱 Broccoli w/Dip</p>	<p>Taco Salad Toasted Cheese Sandwich Spanish Rice Choice of Milk Fresh or Chilled Fruit Refried Beans Cucumbers w/Dip</p>
Mon 21	Tue 22	Wed 23	Thu 24	Fri 25
<p>Cheeseburger Chick Fil A Slider w/Bosco Stick Toasted Cheese Sandwich Choice of Milk Fresh or Chilled Fruit Potato Wedges Seasoned Corn Burger Salad</p>	<p>Pepperoni Pan Pizza Domino Cheese Pizza Toasted Cheese Sandwich Chef Salad with Ham Choice of Milk Fresh or Chilled Fruit Potato Smiles Green Beans Garden Salad 🌱</p>	<p>Bosco Sticks Chick Fil A Slider w/Bosco Stick Toasted Cheese Sandwich Cool Tropics Slush Fruit & Yogurt Parfait (Not available for Pre-K) Choice of Milk Fresh or Chilled Fruit Seasoned Fries Steamed Broccoli Baby Carrots w/Dip</p>	<p>Popcorn Chicken Chef Salad with Turkey Toasted Cheese Sandwich Wheat Roll Sugar Cookies Choice of Milk Fresh or Chilled Fruit Cream Gravy Mashed Potatoes Oven Roasted Squash 🌱 Broccoli w/Dip</p>	<p>Corn Dog Toasted Cheese Sandwich Macaroni and Cheese Choice of Milk Fresh or Chilled Fruit Pinto Beans Cucumbers w/Dip</p>
Mon 28	Tue 29	Wed 30	Thu 31	
<p>Hot Dog Chick Fil A Slider w/Bosco Stick Toasted Cheese Sandwich Choice of Milk Fresh or Chilled Fruit Potato Wedges Baked Beans</p>	<p>Pepperoni Pan Pizza Domino Cheese Pizza Toasted Cheese Sandwich Chef Salad with Ham Choice of Milk Fresh or Chilled Fruit Potato Smiles Green Beans Garden Salad 🌱</p>	<p>Bosco Sticks Chick Fil A Slider w/Bosco Stick Toasted Cheese Sandwich Crybaby Fruit & Yogurt Parfait (Not available for Pre-K) Choice of Milk Fresh or Chilled Fruit Seasoned Fries Green Peas</p>	<p>Breaded Drumsticks Chef Salad with Turkey Toasted Cheese Sandwich Wheat Roll Chocolate Chip Cookies Choice of Milk Fresh or Chilled Fruit Cream Gravy Mashed Potatoes Oven Roasted Squash 🌱 Broccoli w/Dip</p>	<p>Local Texas Products Milk: 1% Unflavored White Milk Fat Free Chocolate Milk Fruits: Apples Oranges Watermelon Vegetables: Farm Fresh Garden Salad Oven Roasted Squash</p>



Choice of Fruit (Varies) Applesauce - Cinnamon Apples - Mixed Fruit - Peaches - Pears - Apples - Clementine Oranges - Grapefruit - Oranges - Fresh Peaches - Fresh Pears - Fresh Strawberries Watermelon - Applesauce Cup - Apricot Cups - Mixed Berry Cup - Peach Cup - Strawberry Cup Cranberries - Raisins
Choice of Milk (Pre-K 1% White Only) 1% Unflavored White Milk - Fat Free Chocolate Milk
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Intermediate/Jr High Lunch Menu


OCTOBER 2024

	Tue 1	Wed 2	Thu 3	Fri 4
<p>The Farm Fresh Challenge takes place every October to celebrate local foods in school meals.</p> <p>National School Lunch Week The National School Lunch Program serves nearly 30 million children every school day. President John F. Kennedy created National School Lunch Week in 1962 to promote the importance of a healthy school lunch in a child's life and the impact it has inside and outside of the classroom. #NSLW24 will be celebrated October 14-18, 2024.</p>	<p>Frito Pie Chick Fil A Slider w/Bosco Stick Bosco Sticks Chris P Chicken Sandwich Chef Salad with Ham Toasted Cheese Sandwich Fresh or Chilled Fruit 🌿 Choice of Milk Curly Fries Seasoned Corn Burger Salad</p>	<p>Breakfast for Lunch: Eggs Sausage & French Toast Pepperoni Pizza Toasted Cheese Sandwich Chick Fil A Slider w/Bosco Stick Fruit & Yogurt Parfait (Not available for Pre-K) Fresh or Chilled Fruit Choice of Milk Potato Wedges Baked Beans Broccoli w/Dip</p>	<p>Hot Wings Chick Fil A Slider w/Bosco Stick Bosco Sticks Spicy Chicken Sandwich Chef Salad with Turkey Toasted Cheese Sandwich Wheat Roll Fresh or Chilled Fruit Choice of Milk 🌿 Cream Gravy Curly Fries Mashed Potatoes Green Peas Burger Salad</p>	<p>Popcorn Chicken Chick Fil A Slider w/Bosco Stick Pepperoni Pizza Domino Cheese Pizza Toasted Cheese Sandwich Wheat Roll Fresh or Chilled Fruit Choice of Milk Seasoned Fries Seasoned Carrots Cucumbers w/Dip</p>
Mon 7	Tue 8	Wed 9	Thu 10	Fri 11
No Information Provided	No Information Provided	No Information Provided	No Information Provided	No Information Provided
Mon 14	Tue 15	Wed 16	Thu 17	Fri 18
<p>Tangerine Chicken Chick Fil A Slider w/Bosco Stick Pepperoni Pizza Toasted Cheese Sandwich Fried Rice Chicken Vegetable Dumpling Fresh or Chilled Fruit Choice of Milk Seasoned Fries Steamed Broccoli Baby Carrots w/Dip</p>	<p>Walking Taco Chick Fil A Slider w/Bosco Stick Bosco Sticks Cheeseburger Chef Salad with Ham Toasted Cheese Sandwich Fresh or Chilled Fruit Choice of Milk Curly Fries Refried Beans Burger Salad</p>	<p>Taco Salad Chick Fil A Slider w/Bosco Stick Pepperoni Pizza Toasted Cheese Sandwich Fruit & Yogurt Parfait (Not available for Pre-K) Spanish Rice Fresh or Chilled Fruit Choice of Milk Potato Wedges Corn on the Cob Broccoli w/Dip</p>	<p>Chicken Tenders Chick Fil A Slider w/Bosco Stick Bosco Sticks Spicy Chicken Sandwich Chef Salad with Turkey Toasted Cheese Sandwich Wheat Roll Fresh or Chilled Fruit Choice of Milk Cream Gravy Curly Fries Mashed Potatoes 🌿 Oven Roasted Squash Burger Salad</p>	<p>Steak Fingers Chick Fil A Slider w/Bosco Stick Pepperoni Pizza Domino Cheese Pizza Toasted Cheese Sandwich Wheat Roll Macaroni and Cheese Fresh or Chilled Fruit Choice of Milk Farm Fresh Garden Salad 🌿 Seasoned Fries Green Beans</p>
Mon 21	Tue 22	Wed 23	Thu 24	Fri 25
<p>Gen Tso Chicken Pepperoni Pizza Chick Fil A Slider w/Bosco Stick Toasted Cheese Sandwich Chicken Vegetable Dumpling Fried Rice Fresh or Chilled Fruit Choice of Milk Seasoned Fries Steamed Broccoli Baby Carrots w/Dip</p>	<p>Frito Pie Chick Fil A Slider w/Bosco Stick Bosco Sticks Chris P Chicken Sandwich Chef Salad with Ham Toasted Cheese Sandwich Fresh or Chilled Fruit Choice of Milk 🌿 Curly Fries Seasoned Corn Burger Salad</p>	<p>Beef & Cheese Taco Crisp-Ups Pepperoni Pizza Toasted Cheese Sandwich Chick Fil A Slider w/Bosco Stick Fruit & Yogurt Parfait (Not available for Pre-K) Fresh or Chilled Fruit Choice of Milk Potato Wedges Refried Beans Broccoli w/Dip</p>	<p>Hot Wings Chick Fil A Slider w/Bosco Stick Bosco Sticks Spicy Chicken Sandwich Chef Salad with Turkey Toasted Cheese Sandwich Wheat Roll Fresh or Chilled Fruit Choice of Milk Cream Gravy Curly Fries Mashed Potatoes 🌿 Oven Roasted Squash Burger Salad</p>	<p>Popcorn Chicken Chick Fil A Slider w/Bosco Stick Pepperoni Pizza Domino Cheese Pizza Toasted Cheese Sandwich Wheat Roll Fresh or Chilled Fruit Choice of Milk Seasoned Fries Seasoned Carrots Cucumbers w/Dip</p>
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Choice of Fruit (Varies) Applesauce - Cinnamon Apples - Mixed Fruit - Peaches - Pears - Apples - Clementine Oranges - Grapefruit - Oranges - Fresh Peaches - Fresh Strawberries Watermelon - Applesauce Cup - Apricot Cups - Mixed Berry Cup - Peach Cup - Strawberry Cup Cranberries - Raisins
Choice of Milk (Pre-K 1% White Only) 1% Unflavored White Milk - Fat Free Chocolate Milk
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High School Lunch Menu

OCTOBER 2024

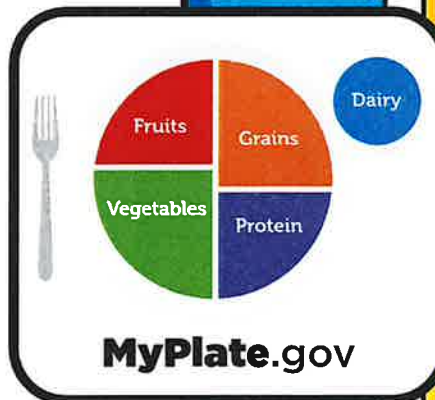
	Tue 1	Wed 2	Thu 3	Fri 4
<p>The Farm Fresh Challenge takes place every October to celebrate local foods in school meals.</p> <p>National School Lunch Week The National School Lunch Program serves nearly 30 million children every school day. President John F. Kennedy created National School Lunch Week in 1962 to promote the importance of a healthy school lunch in a child's life and the impact it has inside and outside of the classroom. #NSLW24 will be celebrated October 14-18, 2024.</p>	<p>Walking Taco</p> <p>Chick Fil A Slider/Jalapeno Mozzarella Bites Spicy Chicken Sandwich Mega Meat Pizza</p> <p>Chef Salad with Ham Toasted Cheese Sandwich</p> <p>Spanish Rice Seasoned Fries</p> <p>Refried Beans Broccoli w/Dip</p> <p>Burger Salad</p> <p>Fresh or Chilled Fruit</p> <p>Choice of Milk</p>	<p>Breakfast for Lunch: Eggs Sausage & French Toast</p> <p>Chick Fil A Slider/Jalapeno Mozzarella Bites Cheeseburger</p> <p>Pepperoni Pizza</p> <p>Tuna Croissant Meal</p> <p>Toasted Cheese Sandwich</p> <p>Curly Fries</p> <p>Baked Beans</p> <p>Baby Carrots w/Dip</p> <p>Burger Salad</p> <p>Fruit & Yogurt Parfait (Not available for Pre-K)</p> <p>Fresh or Chilled Fruit</p> <p>Choice of Milk</p>	<p>Popcorn Chicken</p> <p>Wheat Roll</p> <p>Chick Fil A Slider/Jalapeno Mozzarella Bites Chris P Chicken Sandwich Mega Meat Pizza</p> <p>Chef salad w/ turkey Toasted Cheese Sandwich</p> <p>Mashed Potatoes</p> <p>Cream Gravy Seasoned Fries</p> <p>Mixed Vegetables</p> <p>Cucumbers w/Dip</p> <p>Burger Salad</p> <p>Fresh or Chilled Fruit</p> <p>Choice of Milk</p>	<p>Gen Tso Chicken</p> <p>Fried Rice</p> <p>Chicken Vegetable Dumpling</p> <p>Chick Fil A Slider/Jalapeno Mozzarella Bites Spicy Chicken Sandwich Pepperoni Pizza</p> <p>Ham & Cheese Meal</p> <p>Toasted Cheese Sandwich</p> <p>Curly Fries</p> <p>Steamed Broccoli</p> <p>Baby Carrots w/Dip</p> <p>Burger Salad</p> <p>Fresh or Chilled Fruit</p> <p>Choice of Milk</p>
Mon 7	Tue 8	Wed 9	Thu 10	Fri 11
No Information Provided	No Information Provided	No Information Provided	No Information Provided	No Information Provided
Mon 14	Tue 15	Wed 16	Thu 17	Fri 18
<p>Steak Fingers</p> <p>Wheat Roll</p> <p>Chick Fil A Slider/Jalapeno Mozzarella Bites Chris P Chicken Sandwich Pepperoni Pizza</p> <p>Turkey & Cheese Wrap Meal</p> <p>Toasted Cheese Sandwich</p> <p>Mashed Potatoes</p> <p>Cream Gravy</p> <p>Green Beans</p> <p>Curly Fries</p> <p>Baby Carrots w/Dip</p> <p>Burger Salad</p> <p>Fresh or Chilled Fruit</p> <p>Choice of Milk</p>	<p>Frito Pie</p> <p>Chick Fil A Slider/Jalapeno Mozzarella Bites Spicy Chicken Sandwich Mega Meat Pizza</p> <p>Chef Salad with Ham Toasted Cheese Sandwich</p> <p>Seasoned Fries</p> <p>Corn on the Cob</p> <p>Broccoli w/Dip</p> <p>Burger Salad</p> <p>Fresh or Chilled Fruit</p> <p>Choice of Milk</p>	<p>Taco Salad</p> <p>Chick Fil A Slider/Jalapeno Mozzarella Bites Cheeseburger</p> <p>Pepperoni Pizza</p> <p>Tuna Croissant Meal</p> <p>Toasted Cheese Sandwich</p> <p>Spanish Rice</p> <p>Curly Fries</p> <p>Pinto Beans</p> <p>Baby Carrots w/Dip</p> <p>Burger Salad</p> <p>Fruit & Yogurt Parfait (Not available for Pre-K)</p> <p>Fresh or Chilled Fruit</p> <p>Choice of Milk</p>	<p>Hot Wings</p> <p>Wheat Roll</p> <p>Chick Fil A Slider/Jalapeno Mozzarella Bites Chris P Chicken Sandwich Mega Meat Pizza</p> <p>Chef salad w/ turkey Toasted Cheese Sandwich</p> <p>Mashed Potatoes</p> <p>Cream Gravy</p> <p>Seasoned Fries</p> <p>Oven Roasted Squash</p> <p>Farm Fresh Garden Salad</p> <p>Burger Salad</p> <p>Fresh or Chilled Fruit</p> <p>Choice of Milk</p>	<p>Tangerine Chicken</p> <p>Fried Rice</p> <p>Chicken Vegetable Dumpling</p> <p>Chick Fil A Slider/Jalapeno Mozzarella Bites Spicy Chicken Sandwich Pepperoni Pizza</p> <p>Ham & Cheese Meal</p> <p>Toasted Cheese Sandwich</p> <p>Curly Fries</p> <p>Steamed Broccoli</p> <p>Baby Carrots w/Dip</p> <p>Burger Salad</p> <p>Fresh or Chilled Fruit</p> <p>Choice of Milk</p>
Mon 21	Tue 22	Wed 23	Thu 24	Fri 25
<p>Chicken Tenders</p> <p>Waffles</p> <p>Chick Fil A Slider/Jalapeno Mozzarella Bites Chris P Chicken Sandwich Pepperoni Pizza</p> <p>Turkey & Cheese Wrap Meal</p> <p>Toasted Cheese Sandwich</p> <p>Curly Fries</p> <p>Seasoned Corn</p> <p>Baby Carrots w/Dip</p> <p>Burger Salad</p> <p>Fresh or Chilled Fruit</p> <p>Choice of Milk</p>	<p>Walking Taco</p> <p>Chick Fil A Slider/Jalapeno Mozzarella Bites Spicy Chicken Sandwich Mega Meat Pizza</p> <p>Chef Salad with Ham Toasted Cheese Sandwich</p> <p>Spanish Rice</p> <p>Seasoned Fries</p> <p>Farm Fresh Garden Salad</p> <p>Burger Salad</p> <p>Fresh or Chilled Fruit</p> <p>Choice of Milk</p>	<p>Beef & Cheese Taco Crisp-Ups</p> <p>Chick Fil A Slider/Jalapeno Mozzarella Bites Cheeseburger</p> <p>Pepperoni Pizza</p> <p>Tuna Croissant Meal</p> <p>Toasted Cheese Sandwich</p> <p>Curly Fries</p> <p>Refried Beans</p> <p>Burger Salad</p> <p>Broccoli w/Dip</p> <p>Fruit & Yogurt Parfait (Not available for Pre-K)</p> <p>Fresh or Chilled Fruit</p> <p>Choice of Milk</p>	<p>Popcorn Chicken</p> <p>Wheat Roll</p> <p>Chick Fil A Slider/Jalapeno Mozzarella Bites Chris P Chicken Sandwich Mega Meat Pizza</p> <p>Chef salad w/ turkey Toasted Cheese Sandwich</p> <p>Mashed Potatoes</p> <p>Cream Gravy</p> <p>Seasoned Fries</p> <p>Oven Roasted Squash</p> <p>Cucumbers w/Dip</p> <p>Burger Salad</p> <p>Fresh or Chilled Fruit</p> <p>Choice of Milk</p>	<p>Gen Tso Chicken</p> <p>Fried Rice</p> <p>Chicken Vegetable Dumpling</p> <p>Chick Fil A Slider/Jalapeno Mozzarella Bites Spicy Chicken Sandwich Pepperoni Pizza</p> <p>Ham & Cheese Meal</p> <p>Toasted Cheese Sandwich</p> <p>Steamed Broccoli</p> <p>Curly Fries</p> <p>Baby Carrots w/Dip</p> <p>Burger Salad</p> <p>Fresh or Chilled Fruit</p> <p>Choice of Milk</p>
Mon 28	Tue 29	Wed 30	Thu 31	
<p>Steak Fingers</p> <p>Wheat Roll</p> <p>Chick Fil A Slider/Jalapeno Mozzarella Bites Chris P Chicken Sandwich Pepperoni Pizza</p> <p>Turkey & Cheese Wrap Meal</p> <p>Toasted Cheese Sandwich</p> <p>Mashed Potatoes</p> <p>Cream Gravy</p> <p>Green Beans</p> <p>Curly Fries</p> <p>Baby Carrots w/Dip</p> <p>Burger Salad</p> <p>Fresh or Chilled Fruit</p> <p>Choice of Milk</p>	<p>Frito Pie</p> <p>Chick Fil A Slider/Jalapeno Mozzarella Bites Spicy Chicken Sandwich</p> <p>Mega Meat Pizza</p> <p>Chef Salad with Ham</p> <p>Toasted Cheese Sandwich</p> <p>Corn on the Cob</p> <p>Seasoned Fries</p> <p>Farm Fresh Garden Salad</p> <p>Burger Salad</p> <p>Fresh or Chilled Fruit</p> <p>Choice of Milk</p>	<p>Taco Salad</p> <p>Chick Fil A Slider/Jalapeno Mozzarella Bites Pepperoni Pizza</p> <p>Cheeseburger</p> <p>Tuna Croissant Meal</p> <p>Toasted Cheese Sandwich</p> <p>Spanish Rice</p> <p>Pinto Beans</p> <p>Curly Fries</p> <p>Burger Salad</p> <p>Broccoli w/Dip</p> <p>Fruit & Yogurt Parfait (Not available for Pre-K)</p> <p>Fresh or Chilled Fruit</p> <p>Choice of Milk</p>	<p>Hot Wings</p> <p>Wheat Roll</p> <p>Chick Fil A Slider/Jalapeno Mozzarella Bites Chris P Chicken Sandwich Mega Meat Pizza</p> <p>Chef salad w/ turkey Toasted Cheese Sandwich</p> <p>Mashed Potatoes</p> <p>Cream Gravy</p> <p>Oven Roasted Squash</p> <p>Seasoned Fries</p> <p>Cucumbers w/Dip</p> <p>Burger Salad</p> <p>Fresh or Chilled Fruit</p> <p>Choice of Milk</p>	 <p>Local Texas Products Milk: 1% Unflavored White Milk Fat Free Chocolate Milk Fruits: Apples Oranges Watermelon Vegetables: Farm Fresh Garden Salad Oven Roasted Squash</p>

STRONGER WITH SCHOOL MEALS!

Making healthy food choices can help you:

- Stay well
- Play hard
- Learn
- Grow strong

Choose foods from each of the five MyPlate food groups to get the nutrition you need.




























Don't forget to wash your hands before eating!



School Meal Bingo

Mark a square each time you try a food at school lunch or breakfast. If you have an allergy or do not eat one of these foods for religious reasons, write in a different food for that square.



 Milk or Soy Milk	 Tortilla	 Egg	 Pear	 Sweet Potato
 Broccoli	 Tomato	 Apple	 Sunflower Seed / Soy Nut Butter	 Bread
 Fish	 Jicama or Celery	 Cheese	 Orange	 Cauliflower
 Beans	 Peaches	 Carrot	 White Potato	 Green Beans
 Noodles	 Hamburger or Veggie Burger	 Yogurt	 Salad	 Corn

Did you know?

Beef Shepard's Pie was the United States Department of Agriculture's most downloaded school meal recipe in School Year 2020-2021. What's your favorite?





MYPLATE GROCERY STORE BINGO

Circle foods you see in the grocery store. If you find 5 in a row, yell MyPlate Bingo!

Fruits 	Vegetables 	Grains 	Protein 	Dairy 
Apple 	Avocado 	Bread 	Beans 	Milk 
Blueberries 	Broccoli 	Cereal 	Chicken 	Cottage Cheese 
Cantaloupe 	Corn 	Free Space 	Eggs 	Soy Milk 
Grapes 	Sweet Potato 	Popcorn 	Peanut Butter 	Cheese 
Orange 	Tomatoes 	Rice 	Tuna Fish 	Yogurt 

ChooseMyPlate.gov/Families



The Fredericksburg Peach Co. – Frank Davis – Since 1984



A Little Taste of Texas Delivers a Great Taste of Success

When you bite into your first Texas Hill Country peach this summer, the name Frank Davis is not likely to be on your mind. But, it probably should be. That's because Davis is responsible for marketing the vast majority — 90 percent or more — of Fredericksburg, and Texas peaches in general, to grocers such as Kroger and Whole Foods across Texas. And the 30 growers who rely on his Fredericksburg Peach Co to market their crops wouldn't have it any other way.

New Approach to Marketing

Local growers began to take note of Davis' marketing success. While they relied on the co-op selling mainly to the San Antonio market, Davis was steadily reaching out to markets in Austin, Houston, Dallas, and other areas throughout the state. One by one, Central Texas Growers began approaching Davis to market their products, and in 1984, The Fredericksburg Peach Company was born. "The growers I now represent are now some of my dearest friends, and we all work together to promote Local Texas Grown fruits and vegetables".

Business on a Hand Shake

In the current business environment of contract negotiation and litigation, doing business on a handshake is almost a thing of the past. But that's precisely how Davis chooses to operate. "There are no contracts, these are all friendships built over the past 35 years," says Davis, who has established a reputation for honesty and integrity among both growers and buyers. "Texas farmers are the hardest working people I have ever met in my life," says Davis. "I see all the adversity they have to face on a daily basis ... weather, the rising costs of fuel, fertilizers, etc., ... and they just keep battling. I am proud to market their product." Texas consumers want more locally grown, better-tasting produce, he contends. The crowds at farmers markets and grocery stores which carry large quantities of Texas-grown produce, make that evident. "The produce buyers at the grocery store chains in Texas know what their customers want, and I can honestly say every one of the buyers I deal with really wants to support Texas agriculture," Davis says.

Diversifying Into Other Crops & Food Safety

Diversifying The Fredericksburg Peach Company, in fact, has grown to become the largest yellow squash and zucchini shipper in the state, in large part due to Davis' insistence on quality and branding. "To create the same romance for squash and these other products, we started branding everything 'Texas Home Grown,'" he says.

In addition, Certified Organic Produce holds great promise, he believes. "Organics are the No. 1 thing we are focusing on right now," he says. Frank Davis acquired a 500 acre farm in Pleasanton, TX in 2009 and now is the largest Texas Grower of Organic Strawberries, along with, Yellow Squash, Zucchini, Calabacita, Tomatoes, Okra, Cucumbers and other organic and conventionally grown produce during the summer months. During the Fall and Winter months, The Fredericksburg Peach Co grows and distributes Romaine, Green Leaf, Red Leaf, Kales, Broccoli, Cabbages, Cilantro, Chards, Greens and other produce. Almost 100 acres of the family farm are Certified Organic. Davis also prides himself of Cleanliness and Food Safety, and has Certified 3rd Party Audits performed annually.



oranges

FIVE INTERESTING FACTS



ORANGE TREE

The height of an orange tree can range from 16 to 50 feet. Oranges can grow on shrubs or dwarf trees. These trees produce beautiful white-colored flowers with a lovely fragrance.

1

2

COLOR ORANGE

Orange, the fruit, came before orange, the color. The color orange came about 200 years later than the fruit. It was referred to as 'red-yellow' or 'yellow-red' before. The color was called orange for the first time in 1502.



WATER FOR GROWTH

Growing oranges requires a lot of water! It takes almost 40 gallons of water to produce a single orange. That's equal to about 50 glasses of water. Soak that information in!

3

ORANGE PEEL

The orange peel has various benefits. Gardeners utilize the peel to sprinkle over vegetables to repel slugs. It can also be dried and treated with sugar as an ingredient in cakes.

4

5



VITAMIN C

Oranges contain more Vitamin C than any other fruit. Almost 88% of an orange is just Vitamin C! Vitamin C is essential for our body to grow, heal wounds, and fight infections. Thus, we should include oranges in our daily diet.

OVEN ROASTED SQUASH



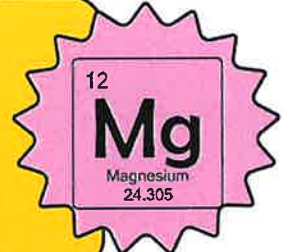
TRY IT ON THURSDAYS!

Locally Grown in Texas



RICH IN NUTRIENTS

Vitamins: A, C, Magnesium, Potassium, Folate, B6



HEART HEALTH

Fiber, Potassium, Magnesium, and Vitamin K

SKIN HEALTH

Vitamins that prevent sun damage & dehydration



BENEFITS OF CUCUMBER WATER



1

KEEPS YOU HYDRATED

Aim to drink 6-8 glasses of water a day. Adding cucumbers gives it some extra flavor.

2

HELPS WITH WEIGHT LOSS

Replacing sugary sodas, sports drinks, and juices with cucumber water can help cut calories from your diet.

3

DELIVERS ANTIOXIDANTS

Antioxidants are substances that help prevent and delay cell damage from oxidative stress.

4

MAY PREVENT CANCER

Some early research suggests that cucumbers may help in the fight against cancer.

5

LOWERS BLOOD PRESSURE

Drinking cucumber water helps your body get more potassium, potentially helping to lower your blood pressure.

6

SUPPORTS HEALTHY SKIN

Cucumbers are also high in pantothenic acid or vitamin B-5, which has been used to treat acne.

7

BOOSTS BONE HEALTH

Your body needs vitamin K to help form proteins that are needed to make healthy bones and tissues.

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1. mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: Program.Intake@usda.gov

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