

OCTOBER 2026

Breakfast Prices
Student: Free
Entrée Only: \$1.50
Adult: \$ 3.05

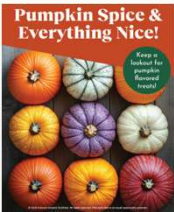
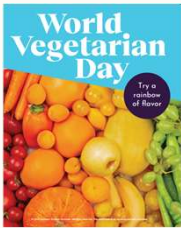
Lunch Prices
Student: \$ 3.15
Entrée Only: \$2.90
Adult: \$ 5.05

Daily Breakfast Assortment: Cold cereal, cereal bars, muffins, Pop Tarts, bagels, assorted yogurts, a variety of fresh fruit, 100% fruit juice and milk

National School Lunch October 12th-16th
Theme is Cafeteria Circus. Look for some fun treats and Giveaways.
10/1: World Vegetarian Day
10/26: National Pumpkin Day
National Eat Better, Eat Together Month

Cheese Sandwich and SB& Jelly offered at lunch daily

Milk: All Choices are rBST hormone free. Nonfat flavor chocolate and 1% white

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Special Dietary Needs or Questions 610-489-5000 x 30216			Maple Puff Pancakes Clementine or Applesauce 01	Double Chocolate Donut Holes Grapes or Diced Peaches 02
Mini Strawberry Crunch Bagel Orange Wedges or Diced Pears 05	Sausage Pancake Stick Banana or Raisins/Craisins 06	Yogurt Smoothie Apple or Fruit Mix 07	Maple Waffles Clementine or Applesauce 08	Glazed Donut Grapes or Diced Peaches 09
A) Popcorn Chicken Bowl B) Cheeseburger C) Garden Salad D) Turkey and Cheese Sandwich Sides: Grapes, Apple Slices, Celery, Breadstick	A) Walking Tacos with Rice B) Pizza Cruncher C) Egg Chef Salad D) Pizza Bagel Pack Sides: Orange Wedges, Diced Pears, BBQ Baked Beans, Corn	A) French Toast Sticks with Sausage B) Chicken Patty Sandwich C) Popcorn Chicken Garden Salad D) Chicken Salad Sandwich Sides: Banana, Peaches, Broccoli	A) Meatball Sub B) Chicken Nuggets, Roll C) Egg Chef Salad D) Pretzel Pack Sides: Apples, Fruit Mix, Pepper Strips	A) Pizza B) Mini Corn Dog C) Popcorn Chicken Garden Salad D) Turkey & Cheese Sandwich Sides: : Clementine, Apple Sauce, Cucumber
	Egg and Sausage Bagel Banana or Raisins/Craisins 13	Chocolate Filled Crescent Apple or Fruit Mix 14	Cinni Mini Clementine or Applesauce 15	Sausage Muffin Grapes or Diced Peaches 16
A) Soft Taco B) Pizza Dipper with Sauce C) Egg Chef Salad D) Muffin Pack Sides: Orange Wedges, Diced Pears, Black Beans, Corn	A) Mini Pancakes w/Cheese Omelet B) Chicken Patty Sandwich C) Turkey Chef Salad D) Chicken Salad Sandwich Sides: Banana, Peaches, Broccoli	A) Spaghetti with Meatballs B) Chicken Nuggets, Roll C) Egg Chef Salad D) Pretzel Pack Sides: Apples, Fruit Mix, Pepper Strips	A) Pizza B) Corn Dog C) Turkey Chef Salad D) Turkey and Cheese Sandwich Sides: Clementine, Apple Sauce, Cucumber	
Cherry Frudel Orange Wedges or Diced Pears 19	Sausage Pancake Stick Banana or Raisins/Craisins 20	Breakfast Pizza Apple or Fruit Mix 21	Mini Cin Crunch Bagel Clementine or Applesauce 22	Powder Donut Grapes or Diced Peaches 23
A) Warrior Patty Sandwich B) Cheeseburger C) Garden Salad D) Turkey and Cheese Sandwich Sides: Grapes, Apple Slices, Celery, French Fries	A) Nachos B) Pizza Crunchers C) Egg Chef Salad D) Pizza Flatbread Pack Sides: Orange Wedges, Diced Pears, BBQ Baked Beans, Corn	A) French Toast with Sausage Patty B) Chicken Patty Sandwich C) Diced Chicken Garden Salad D) Chicken Salad Sandwich Sides: Banana, Peaches, Broccoli	A) Lasagna Roll with Breadstick B) Chicken Nuggets, Roll C) Egg Chef Salad D) Pretzel Pack Sides: Apples, Fruit Mix, Pepper Strips	A) Pizza B) Mini Corn Dog C) Diced Chicken Garden Salad D) Turkey and Cheese Sandwich Sides: : Clementine, Apple Sauce, Cucumber
Pumpkin Bread Orange Wedges or Diced Pears 26	Cinni Mini Banana or Raisins/Craisins 27	Chicken Biscuit Apple or Fruit Mix 28	Strawberry Puff Pancakes Clementine or Applesauce 29	Cinnamon Sugar Donut Holes Grapes or Diced Peaches 30
A) Grilled Cheese B) Cheeseburger C) Garden Salad D) Turkey and Cheese Sandwich Sides: Grapes, Apple Slices, Celery, French Fries	A) Walking Taco B) Pizza Dippers with Sauce C) Egg Chef Salad D) Pizza Bagel Pack Sides: Orange Wedges, Diced Pears, Black Beans, Corn	A) Sausage Egg and Cheese Bagel B) Chicken Patty Sandwich C) Hummus Platter D) Chicken Salad Sandwich Sides: Banana, Peaches, Broccoli	A) Fish Sticks with Breadstick B) Chicken Nuggets, Roll C) Egg Chef Salad D) Pretzel Pack Sides: Apples, Fruit Mix, Pepper Strips	A) Pizza B) Corn Dog C) Hummus Platter D) Turkey & Cheese Sandwich Sides: : Clementine, Apple Sauce, Cucumber

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. _____