

Apple World

Gala Apple x 10

OCTOBER 2017

NATIONAL SCHOOL LUNCH WEEK

OCTOBER 9-13
squaremeals.org/nslw

MON

TUE

WED

THUR

FRI

BLUEBERRY MUFFIN
BEEF FINGERS OR CHICKEN NUGGETS

2

STRAWBERRY PANCAKES
HOT DOGS OR RAVIOLI

3

MINI WAFFLES
CHICKEN BURGER OR HAMBURGER

4

KOLACHE
MIN CONR DOGS OR CHEESE QUESADILLA

5

EMPANADA
CHICKEN TENDERS OR MACARONIN AND CHEESE

6

CINNAMON ROLL
SLOPPY JOE OR CHEESE BURGER

9

BEAN & CHEESE BURRITO
BEEF NACHOS OR CORN DOG

11

CINNAMON GRANOLA BAR
POPCORN CHICKEN OR GRILLED CHEESE

12

CHERRY FRUDEL
PIZZA

13

CREAM CHEESE BAGEL

16

BANANA MUFFIN
POPCORN CHICKEN OR MEAT LOAF

17

BEAN & CHEESE BURRITO
BEEF FINGERS OR CHICKEN FAJITAS

18

BREAKFAST PIZZA
TAMALES WITH CHIKEN AND RICE OR BURRITOS

19

CHERRY FRUDEL
SPAGHETTI WITH MEATBALLS OR CHICKEN TENDERS

20

STRAWBERRY PANCAKE

23

CHEESBURGER OR SALISBURY STEAK

MINI WAFFLES
MINI CORN DOGS CHEESY BEEFY MACARONI

24

BREAKFAST PIZZA
BEEF TACOS OR CHICKEN NUGGETS

25

BREAKFAST ON SICK
ITALIAN MEAT BALL SUB OR SPAGHETTI

26

CHOCOLATE MUFFIN
BEEF FINGERS OR HAM SANDWICH

27

BREAKFAST PIZZA

30

CHICKEN TENDERS OR MAC AND HAM

BEAN BURRITO
LASAGNA OR CHEESE QUESADILLA

31

Good Eats at:

DILLEY ELEMENTARY
213 Harriman St,
Dilley, TX 78017

Special Announcements

BREAKFAST AND LUNCH ARE FREE TO ALL STUDENTS

Adult Breakfast \$2.25

Lunch \$3.75

Menu is subject to change

Kim Meeks Director

Grace Garza Food Service Manager

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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