### TDA’s October 2019 Menu Calendar

#### 100% Whole Grain
- Products served
- Real Butter and Jelly served with breakfast grains
- Milk Choices: Whole, Skim, 1%
- All Canned Fruit is drained
- All Vegetables are steamed

#### Vegetarian Options
- 02- Veggie Balls
- 03-07,16, 25- Veggie Nuggets
- 04, 11,24,- Garden Burger Veggie
- 08- Veggie Taco Burger
- 09, 15, 30- Veggie Spaghetti
- 10- Veggie Patty
- 17, 22- Cheese Quesadillas
- 18- Toasted Cheese
- 23, 31- BBQ Veggie Nuggets
- 29- Sweet & Sour Veggie Nuggets

#### Special Announcements

### Lunch Week

**OCTOBER 14-18**

<table>
<thead>
<tr>
<th>School Meals</th>
<th>October 14-18</th>
</tr>
</thead>
<tbody>
<tr>
<td>B-Turkey Sausage, Pancake, syrups, Applesauce, Milk</td>
<td>B-Turkey Sausage, Pancake, Baked Apples, Milk</td>
</tr>
<tr>
<td>L-Cheese Pizza, Romaine &amp; Tomato w/ ranch, Peaches, Milk</td>
<td>L-Hamburger, baked apples, Milk</td>
</tr>
<tr>
<td>S-Cheese Crispers</td>
<td>S-Graham Crackers</td>
</tr>
</tbody>
</table>

**October 15-19**

<table>
<thead>
<tr>
<th>School Meals</th>
<th>October 15-19</th>
</tr>
</thead>
<tbody>
<tr>
<td>B-Cheerios Cereal, Toast, Oranges, Milk</td>
<td>B-Turkey Sausage, Toast, Banana, Milk</td>
</tr>
<tr>
<td>L-Grilled Chicken Nuggets, Green Beans, Pears, Rolls, Milk</td>
<td>L-Meatloaf, Corn, Mixed Fruit, Roll, Milk</td>
</tr>
<tr>
<td>S-Hummus, Cracker</td>
<td>S-Cheddar Chex Mix</td>
</tr>
</tbody>
</table>

**October 16-20**

<table>
<thead>
<tr>
<th>School Meals</th>
<th>October 16-20</th>
</tr>
</thead>
<tbody>
<tr>
<td>B-Cheerios Cereal, Toast, Oranges, Milk</td>
<td>B-Turkey Sausage, Toast, Banana, Milk</td>
</tr>
<tr>
<td>L-Beef Spaghetti, Carrots, Apricots, Roll, Milk</td>
<td>L-Chicken Fajitas, Pinto Beans, Pineapple, Milk</td>
</tr>
<tr>
<td>S-Animal Crackers</td>
<td>S-Graham Crackers</td>
</tr>
</tbody>
</table>

**October 17-21**

<table>
<thead>
<tr>
<th>School Meals</th>
<th>October 17-21</th>
</tr>
</thead>
<tbody>
<tr>
<td>B-Turkey Sausage, Waffles, syrup, Baked Apples, Milk</td>
<td>B-Turkey Sausage, Biscuit, Baked Apples, Milk</td>
</tr>
<tr>
<td>L-Chicken Nuggets, Corn, Mixed Fruit, Roll, Milk</td>
<td>L-Chicken Alfredo, steamed Broccoli, Roll, Mixed Fruit, Milk</td>
</tr>
<tr>
<td>S-Hummus, Chex Mix</td>
<td>S-Cheddar Chex Mix</td>
</tr>
</tbody>
</table>

**October 18-22**

<table>
<thead>
<tr>
<th>School Meals</th>
<th>October 18-22</th>
</tr>
</thead>
<tbody>
<tr>
<td>B-Cheerios Cereal, Toast, Oranges, Milk</td>
<td>B-Turkey Sausage, Toast, Banana, Milk</td>
</tr>
<tr>
<td>L-Chicken Fajitas, Pinto Beans, Pineapple, Milk</td>
<td>L-Hamburger, ketchup, Tater Tots, Apricots, Milk</td>
</tr>
<tr>
<td>S-Graham Crackers</td>
<td>S-Goldfish</td>
</tr>
</tbody>
</table>

**October 19-23**

<table>
<thead>
<tr>
<th>School Meals</th>
<th>October 19-23</th>
</tr>
</thead>
<tbody>
<tr>
<td>B-Turkey Sausage, Biscuit, Mango, Milk</td>
<td>B-Turkey Sausage, Biscuit, Mango, Milk</td>
</tr>
<tr>
<td>L-Lettuce, Baked Apples, Milk</td>
<td>L-Lettuce, Baked Apples, Milk</td>
</tr>
<tr>
<td>L-Hamburger, ketchup, Tater Tots, Apricots, Milk</td>
<td>L-Hamburger, ketchup, Tater Tots, Apricots, Milk</td>
</tr>
<tr>
<td>S-Goldfish</td>
<td>S-Goldfish</td>
</tr>
</tbody>
</table>

**October 20-24**

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>B-Cheerios Cereal, Toast, Oranges, Milk</td>
<td>B-Turkey Sausage, Toast, Banana, Milk</td>
</tr>
<tr>
<td>L-Chicken Fajitas, Pinto Beans, Pineapple, Milk</td>
<td>L-Hamburger, ketchup, Tater Tots, Apricots, Milk</td>
</tr>
<tr>
<td>S-Graham Crackers</td>
<td>S-Goldfish</td>
</tr>
</tbody>
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**October 21-25**

<table>
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<tr>
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<tbody>
<tr>
<td>B-Turkey Sausage, Biscuit, Mango, Milk</td>
<td>B-Turkey Sausage, Biscuit, Mango, Milk</td>
</tr>
<tr>
<td>L-Lettuce, Baked Apples, Milk</td>
<td>L-Lettuce, Baked Apples, Milk</td>
</tr>
<tr>
<td>L-Hamburger, ketchup, Tater Tots, Apricots, Milk</td>
<td>L-Hamburger, ketchup, Tater Tots, Apricots, Milk</td>
</tr>
<tr>
<td>S-Goldfish</td>
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#### Special Eats At
- 100% Whole Grain products served
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- Milk Choices: Whole, Skim, 1%
- All Canned Fruit is drained
- All Vegetables are steamed

#### Good Eats At
- Vegetarian Options: 02- Veggie Balls
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TSX DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

This product was funded by USDA.
This institution is an equal opportunity provider.
Delilah the dairy cow loves wildflowers that grow in the field. One day she found a beautiful, glowing daisy that looked so good she had to take a bite. The glowing daisy gave Delilah an invisible shield that protects her bones and body. Delilah makes super milk for kids to enjoy and have healthy, strong bones.

National School Lunch Week is this month! Look for dairy foods in your school cafeteria and try new foods from Texas farms and ranches! Milk, lean meat, fruit, vegetables, and whole grains can all be part of a healthy school lunch—and they’re all produced right here in Texas.

**DAIRY SOURCES**

Dairy products help build strong bones so you can grow up healthy and mooove fast. Three daily servings of dairy products are recommended for school age children.

Sources of dairy: milk, cheese, yogurt

**POW!**

**SUPER**

Invisible Shield

Q: What do you call a cow that doesn’t give milk?

A: A milk dudl

**FUND FACT**

Texas dairies produce enough milk to fill the AT&T stadium, home of the DALLAS COWBOYS, 1.5 times!

**WHAT TO KNOW**

Milk is a popular dairy product and it is an excellent source of calcium and vitamin D. The delicious low-fat or fat-free milk you get at school comes from dairy cows.

**YOGURT PARFAIT**

**Ingredients:**
- 3 cups vanilla non fat yogurt
- 1 cup fresh or defrosted frozen strawberries, sliced
- 1 pint fresh raspberries, blueberries, or black berries
- 1 cup granola

**Instructions:**
1. Scoop 1/3 cup of vanilla yogurt into the bottom each of 4 tall glasses.
2. Combine sliced strawberries and juice with fresh berries.
3. Alternate layers of fruit, granola, and yogurt until glasses are filled to the top.

Sources: Texas A&M and Aglife Extension
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Pow!
Super Invisible Shield

Joke of the Month
Q: What do you call a cow that doesn’t give milk?
A: a milk dudl

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