

Apple World

Gala Apple x 10

# OCTOBER 2017

MON

TUE

WED

THUR

FRI

**NATIONAL SCHOOL LUNCH WEEK**

OCTOBER 9-13  
squaremeals.org/nslw

Cereal

2

Bakers Choice

3

Breakfast Burritos

4

Managers Choice

5

NO SCHOOL



6

Pancake

9

Cinnamon Rolls

10

Yogurt Parfait

11

Sausage Roll

12

Pancake Stick

13

Strudle

16

Bakers Choice

17

Hot Cereal

18

Sausage Biscuit

19

Cereal

20

Conchas

23

Cinnamon Rolls

24

Breakfast Burrito

25

Bakers Choice

26

Marranito

27

Muffin

30

Sausage Biscuit

31

NOTE:  
MILK VARIETY AND  
FRESH/CHILLED  
FRUIT SERVED DAILY

Special Announcements



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](http://www.whatscooking.fns.usda.gov)

Answer: 1) c 2) b 3) a