

Apple World

Gala Apple x 10

OCTOBER 2017

Beans

NATIONAL SCHOOL LUNCH WEEK
OCTOBER 9-13
squaremeals.org/nslw

MON	TUE	WED	THUR	FRI
Spaghetti Meat Sauce(3/4cVR) Hot Roll, Broccoli Bites, Baby Carrots BBQ Brisket Sliders 2	Turkey Dinner Mashed Potatoes, Celery Sticks, (Hot Roll MS/HS)	Hot Dog Baby Carrots, Jicama Pizza 4	Crispy Tacos Rice, Beans, Garden Salad Enchiladas 5	NO SCHOOL  6
Monday Drum Day Hot Roll, Macaroni & Cheese Mexicali Corn, Cucumbers 9	Cheese Burger Nachos, Beans, Baby Carrots, Oat Meal Cookie Surprise Nachos 10	Deli Sandwich Cucumbers, Celery Juice Chips 11	Popcorn Chicken Hot Roll MS HS, Baby Carrots, Broccoli Bites Chili Cheese Dog 12	Spaghetti & Meat Balls Hot Roll, Garden Salad Celery Sticks Meatball Sub 13
Corn Dog Potato Rounds, Beans Cheese Melt 16	Fish Hot Roll/ BBQ Rib Sandwich Coleslaw, Baby Carrots	Asian Cuisine (Hot Roll HS/MS), Rice or Noodles, Cucumbers, Broccoli Bites 18	Hamburger w/ Garnish Potato Rounds, Garden Salad Texas Combo Basket 19	Pizza Jicama Baby Carrots 20
Rotisserie Chicken Hot Roll, Macaroni & Cheese, Corn, Green Beans Spicy Chicken Sandwich 23	Chicken Posole Hot Roll, Cabbage, Relish, Baby Carrots	Beef Lasagna Hot Roll, Garden Salad, Cucumbers, Jell-O 25	Pizza Cucumbers Baby Carrots, 26	Nachos Supreme Beans, Celery Sticks 27
Pizza Baby Carrots Cucumbers PARENT/LEADER LUNCHEON 30	Grilled Cheese Steam Vegetable, Sweet Potato Fries Italian Spicy Sandwich 31	 TEXAS DEPARTMENT OF AGRICULTURE COMMISSIONER SID MILLER 		

NOTE:
MILK VARIETY AND FRESH/CHILLED FRUIT SERVED DAILY

Special Announcements

Health on the Go! (Daily Subs & Salads)

- Monday: Chicken Teriyaki
- Tuesday: Southwest
- Wednesday: Buffalo
- Thursday: Chef
- Friday: Caesar

CHOICE

CHOICE

CHOICE

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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