

OCTOBER

CROCKET EARLY HEAD START



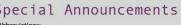




Special Announcements:

BB=Blueberries, BlkB=Blackberries, Bfast= Breakfast, Cin.= Cinnamon, Cnd.= Canned, Crkr= Cracker, Cnt.= Cantaloupe, Drsg= Dressing, Frz.=Frozen, Fsh=Fresh, HM=Homemade, Man.Oranges=Mandarin Oranges, P.Bean=Pinto

WATER IS SERVED AT EVERY MEAL/SNACK



HM Chicken Salad WW Bread **Cnd Peaches** Frz. Broccoli Normandy Milk

PM Snack Breakfast Frz. F Toast Sticks Wheat Thins **Cnd Pears** Cheese Stick Milk

> ASD/WORKDAY SCHOOL CLOSED

HM Teriyaki Chicken w/

Frz. F.Toast Sticks w/V. Yogurt

Japanese Veggies

Frz. Peaches

Milk

Cnd. Man. Oranges

Frz. Squ/ Zucchini Fsh. Cantaloupe Milk

Breakfast WW Toast HM/WW Cnd. Peaches Ricotta Sqr. Milk

HM Beef Vegetable Soup Frz. Peas&Carrots

PM Snack Breakfast WW Chz Toast Animal Crackers Cnd. Apricots Milk

HM Chicken Spaghetti WW Pasta Frsh. Kale Frz. Mangos Milk

Wheat Thins

HM Bean Dip

B. Rice

PM Snack

Milk

PM Snack Frz. WG Pancakes Club Cracker Cnd. Applesauce Cheese 26. Milk

HM Cowboy Beans w/ Hmgr & Pinto Beans HM Corn Bread Fresh Watermelon Milk

PM Snack **Breakfast** WW Toast HM/WW Cnd Applesauce Ricotta Square 6. Milk

HM Meat Loaf Frz. Rolls

PM Snack

Cracker **Cnd Tropical Fruit** Milk

20 Milk

HM Sloppy Joes WG Buns Frz. Broccoli Roasted Veggies Milk Breakfast PM Snack **HM** Oatmeal HM/WW Carrot Spice Square 0 Frz. BB Milk Yogurt

HM Pulled Pork Bun HM Pot. Salad Cnd. G. Beans

PM Snack Breakfast WG Cereal WW Bread Fsh. Bananas HM Egg Salad

HM Tuna Mac WG Pasta Frz. Sweet Peas Cnd. Pineapples Milk

Breakfast PM Snack WG Cereal WG Goldfish Fsh. Banana Cnd. Applesauce

14.

Frz. Fish Sticks Frz. Rolls Frz Broccoli Jello Salad PM Snack Breakfast WG Cereal Cheez Its Fresh Banana **Cnd Pears** Milk

HM Stir-Fried Rice w/ Ham Brown Rice Frz. Carrots Frz. RB Milk Breakfast PM Snack WG Cereal WG English Muffin Fsh Banana Tuna salad 28. Milk

HM Turkey Tetrazzini Frz. Peas and Carrots Mixed Fruit

> PM Snack Breakfast WW Toast Cottage Cheese Frz. BB Frz. Pineapples Milk

WG Pasta

Milk

HM Turkey Noodle Soup Frz. Mixed Veggies WG Pasta Cnd. Tropical Fruit Milk

PM Snack Breakfast WW Toast Yogurt Cnd. Oranges Frz. Peaches

HM Turkey Salad Saltine Crackers Frz. Cauliflower Fresh Apples

Breakfast PM Snack HM/WW Cottage Cheese Banana Sars. WG Trail Mix Cnd. Pears

HM Turkey Spaghetti WG Pasta Fsh. Garden Salad Frz. Broccoli Normandy Breakfast PM Snack HM/WW Zucchini Sqrs. Cottage Cheese Mixed Fruit Frz. RB

HM Turkey Pasta Primayera Frz. Broccoli WG Pasta FZ. BB Milk

Milk

PM Snack Breakfast HM/WW Zucchini Sqrs. HM Granola Mixed Fruit Milk Yogurt

HM Bean Enchilada WW Tortilla Cnd. Peaches Fsh Salad Milk

PM Snack Breakfast Scr. Eaas Animal Crackers Cnd. Bkd Apples Milk

Arroz Con Queso/ Pinto Beans B.Rice Cnd. Peas Cnd. Peaches

PM Snack Breakfast Scr. Eggs Graham Cracker Cnd. Pears Milk Milk

HM Vegetable Frittata WW Toast Cnd. Peaches Frz. Mixed Veggies Milk

Breakfast PM Snack HM Oatmeal **Graham Crackers** Cnd. Apricots Milk 16.

Grilled Cheese Sandwich WW Bread Canned Tom Soup Roasted Veggies

Breakfast PM Snack Bfast Rice **Graham Crackers** Cnd. Apricots Milk

Milk

HM Cheese Pizza Fsh Salad WG English Muffins Fresh Cantaloupe

Breakfast PM Snack WW Toast Frz. Boiled Egg Ritz Cracker 30 Cnd. Baked Apples

National School Lunch Week Oct. 12-16





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CONSTELLATION CHICKEN



A constellation is a group of visible stars that form a pattern or picture in the sky. The pattern they form may take the shape of an animal, a mythological creature, a man, a woman, or an inanimate object. Astronomers recognize 88 different constellations. The smallest constellation is the Southern Cross, Crux, and the largest constellation is the Water Snake, Hydra.



One of the chickens is not like the other. Cirle the one you think it could be.

DID YOU KNOW?

National School Lunch Week is this month! Look for proteins like chicken 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.

Chicken is an excellent source of protein. Protein is important because it builds muscles and helps keep your body strong. Chicken is also low in fat, making it a healthy choice for any meal.









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