



# OCTOBER

2020

## CROCKET EARLY HEAD START



### Special Announcements:

Abbreviations:

BB=Blueberries, BlkB=Blackberries, Bfast= Breakfast, Cln.= 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

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

5.

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

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

6.

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

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

7.

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

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

8.

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

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

9.

ASD/WORKDAY  
SCHOOL CLOSED

12.

HM Meat Loaf Frz. Rolls  
Frz. Squ/ Zucchini Fsh. Cantaloupe  
Milk

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

13.

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

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

14.

HM Turkey Salad Saltine Crackers  
Frz. Cauliflower Fresh Apples  
Milk

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

15.

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

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

16.

HM Teriyaki Chicken w/  
Japanese Veggies B. Rice  
Cnd. Man. Oranges Milk

Breakfast PM Snack  
Frz. F.Toast Sticks w/V. Yogurt  
Frz. Peaches Wheat Thins  
Milk HM Bean Dip

19.

HM Beef Vegetable Soup  
Frz. Peas&Carrots Cracker  
Cnd Tropical Fruit Milk

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

20.

Frz. Fish Sticks Frz. Rolls  
Frz. Broccoli Jello Salad  
Milk

Breakfast PM Snack  
WG Cereal Cheez Its  
Fresh Banana Cnd Pears  
Milk

21.

HM Turkey Spaghetti WG Pasta  
Fsh. Garden Salad Frz. Broccoli Normandy  
Milk

Breakfast PM Snack  
HM/WW Zucchini Sqr. Cottage Cheese  
Mixed Fruit Frz. RB  
Milk

22.

Grilled Cheese Sandwich WW Bread  
Canned Tom Soup Roasted Veggies  
Milk

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

23.

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

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

26.

HM Sloppy Joes WG Buns  
Frz. Broccoli Roasted Veggies  
Milk

Breakfast PM Snack  
HM Oatmeal HM/WW Carrot  
Frz. BB Spice Square  
Milk Yogurt

27.

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  
Milk

28.

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

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

29.

HM Cheese Pizza  
Fsh Salad WG English Muffins  
Fresh Cantaloupe Milk

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

30.

- National School Lunch Week Oct. 12-16



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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Food and Nutrition Division  
National School Lunch Program and School Breakfast Program



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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.

## 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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## FIND THE DIFFERENCE

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



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