

APPLE World

Gala APPLE x 10

OCTOBER 2017

MON

TUE

WED

THUR

FRI

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

Burrito Pinto Beans Broccoli Peaches Milk 2	Chicken Tenders Mashed Potatoes Carrots Pears Milk 3	Spaghetti with meat sauce Green Beans Fruit Mix Milk 4	Hamburgers Oven Fries Burger Salad Fresh Fruit Milk 5	Pizza Corn Garden Salad Applesauce Milk 6
Steak Fingers Mashed Potatoes Carrots Peaches Milk 9	Sausage Roll Baked Beans Sweet Potatoes Cole Slaw Pineapple Milk 10	Chicken Salad Bread Broccoli Carrot Sticks Pickle Spear Fresh Fruit Milk 11	Hot Dog Oven Fries Baked Beans Mandarin Oranges Milk 12	Pizza Corn Garden Salad Applesauce Milk 13
Chicken Nuggets Mashed Potatoes Green Beans Pears Milk 16	Fish Squares Baked Beans Broccoli Pineapple Milk 17	Chicken Tetrazzini Carrots Sweet Peas Peaches Bread Milk 18	Hamburgers Oven Fries Burger Salad Fresh Fruit Milk 19	Pizza Corn Garden Salad Applesauce Milk 20
Crispy Tacos Pinto Beans Lettuce/Tomato Pears Milk 23	Ham & Cheese Sandwiches Broccoli Pickle Carrot Sticks Fresh Fruit Milk 24	Lasagna Green Beans Vegetable Blend Peaches Bread Milk 25	Hot Dog Oven Fries Baked Beans Mandarin Oranges Milk 26	Pizza Corn Garden Salad Applesauce Milk 27
Chicken Fried Steak Mashed Potatoes Green Beans Pears Milk 30	Chicken Fajitas Pinto Beans Lettuce/Tomato Pineapple Milk 31	 TEXAS DEPARTMENT OF AGRICULTURE COMMISSIONER SID MILLER		

Good Eats at:

WEIMAR ISD

Special Announcements

- BREAKFAST MENU**
 Monday-Muffin, Cereal
 Tuesday-Biscuit, Eggs
 Wed-Pig in Blanket, Cereal
 Thurs-Pancakes, Sausage
 Fri-French Toast Sticks,
 Cereal Fresh Fruit
 Apple or Orange Juice
 White or Chocolate Milk

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 • $\frac{1}{3}$ cup raisins • $\frac{1}{2}$ cup nonfat plain Greek yogurt • $\frac{1}{4}$ cup mayonnaise • $\frac{1}{4}$ cup unfiltered apple cider vinegar • 1 teaspoon curry powder • Pinch of salt

For Wraps: 8 whole-wheat tortillas • 2 cups fresh spinach • $\frac{1}{2}$ 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 $\frac{3}{4}$ 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.what-cooking.fnis.usda.gov