



OCTOBER

2020

St. Mary's Catholic School



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Special Announcements:

Sloppy Joes
Tator Tots
Baked Beans
Corn on the Cob
Pineapple Slices 5.

Soft Tacos
Mexican Rice
Tossed Salad
Fresh Veggies
Applesauce 6.

Spaghetti
Garlic Breadstick
Green Beans
Green Grapes 7.

French Toast Sticks
Hash brown
Bacon
Strawberry Cups
Yogurt 1.

Cheese Pizza
Garden Salad
Red and Green Grapes
Oatmeal Cookies 2.

Chicken Sandwich
Assorted Chips
Baked Beans
Cucumber Slice
Sliced Pineapple 8.

Pepperoni Pizza
Garden Salad
Red and Green Grapes
Brownies0 9.

Staff In-service.

12.

Corndogs
French Fries
Mac and Cheese
Sliced Peaches
Mixed Fresh Veggies 13.

No School.
Parent/Teacher
Conferences 14.

Chicken Nuggets
Seasoned Fries
Seasoned Corn
Sliced Pineapple 15.

Cheese Nachos w/ ground
beef
Let/tom/sour cream/Jalapeno
Tossed Salad
Red Grapes 16.

Frito Pie
Garden salad
Mixed Veggies
Peaches
Grapes 19.

Chicken and Cheese Taquitos
Mexican Rice
Cucumber Slices
Applesauce
Churros 20.

Hotdog
French Fries
Mac and Cheese
Corn on the Cob
Strawberry Cups 21.

Chicken Fried Steak
Dinner Roll
Mashed Potato
Green Beans
Applesauce 22.

Boneless Wings
Baked Beans
Celery Sticks
Fruit Cocktai 23.

Chicken Nuggets
Seasoned Fries
Mixed Veggies
Sliced Pineapple 26.

Mini Subs
Assorted Chips
Mac and Cheese
Baby Carrots
Apple Wedges 27.

Steakfingers w/gravy
Dinner Roll
Mashed Potato
Green Beans
Grapes 28.

Spaghetti/ w meat sauce
Garlic Breadstick
Green Beans
Green Grapes 29.

Popcorn Chciken
Chips
Celery Sticks
Baby Carrots
Apple Wedges 30.

- National School Lunch Week Oct. 12-16



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



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Updated 01/2020
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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.

FIND THE DIFFERENCE

One of the chickens is not like the other. Circle 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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