

New Central October 2026

Daily Breakfast Offerings:

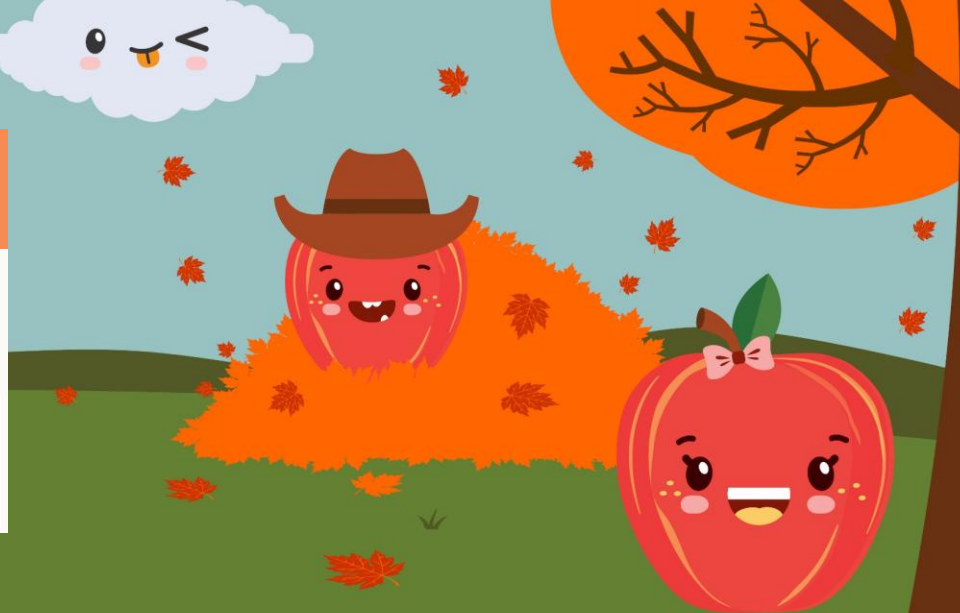
Assorted Cereals w/ String Cheese
Fruit & Milk

Daily Lunch Offerings:

PBJ
Fruit, Vegetable & Milk



ACE'S CORNER



Menu subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 13th – 16th: Help us Celebrate National School Lunch Week by enjoying a Cookie Tuesday – Thursday & A Swirl Sorbet Cup on Friday. (Hot Meals Only)			- Banana Choc Chip Benefit Bar - Trix Cereal Bar & Cheez It Applesauce & Fruit Juice	- Chefs Pick - Lucky Charms & String Cheese
- Bosco Sticks - Trix Cereal Bar & Cheese Cubes Apple Slices & Grape Juice	- Confetti Waffles - Blueberry Chex & Giant Graham Apple	- Maple Pancake Puffs - Cinnamon Toast Crunch & Cheese Cubes Applesauce & Orange Juice	- Choc Chip French Toast - Coco Puff Cereal Bar & Giant Graham Applesauce & Fruit Juice	- Cheese Pizza - Pepperoni Pizza Tossed Salad & Apple
- Cheeseburger - Chicken Patty Sandwich Celery & Fruit Mix	- Hot Dog on Bun - Popcorn Chicken & Pretzel Rod Mashed Potatoes & Pears	- Nachos - Ham & Cheese Sandwich Refried Beans & Peaches	- Chicken Tenders & Pretzel Rod - Grilled Cheese Cucumbers & Banana	- Glazed Donut - Lucky Charms & Cheese Cubes Fruit Juice & Apple Crisps
No School	- Sausage Breakfast Pizza - Cinnamon Toast Crunch & Cheez It Apple	- Celebration Benefit Bar - Lucky Charms & String Cheese Applesauce & Orange Juice	- Yogurts & Giant Graham - Blueberry Chex & Cheez It Applesauce & Fruit Juice	- Banan Choc Chip Benefit Bar - Trix Cereal Bar & String Cheese Apple
- Cheeseburger - Bosco Sticks Edamame & Fruit Mix	- Popcorn Chicken & Breadstick - Corn Dog Cucumbers & Pears	- Big Pretzel with Cheese - Turkey & Cheese Sandwich Spiral Fries & Peaches	- Chicken Patty Sandwich - Chicken Tenders & Pretzel Rod Broccoli & Banana	- Garlic Pull Apart - Cheese Pizza Red Peppers & Apple
- Celebration Benefit Bar - Trix Cereal Bars & Giant Graham Apple Slices & Grape Juice	- Bosco Sticks - Blueberry Chex & Cheese Cubes Apple	- Mini Cinni - Coco Puff Cereal Bar & Giant Graham Applesauce & Orange Juice	- Yogurt & Grahams - Cinnamon Toast Crunch & Cheese Cubes Applesauce & Fruit Juice	No School
- Cheeseburger - Bosco Sticks Edamame & Fruit Mix	- Chicken Patty Sandwich - Chicken Tacos Waffle Fries & Pears	- Chicken Tenders & Pretzel Rod - Taco Wedges Green Beans & Peaches	- Biscuits & Gravy & Sausage - Confetti Pancakes & Sausage Sweet Potato Fries & Banana	
- Chocolate Muffin & Giant Grahams - Trix Cereal Bars & Giant Graham Apple Slices & Grape Juice	- Banana Choc Chip Benefit Bar - Lucky Charms & Cheez It Apple	- Confetti Waffles - Coco Puff Cereal Bar & Giant Graham Applesauce & Orange Juice	- Maple Pancake puffs - Blueberry Chex & Cheez It Applesauce & Fruit Juice	HAPPY HALLOWEEN!! - Glazed Donut - Cinnamon Toast Crunch & Giant Graham Apple
- Cheeseburger - Chicken Nuggets & Pretzel Rod Crinkle Fries & Fruit Mix	- Chicken Tenders & Garlic knot - Grilled Cheese Carrots & Pears	- Ham & Cheese Sandwich - Turkey & Cheese Sandwich Zucchini & Peaches	- Dutch Waffle & Sausage Links - Garlic Pull Apart Baked Beans & Banana	- Cheese Pizza - Pepperoni Pizza Tossed Salad & Apple All Hot lunches served with a Orange Sorbet Cup!

HOW ‘BOUT THEM APPLES?

Perfect for snacking, the Gala apple is one of only a few types of apples that are able to grow despite the mild winters in Texas. Gala apples are known for having pinkish-red stripes over a lighter yellow (appearing orange-red in color) with a crisp, sweet flavor. An apple a day really does keep the doctor away since they are full of nutrients such as potassium, vitamin C, fiber, and antioxidants. But don't peel the skin! Most of an apple's vitamins are in the skin. While apple trees need four to five years before they grow apples, these trees live to be up to 100 years old!

ACE'S JOKE OF THE MONTH

Q. WHAT KIND OF APPLE IS NOT AN APPLE?

SEE ANSWER BELOW



ACTIVITY: APPLES TO APPLES

Guess the name of each apple. Choose from the types below. Each name will only be used once.

GALA	GOLDEN DELICIOUS	GRANNY SMITH	MCINTOSH	RED DELICIOUS
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SEE ANSWER BELOW



1. _____



2. _____



3. _____



4. _____



5. _____

‘TIS THE SEASON FOR APPLE PICKING!

HERE ARE A FEW POPULAR CHOICES FOR MAKING YOUR FAVORITE FALL TREATS:

- Beauty is in the Pie of the Beholder: The Fuji, Granny Smith, Yellow Delicious, and Red Delicious are the most popular apples for baking.
- Sauce Bosses: Jonathan, McIntosh, and Winesap apples make great applesauce and apple jelly because of their soft flesh, which is the pale part under the outer peel.
- In-Cider Scoop: Gala and Pippin apples are crisp and sweet—great for apple cider.



APPLE OF YOUR EYE...

NOT ALL APPLES ARE ALIKE.

There are over 7,500 different types of apples grown in the world. Some are red, yellow, or green. Some apples are sweeter, while others are crunchier, but one thing is for sure...there are no bad apples here!