

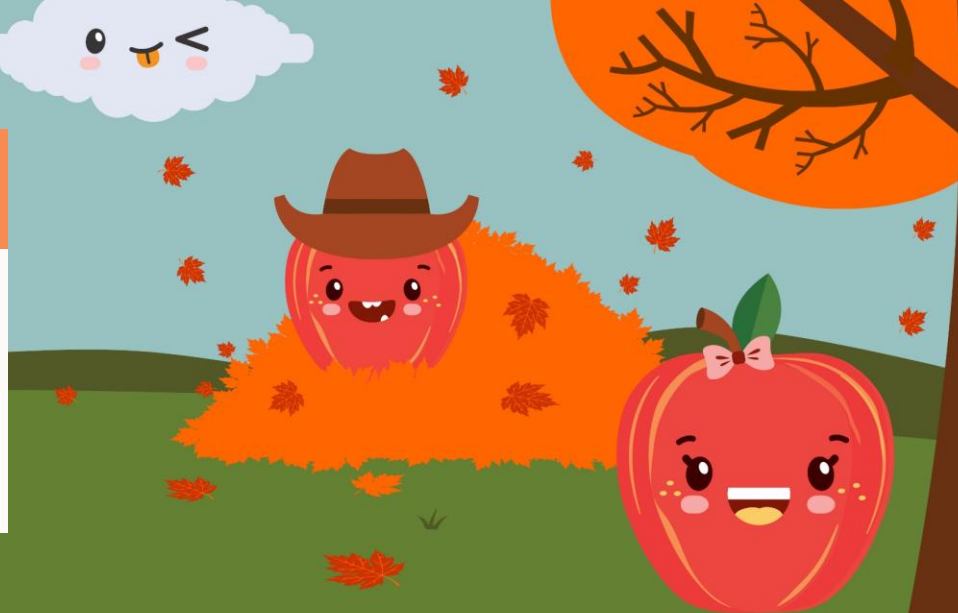
New Central October 2026



GLUTEN FREE



ACE'S CORNER



Menu subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1. Lucky Charms & Gluten Free Grahams Applesauce & Fruit Juice 1. Beef Tacos on Corn Tortilla Shell Red Peppers & Banana	1. Gluten Free Bagel w/ Cream Cheese Apple 1. Grilled Chicken Sandwich on Gluten Free Bun Tossed Salad & Apple
5 1. Blueberry Chex & Cheese Cubes Apple Slices & Grape Juice 1. Cheeseburger on Gluten Free Bun Celery & Fruit Mix	6 1. Gluten Free Bagel w/ Peanut Butter Apple 1. Hot Dog on Gluten Free Bun Mashed Potatoes & Pears	7 1. Cheerios & Gluten Free Grahams Applesauce & Orange Juice 1. Nachos Refried Beans & Peaches	8 1. Yogurt & Gluten Free Grahams Applesauce & Fruit Juice 1. Grilled Cheese on Gluten Free Bun Cucumbers & Banana	9 1. Lucky Charms & Cheese Cubes Fruit Juice & Apple Crisps 1. PBJ on Gluten Free Bun Carrots & Apple
12 No School	13 1. Cinnamon Chex & Gluten Free Grahams Apple 1. Hot Dog on Gluten Free Bun Cucumbers & Pears All Hot lunches served with a Swirl Sorbet Cup!	14 1. Lucky Charms & String Cheese Applesauce & Orange Juice 1. Turkey & Cheese Sandwich on Gluten Free Bun Spiral Fries & Peaches All Hot lunches served with a Swirl Sorbet Cup!	15 1. Yogurts & Gluten Free Grahams Applesauce & Fruit Juice 1. Gluten Free Chicken Tenders Broccoli & Banana All Hot lunches served with a Swirl Sorbet Cup!	16 1. Gluten Free Bagel with Jelly Apple 1. PBJ on Gluten Free Bun Red Peppers & Apple All Hot lunches served with a Swirl Sorbet Cup!
19 1. Cinnamon Chex & Gluten Free Grahams Apple Slices & Grape Juice 1. Cheeseburger on Gluten Free Bun Edamame & Fruit Mix	20 1. Cheerios & Cheese Cubes Apple 1. Chicken Tacos on Corn Tortilla Shell Waffle Fries & Pears	21 1. Lucky Charms & Gluten Free Grahams Applesauce & Orange Juice 1. Gluten Free Chicken Tenders Green Beans & Peaches	22 1. Yogurt & Gluten Free Grahams Applesauce & Fruit Juice 1. PBJ on Gluten Free Bun Sweet Potato Fries & Banana	23 No School
26 1. Gluten Free Bagel with Jelly Apple Slices & Grape Juice 1. Grilled Chicken Sandwich on Gluten Free Bun Crinkle Fries & Fruit Mix	27 1. Lucky Charms & Gluten Free Grahams Apple 1. Gluten Free Chicken Tenders Carrots & Pears	28 1. Blueberry Chex & Gluten Free Grahams Applesauce & Orange Juice 1. Ham & Cheese Sandwich on Gluten Free Bread Zucchini & Peaches	29 1. Cheerios & Cheese Stick Applesauce & Fruit Juice 1. Hot Dog on Gluten Free Bun Baked Beans & Banana	30 1. HAPPY HALLOWEEN!! Gluten Free Toast w/ Peanut Butter Apple 1. PBJ on Gluten Free Bun 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!