

Headstart October 2026



OFFERED DAILY:

1% White Milk

¼ Cup of Fruit & Vegetables

All Grains are Whole Grain



ACE'S CORNER



Menu subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Un crustable Pack Tossed Salad Applesauce	2 Pepperoni Pizza Cooked Carrots Apple Slices
5 Cheeseburger Celery Fruit Mix	6 Chicken Patty Sandwich Cooked Carrots Pears	7 Beef Tacos Refried Beans Peaches	8 Yogurt Pack Spiral Fries Applesauce	9 Cheese Pizza Tossed Salad Apple Crisps
12 No School	13 Popcorn Chicken Cooked Carrots Pears	14 Garlic Pull Apart Baked Beans Peaches	15 Cheeseburger Spiral Fries Applesauce	16 Pepperoni Pizza Tossed Salad Apple Slices
19 Popcorn Chicken Baked Beans Fruit Mix	20 Cheeseburger Cooked Carrots Pears	21 Beef Tacos Celery Peaches	22 Chicken & Waffles Spiral Fries Applesauce	23 Un crustable Pack Tossed Salad Apple Crisps
26 No School	27 Cheeseburger Waffle Fries Pears	28 Yogurt Pack Cooked Carrots Peaches	29 Big Pretzel with Cheese Cup Tossed Salad Applesauce	30 Happy Halloween!! Chicken Patty Sandwich Baked Beans Apple Slices 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
------	------------------	--------------	----------	---------------

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!