



OCTOBER 2026 – K-6th Grade

DAILY OPTIONS:

Breakfast Daily Offerings: Assorted Cereals, Poptarts, String Cheese & Grahams; Fresh Fruit & Milk

Lunch:
C: PBJ

ACE'S CORNER

Assorted Milk all meal periods

Breakfast Prices

Paid: \$1.40

Reduced: \$0.30

Lunch Prices

Paid: \$2.95 Elem/ \$3.05 JH

Reduced: \$0.40

Menu subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 My School Plate			Apple Frudel Craisins & Fruit Juice A. Tater Tot Nachos w/ Roll B. Max Sticks w/ Sauce Corn & Diced Pears	Glazed Donut Banana & Apple Juice A. Cheese Pizza B. Italian Salad w/ Breadstick Spinach Salad & Banana
Mini Strawberry Cream Cheese Bagel Apple Slices & Grape Juice A. Chicken Tenders w/ Breadstick B. Cheeseburger LTO: Southwest Crunch Burger French Fries & Mixed Fruit	Vanilla Confetti Waffles Fresh Orange & Fruit Juice A. Beef Nachos B. Totally Taco Wedges LTO: Southwest Crunch Burger Baby Carrots & Diced Pears	Apple Orange Smoothie w/ Grahams Applesauce & Raisins A. Popcorn Chicken Bowl w/ Breadstick B. Pretzel, Yogurt & Cheese Stick Pack LTO: Southwest Crunch Burger Fresh Broccoli & Grape Juice	Turkey Pancake Wrap Craisins & Fruit Juice A. Mac & Cheese B. Chicken Nuggets w/ Breadstick LTO: Southwest Crunch Burger Baked Beans & Applesauce	Cinnamon Bun Crackers Banana & Apple Juice A. Pepperoni Pizza B. Chicken Baja Salad w/ Breadstick LTO: Southwest Crunch Burger Rainbow Veggies & Banana
No School: Columbus Day National School Lunch Week → → → → →	Sausage, Egg & Cheese Burrito Fresh Orange & Fruit Juice A. Corn Dog B. BBQ Riblet Mexicali Corn & Apple Juice	Sausage Muffin Applesauce & Orange Juice A. Mini Pancakes w/ Cheese Omelet B. Chicken Patty Sandwich Steamed Broccoli & Diced Peaches	Chocolate Crescent Craisins & Fruit Juice A. Hot Honey Popcorn Chicken w/ Biscuit B. Hot Dog Edamame & Fresh Orange	Blueberry Muffin Top Banana & Apple Juice A. Cheese Pizza B. Popcorn Chicken Salad w/ Breadstick Red Pepper Strips & Banana
Benefit Bar Apple Slices & Grape Juice A. Sloppy Joe B. Popcorn Chicken w/ Breadstick Edamame & Fruit Juice	Sausage & Cheese Bagel Fresh Orange & Fruit Juice A. Chicken Patty Sandwich w/ Signature Sauce B. Cheese Pizzadilla Celery Sticks & Diced Pears	Powdered Sugar Donut Applesauce & Orange Juice A. Lasagna Roll Up B. Chicken Nuggets w/ Breadstick Cauliflower & Grape Juice	Breakfast Pizza Craisins & Fruit Juice A. Waffles w/ 2 Sausage Links B. Mini Corn Dogs Ruby Rush Juice & Warm Cinnamon Peaches	Mini Cinnamon Cream Cheese Bagels Banana & Apple Juice A. Pepperoni Pizza B. Chicken & Cheese Salad w/ Breadstick Side Salad & Banana
National Pumpkin Day! Pumpkin Bread Apple Slices & Grape Juice A. Italian Popcorn Chicken w/ Red Sauce B. Chicken Nuggets w/ Breadstick French Fries & Fresh Apple	Mini Cini's Fresh Orange & Fruit Juice A. Chicken Tenders w/ Garlic Knot & Sauce B. MYO Pizza Bagels Fresh Broccoli & Apple Juice	Egg & Cheese Biscuit Applesauce & Orange Juice A. Walking Taco w/ Churro B. Grilled Cheese Kickin' Pinto Beans & Orange Wedges	Strawberry Pancake Puffs Craisins & Fruit Juice A. BBQ Riblet B. Cheeseburger Celery Sticks & Applesauce	Egg & Cheese Taco Banana & Apple Juice A. Cheese Pizza B. Tossed Salad w/ Cheese & Breadstick Baby Carrots & Banana Happy Halloween: Free Sorbet for all hot lunches!!

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!