## MONDAY <br> TUESDAY

## WEDNESDAY

THURSDAY
FRIDAY

| 1. Popcorn Chicken with Pretzel Rod <br> 2. Hot Dog | 1. Chicken Patty Sandwich <br> 2. Grilled Cheese <br> Celery Sticks <br> Banana <br> Baby Carrots <br> Apple Juice |  | 1. Pulled Pork Sandwich <br> 2. Make-your-own Flatbread Pizza <br> Green Peppers Applesauce <br> Carrots Orange Juice | No Lunch |
| :---: | :---: | :---: | :---: | :---: |
| No School 9 | 1. Cheeseburger <br> 2. Make-Your-Own <br> Pepperoni Pizza Bagel <br> 3. LTO - Egg Roll in a Bowl <br> $\begin{array}{ll}\text { Baby Carrots } & \text { Banana } \\ \text { Broccoli } & \text { Apple Juice }\end{array}$ |  | 1. BBQ Riblet <br> 2. Chicken Parmesan Flatbread <br> 3. LTO - Egg Roll in a Bowl | 1. Pepperoni Pizza <br> 2. Chicken \& Cheese Salad with Pretzel Rod <br> 3. LTO - Egg Roll in a Bowl <br> Spinach Salad Apple <br> Baby Carrots Fruit Juice |
| 1. Beef Nacho <br> 2. Cheeseburger <br> Fresh Broccoli Mixed Fruit <br> French Fries Fruit Juice | 1. Chicken Patty Sandwich <br> 2. Make-Your-Own Pepperoni Pizza Bagel <br> Green Beans <br> Red Peppers <br> Banana <br> Apple Juice | 1. Max Sticks with Dipping Sauce <br> 2. Turkey \& Cheese Sandwich <br> Peas \& Carrots Diced Peaches Edamame Grape Juice | 1. French Toast Sticks with Sausage Patties <br> 2. Popcorn Chicken Salad with Pretzel Rod <br> Celery Sticks Corn Orange Juice Cinnamon Apples | 1. Pepperoni Pizza <br> 2. Chicken Parmesan Flatbread |
| 1. Mini Corn Dogs <br> 2. Popcorn Chicken with Pretzel Rod <br> Mashed Potatoes Mixed Fruit Celery Sticks Fruit Juice | 1. Cheese Pizzadilla <br> 2. Chicken Patty Sandwich <br> Roasted Cauliflower Banana <br> Baby Carrots <br> Apple Juice | 1. Popcorn Chicken Potato Bowl with Pretzel Rod <br> 2. Grilled Cheese <br> Rainbow Vegetables Peaches Red Peppers Grape Juice | $26$ <br> No School | $27$ <br> No School |
| 1. Beef Soft Tacos <br> 2. Pulled Pork Sandwich <br> Tater Tots <br> Mixed Fruit <br> Cucumber Slices <br> Fruit Juice | $31$ <br> No Lunch |  |  |  |

# 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

## ＇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！

## ACTIVITY：APPLES TO APPLES

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


