

Apple World

Gala Apple x 10

LUNCH

# OCTOBER 2017

**NATIONAL SCHOOL LUNCH WEEK**  
 OCTOBER 9-13  
 squaremeals.org/nslw

**Good Eats at:**

This normally grows in fields  
 It's a grain from what I hear  
 It can be eaten piece by piece  
 Or straight from a long ear

A. CORN

**Special Announcements**

\*Note: Beta Academy has a one-charge policy This policy allows for a scholar to charge one meal to their account. After which the parent will be notified of non-payment.

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

o Vegetable of the day

This institution is an equal opportunity provider

MON

TUE

WED

THUR

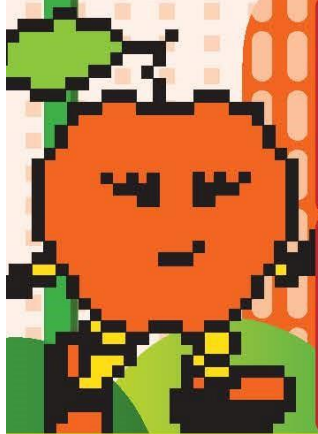
FRI

CHICKEN POTSTICKERS 2	HOT DOGS 3	PAPA JOHN'S PIZZA 4	BREAKFAST FOR LUNCH 5	CRISPY CHICKEN SANDWICH 6
HOLIDAY 9	CHICKEN TAMALES 10	PAPA JOHN'S PIZZA 11	BBQ CHICKEN W/ CHEESY RICE 12	BREAKFAST FOR LUNCH 13
CHICKEN BITES 16	JERK CHICKEN DRUMSTICK & PINEAPPLE CARROT RICE 17	PAPA JOHN'S PIZZA 18	FIESTA SCOOPS W/ THREE LAYER DIP 19	BAKED MAC & CHEESE W/ CHICKEN SAUSAGE 20
HOLIDAY 23	KICKIN CHICKEN MELT 24	PAPA JOHN'S PIZZA 25	CHILI CITRUS CHICKEN DRUMSTICK 26	PEPPER JACK CHEESEBURGER 27
CHICKEN BITES 30	GENERAL TSO'S CHICKEN 31			

+200

+100

+50



TEXAS DEPARTMENT OF AGRICULTURE  
 COMMISSIONER SID MILLER



**Menu is subject to change without notice.**



# Gala APPLES

I come from the really large apple clan and we come in all colors and sizes. My name is Gala and I have stripes and am slightly more orange in color. Gala apples like me are very sweet and can be cooked, baked in pies and enjoyed raw in salads. We are often used to make apple sauce. We grow on large trees in the Texas Hill Country and other parts of Texas. In the spring, our trees are covered in pretty white flowers. We continue to grow throughout the summer and are ready to be picked in the autumn.



## LAUNCH PAD

### GALA APPLES GROWING REGIONS

1. The High Plains
2. Central Texas



## FUN FACT

Apples float when dropped into water because they consist of 25% air.

## Joke of the MONTH

Q: What kind of apple isn't an apple?

A: A pineapple.

## GO LOCAL LUNCH!



## TWO-PLAYER GAME

Apples are the most popular fruit in the United States. Gala apples rank No. 2 out of the Top 10 apples grown in the country. Red Delicious apples are ranked No. 1.

## Identify THE APPLES

- a. Gala
- b. Granny Smith
- c. Red Delicious



1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

### INGREDIENTS

**For Chicken Salad:** 1 tablespoon olive oil • 1 pound skinless, boneless chicken breast • 3 celery stalks, finely chopped • 3 green onions, peeled and finely chopped • 1 apple, peeled, cored, and cut into thin strips • 1/3 cup raisins • 1/2 cup nonfat plain Greek yogurt • 1/4 cup mayonnaise • 1/4 cup unfiltered apple cider vinegar • 1 teaspoon curry powder • Pinch of salt

**For Wraps:** 8 whole-wheat tortillas • 2 cups fresh spinach • 1/2 cup low-fat sharp cheddar cheese, shredded

### PREPARATION

**To make the Chicken Salad:** In a large nonstick skillet, warm the olive oil over moderate heat and add the chicken. Cook for 6 minutes, turn, and cook for additional 7 minutes or until golden brown. Let cool for 5 minutes, then shred. In a large mixing bowl, combine celery, onions, apples, and raisins. In a small bowl, whisk together remaining ingredients. Add 3/4 of dressing to chicken salad, saving the rest for people to add to wraps as desired. Top each wrap with spinach, chicken and cheese, and fold. Serve maple veggies as a yummy side dish!

Recipes courtesy of: [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov)

Answer: 1) c 2) b 3) a