



OCTOBER

2020

St. Michael Catholic School



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Special Announcements:

***Just Try Me** October 20 Taco Nachos
National School Lunch Week October 12-16

Lasagna
Garlic Stix
Corn
Pineapple
Milk or Water 5.

Chicken Strips
Mashed Potatoes
Green Beans
Ice Cream
Milk or Water 6.

Hamburgers
Burger Salad
Chips
Cookie
Milk or Water 7.

Corn Dogs
Ranch Style Beans
Carrots w/Ranch
Applesauce
Milk or Water 8.

Chicken Cheese Steak Sub
Lettuce/Tomato/Pickles
Chips
Fruit
Milk or Water 9.

Potato Wedges w/BBQ Beef
Pinto Beans
Banana Pudding
Milk or Water 12.

Chicken Fried Chicken Breast
Seasoned Rice
Peas
Peaches
Milk or Water 13.

Hot Dog w/Chili
Macaroni & Cheese
Carrots
Fruit
Milk or Water 14.

Pepperoni Pizza
Corn
Salad
Brownie
Milk or Water 15.

Early Dismissal
No Cafeteria Services 16.

Chicken Fried Steak
Mashed Potatoes
Green Beans
Cake
Milk or Water 19.

***Taco Nachos
Salsa/Sour Cream
Lettuce/Tomato/Cheese
Spanish Rice
Pineapple Milk or Water 20.

Catfish Fillet
Seasoned Fries
Cole Slaw
Blackberry Cobbler
Milk or Water 21.

Grilled Chicken Breast
Buttered Noodles
Peas & Carrots
Peaches
Milk or Water 22.

Salami, Pepperoni & Cheese
Flat Bread Sandwich
Pickle Spear
Chips
Apple Slices Milk or Water 23.

Spaghetti
Garlic Stix
Salad
Pudding
Milk or Water 26.

Baked Ham
Cheesy Potatoes
Green Beans
Baked Apples
Milk or Water 27.

Sloppy Joes
Corn
Carrots w/Ranch
Fruit
Milk or Water 28.

Chicken Pot Pie
Spinach Salad
Jello
Milk or Water 29.

Haunted Ham & Cheese Sliders
Spook-tacular Chips
Ghoulis-ly Good Cupcakes
Murky Milk or Water 30.

- National School Lunch Week Oct. 12-16



Food and Nutrition Division
National School Lunch Program and School Breakfast Program



TEXAS DEPARTMENT OF AGRICULTURE
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CONSTELLATION CHICKEN



A constellation is a group of visible stars that form a pattern or picture in the sky. The pattern they form may take the shape of an animal, a mythological creature, a man, a woman, or an inanimate object. Astronomers recognize 88 different constellations. The smallest constellation is the Southern Cross, Crux, and the largest constellation is the Water Snake, Hydra.

FIND THE DIFFERENCE

One of the chickens is not like the other. Circle the one you think it could be.



DID YOU KNOW?

National School Lunch Week is this month! Look for proteins like chicken in your school cafeteria and try new foods from Texas farms and ranches! Milk, lean meat, fruit, vegetables, and whole grains can all be part of a healthy school lunch – and they're all produced right here in Texas.

Chicken is an excellent source of protein. Protein is important because it builds muscles and helps keep your body strong. Chicken is also low in fat, making it a healthy choice for any meal.



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