

October 2024 | Good Shepherd/Little Sheep



Announcements:

October 4th
Donuts with dad!

October 11th :
Pink Out Day!!

October 31st
Fall Party/
book character parade!



Monday	Tuesday	Wednesday	Thursday	Friday
	1 B: Bagels, Fruit Cocktail L: chicken alfredo, salad, peaches S: Yogurt, WG cheerios	2 B: WG Pancakes, pineapple L: Beef taco rice, corn, pears S: blueberry bread	3 B: WG butter Toast, mixed fruit L: burritos, fresh carrots, applesauce S: ritz crackers, hummus	4 B: WG cereal pineapple L: pizza, bananas, salad S: Juice, Pretzels
7 B: Kolaches, pears L: Ravioli, crackers, green beans, pineapple S: WG trail mix, string cheese	8 B: Eggs, apple sauce L: Shepherds pie, corn, pears, crackers S: WG Cheese bread	9 B: Raisin bread, peaches, L: chicken patty, WG bread, cucumber, mixed fruit S: Applesauce, pretzels	10 B: Biscuits, pineapple L: Spaghetti, salad, peaches S: WG wheat thins, sliced cheese	11 B: WG cereal, bananas L: Turkey wraps, peaches, carrots, S: Juice, popcorn
14 B: Waffles, sliced apples L: beefy tator tot casserole, WG bread, corn, peaches S: Blueberry bread	15 B : WG Bagels, pineapple L: chicken taco pasta, mixed veggies, pears S: Graham Crackers, Sun butter	16 B: WG pancakes, mango L: Frito pie with beef and beans, applesauce S: Cheese its, oranges	17 B: Kolaches, bananas, L: Corndogs, bread, carrots, oranges S: WG Chex, string cheese	18 B: WG cereal, yogurt L: Pizza, bananas, cucumber, S: Juice, wheat thins
21 B: WG Biscuits, peaches L: Creamy chicken and rice, mixed veggies, peaches S: Yogurt, Ritz	22 B: Eggs, applesauce L: Burgers, salad, pineapple S: Sliced cheese, popcorn	23 B: WG Toast, pears L: Orange chicken, rice, corn, peaches S: Animal crackers, fruit cup	24 B: WG Bagels, pineapple, L: Beefy mac, cucumber, pears S: Cheese bread	25 B: WG cereal pears L: Turkey wraps, bananas, salad S: Juice, Fritos
28 B: WG Waffles, potatoes, L: Chicken spaghetti, salad, pineapple S: String cheese, sliced oranges	29 B: Raisin bread, apple sauce L: Grilled cheese, tomato soup, pineapple S: WG wheat thins, hummus	30 B: WG Bagels pears L: Chili, beans, pineapple S: sliced cheese, Club crackers	31 B: WG pancakes, bananas, L: chicken noodle casserole, mixed veggies, oranges S: Grahams, sun butter	<p>Apples Season in Texas: July-November Did you know? There are about 2,500 different kinds of apples grown in the United States</p>



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

This product was funded by USDA. This institution is an equal opportunity provider.



Food and Nutrition Division
 www.SquareMeals.org



Updated 6/6/2024
 National School Lunch Program