



# OCTOBER

2020

## PRAIRIE VALLEY



m

t

w

th

f

### Special Announcement

**Breakfast includes:** fruit, juice and /or milk

**Lunch includes:** Choice of Vegetables, fruit, and milk

**Prices:** Breakfast: Students are free Adults \$2.75 Lunch: Reduced 0.40 Paid \$2.85

~~Lunch: Students \$2.85 reduced \$0.40 Adults \$4.00~~

### Flex Monday

Breakfast: Cereal Bar  
Lunch: Sandwich

5.

Breakfast:

Breakfast Sandwich

Lunch:

French Bread Pizza

6.

Breakfast:

Pancake on a Stick

Lunch:

Boneless Chicken Wings

7.

Breakfast:

Waffles

Lunch:

Popcorn Chicken

8.

Breakfast:

Breakfast Bread

Lunch:

Quesadillas

9.

### No School

12.

Breakfast:

Mini Pancakes

Lunch:

Pizza

13.

Breakfast:

Pigs in a Blanket

Lunch:

Nacho Grande

14.

Breakfast:

Breakfast Crackers & yogurt

Lunch:

Hamburger Steak

15.

Breakfast:

French Toast

Lunch:

Xtreme Burrito

16.

### Flex Monday

Breakfast: Cereal Bar  
Lunch: Sandwich

19.

Breakfast:

Muffins

Lunch:

Meatball Sub

20.

Breakfast:

Pancake on a Stick

Lunch:

Chicken Nuggets

21.

Breakfast:

Nutrigrain Bar

Lunch:

Pizza

22.

Breakfast:

Waffles

Lunch:

Cheeseburger

23.

### Flex Monday

Breakfast: Cereal Bar  
Lunch: Sandwich

26.

Breakfast:

Breakfast Sandwich

Lunch:

Chicken Parmesan

27.

Breakfast:

Breakfast Sandwich

Lunch:

Tacos

28.

Breakfast:

Waffles

Lunch:

Chicken Nuggets

29.

Breakfast:

Breakfast Bread

Lunch:

Cheeseburger

30.

- National School Lunch Week Oct. 12-16



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

This product was funded by USDA.

This institution is an equal opportunity provider.



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



Updated 01/2020  
www.SquareMeals.org

# 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.

## 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.



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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

## FIND THE DIFFERENCE

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



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



Updated 01/2020  
[www.SquareMeals.org](http://www.SquareMeals.org)