



Monday	Tuesday	Wednesday	Thursday	Friday
1 Spaghetti with Meat Sauce Salad Carrot Ranch Sauce Milk Bread	2 Cheese Pizza Salad Fresh Apple Ranch Sauce Milk.	3 Breaded Chicken Tenders Mashed Potato Broccoli Brownie Milk Bread.	4 Spanish Rice Green Beans Bananas Milk Taco	5 Hamburger Fries Salad Milk Juice
8 Macaroni and Cheese Brownie Salad Banana Milk.	9 Cheese Pizza Salad Fresh Apple Ranch Sauce Milk.	10 Baked Fish Scandia Potato Salad Juice Bread Milk.	11 Chicken a la King Rice Bread Salad Juice Milk Ranch Sauce.	12 No School
15 Spaghetti with Meat Sauce Salad Carrot Ranch Sauce Milk Bread.	16 Cheese Pizza Salad Fresh Apple Ranch Sauce Milk.	17 Breaded Chicken Tenders Mashed Potato Broccoli Brownie Milk Bread.	18 Spanish Rice Green Beans Bananas Milk Taco.	19 Hamburger Fries Salad Milk Juice
22 Macaroni and Cheese Brownie Salad Banana Milk.	23 Cheese Pizza Salad Fresh Apple Ranch Sauce Milk	24 Baked Fish Scandia Potato Salad Juice Bread Milk.	25 Chicken a la King Rice Bread Salad Juice Milk Ranch Sauce.	26 Bean Burrito With Tortilla Broccoli Bread Juice Milk.
29 HotDog with Cheese Broccoli Juice Milk	30 Cheese Pizza Salad Fresh Apple Ranch Sauce Milk.	31 Meat Balls Rice Potato Salad Juice Bread Milk.		

When you see pumpkins popping up everywhere, you know Halloween isn't far away.

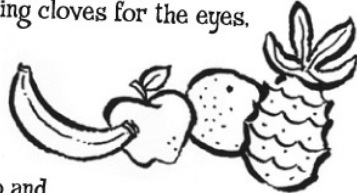


But did you know pumpkins are a fruit packed with vitamin A (beta carotene) and potassium? You can enjoy pumpkins added to everything from bread to smoothies. It's always fun to sample new food. In fact, why not pick something new from the menu during National School Lunch Week, Oct. 15-19. You might discover a new favorite!

Healthy Halloween Jack-O'-Lantern

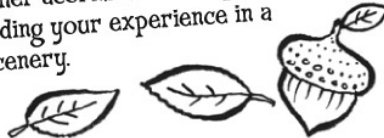
Surprise someone with an orange fruit cup decorated for Halloween. Follow these easy steps with help from an adult.

1. Roll an orange on a counter to loosen the pulp and make it easier to remove from the sides of the orange.
2. Ask an adult to help you cut about 1/3 off the top of the orange.
3. Carefully scoop out the inside of the orange and use the pulp for fresh orange juice.
4. Make a jack-o'-lantern face by inserting cloves for the eyes, nose and mouth.
5. Fill the orange with chopped up pieces of a banana, apple, pineapple or your other favorite fruits.
6. Cover the fruit cup with plastic wrap and store it in the refrigerator until serving time.



Take a Hike

Cooler weather this time of year gives you an excuse to go outdoors for a walk in the woods or your favorite park. Bring a paper bag to collect leaves for leaf rubbings or gather acorns and seed pods for necklaces. You might also enjoy recording your experience in a journal or snapping pictures of the scenery.



Check Out the CAFETERIA BUZZ



DNR CATERING SERVICES
 4621 Montrose Blvd B120 Houston, TX 77006
 Tel: 713 - 529 0 DNR
 Email: una1.cevak@DnrFoods.com

Find out the amount of healthy food you need each day by getting your personal food guide pyramid at www.mypyramid.gov. Square Meals is the Texas Department of Agriculture's school nutrition education and outreach program, funded by the U.S. Department of Agriculture, Food and Nutrition Service.

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