



OCTOBER

2020

EHS SNACK MENU



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Special Announcements:

NO SCHOOL

NO SCHOOL

1.

2.

½ Soft Pretzel
4 oz. Milk

5.

2 (.5 oz.) Graham Crackers *
¼ c Vanilla Greek Yogurt
***Grahams are not to be given to children under 1 yr.**

6.

1 Tbsp. Peanut Butter Cup
½ c Fresh Diced Apple

7.

4 (.5 oz.) Wheat Crackers
1 slc (.5 oz.) Ham

8.

½ (.5 oz.) Whole Grain Muffin
4 oz. Milk

9.

½ c Applesauce Cup
¼ c (.5 oz.) Gold Fish

12.

1 pk (.75 oz.) Teddy Grahams
½ c Diced Pear Cup
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13.

1 Tbsp. Peanut Butter Cup
4 (.5 oz.) Wheat Crackers

14.

1 (.5 oz.) Whole Grain Muffin
½ c Mandarin Orange Cup

15.

¼ c Vanilla Greek Yogurt
½ c Cheerios

16.

1 slc (.5 oz.) Ham
4 (.5 oz.) Wheat Thins

19.

½ Soft Pretzel Rod
½ c Watermelon Applesauce Cup

20.

1 oz. Sliced Cheese
½ c Diced Pears Cup

21.

¼ c Vanilla Greek Yogurt
½ c (.5 oz.) Chex Cereal

22.

¼ c (.5 oz.) Gold Fish
4 oz. Milk

23.

4 (.5 oz.) Wheat Crackers
½ oz. Cheese

26.

1 Tbsp. Peanut Butter Cup
2 (.5 oz.) Graham Crackers
***Grahams are not to be given to children under 1 yr.**

27.

½ c Sliced Bananas
½ c Strawberry Greek Yogurt

28.

½ c Shredded Carrots
1 Tbsp. Ranch Cup
½ oz. Sliced Cheese

29.

8 (.05 oz.) Animal Crackers
4 oz. Milk

30.

- National School Lunch Week Oct. 12-16



TEXAS DEPARTMENT OF AGRICULTURE
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National School Lunch Program and School Breakfast Program



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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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