

SEPTEMBER

2018

GOOD EATS AT

M	T	W	Th	F
NO SCHOOL 3	Cheese Omelet. OR PBJ, fruit, milk and juice 4	Waffles, Sausage, fruit OR Muffin, yogurt, milk and juice 5	Breakfast Pizza, fruit OR Cereal bar, yogurt, milk and juice 6	French toast, sausage, fruit OR Breakfast Round, yogurt milk and juice 7
Pancakes, sausage, fruit OR Cereal, toast, milk and juice 10	Breakfast burrito, hash browns, fruit OR Breakfast Strudel, cheese stick, milk and juice 11	Biscuit, gravy, scrambled eggs, bacon, fruit OR Muffin, toast, milk and juice 12	Sausage kolache, fruit OR Breakfast crackers, cheese stick, milk and juice 13	Griddle sandwich, fruit OR Cereal, toast, milk and juice 14
Waffles, bacon, fruit OR Muffin, yogurt, milk and juice 17	Cinnamon roll, sausage, fruit OR Cereal bar, yogurt, milk and juice 18	Breakfast pizza, fruit OR Cereal, toast, milk and juice 19	Breakfast taquito, fruit OR Breakfast parfait, milk and juice 20	Biscuit, gravy, scrambled eggs OR Breakfast round, yogurt, milk and juice 21
Sausage biscuit, fruit OR Muffin, yogurt, milk and juice 24	Breakfast burrito, hash browns, fruit OR Cereal, toast, milk and juice 25	Chicken-n-Waffles, fruit OR Breakfast parfait, milk and juice 26	Pancakes, sausage, fruit OR PBJ, milk and juice 27	Dutch waffle, fruit OR Breakfast Round, milk and juice 28

I'm SPEEDY CUE to the rescue!

SPECIAL ANNOUNCEMENTS

GET READY

FOR NATIONAL SCHOOL LUNCH WEEK
OCTOBER 8-12
SquareMeals.org/nslw

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER
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This program was funded by USDA
This institution is an equal opportunity provider.

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NO SCHOOL 3	Crispy Tacos, veggie cup, beans, salsa, lettuce and tomato, oranges Milk 4	Lasagna, mashed potatoes, salad, roll, peas Milk 5	Hamburger/ Cheeseburger, hamburger garnish, oven fries, carrots, snowball salad Milk 6	Chicken Parmesan, breadstick, green beans, chilled pineapple Milk 7
Corn dog, tater tots, baked beans, apple, pineapple d'late Milk 10	Nachos Grande, beans, salsa, tomato cup, cucumber slices, peaches, lime sherbet cup Milk 11	Chicken Sandwich, oven fries, veggie cup, lettuce and tomato garnish, oranges Milk 12	Asian bowl, eggroll, garden salad, fruit gelatin Milk 13	Ham and cheese melt, soup, carrots, broccoli salad, fresh fruit, brownie Milk 14
Country Fried Steak, mashed potatoes, okra, roll, strawberries Milk 17	Enchiladas, salsa, zesty cucumbers, lettuce and tomato, applesauce Milk 18	Chicken tenders, broccoli, sweet potato fries, mixed fruit, rice crispy Milk 19	Chicken spaghetti, garden salad, carrots, apple slices Milk 20	BBQ on a bun, coleslaw, green beans, oranges Milk 21
Hamburger/ Cheeseburger, oven fries, veggie cup, mixed fruit Milk 24	Chicken fajitas, beans, tomato cup, salsa, lettuce and tomato garnish, peaches Milk 25	Chicken Alfredo, tuscan vegetables, salad, cinnamon apples, cookie Milk 26	Country Pot Pie, broccoli, veggie cup, snowball salad Milk 27	Motley Chicken Bowl, green beans, roll, apple slices Milk 28

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