

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



Sweet Potato Muffin **4**  
Fruit/ Milk

Chicken Tenders  
Sweet Potato Waffle Fries  
Sliced Fresh Fruit  
Unflavored Milk

**11**

**No School**

National School Lunch Week

Pancake on a Stick **18**  
Fruit/Milk

Pinwheel  
Corn  
Sliced Fresh Fruit  
Unflavored Milk

**25**

Sweet Potato Muffin  
Fruit/ Milk

Chicken Tenders  
Sweet Potato Waffle Fries  
Sliced Fresh Fruit  
Unflavored Milk

Mini Blueberry Pancakes **5**  
Fruit/ Milk

Tamales with Fiesta Black Beans  
Taco Salad  
Juice  
Unflavored Milk

**12**

Apple Grape Chicken Salad  
Cherry Tomato & Cucumber Salad  
Juice

Unflavored Milk

Sweet Potato Muffin **19**  
Juice/Fruit/ Milk

Conchitas  
Seasoned Cucumbers  
Juice  
Unflavored Milk

**26**

Mini Blueberry Pancakes  
Fruit/ Milk

Tamales with Fiesta Black Beans  
Taco Salad  
Juice  
Unflavored Milk

Egg and Potato Taco **6**  
Fruit/ Milk

Hamburger/ Cheeseburger  
Emoji Fries  
Sliced Fresh Fruit  
Unflavored Milk

**13**

Bean and Cheese Taco  
Fruit/ Milk

Bento Box  
Sliced Fresh Fruit  
Unflavored Milk

**20**

Yogurt Parfait with  
Breakfast Round  
Fruit/ Milk

Chicken Nuggets  
Emoji Fries  
Sliced Fresh Fruit  
Unflavored Milk

**27**

Egg and Potato Taco  
Fruit/ Milk

Hamburger/  
Cheeseburger  
Emoji Fries  
Sliced Fresh Fruit  
Unflavored Milk

Morning Sausage Roll **7**  
Fruit/Milk

Spaghetti w/ Meatballs  
Seasoned Cucumber  
Juice  
Unflavored Milk

**14**

Marranito  
Fruit/ Milk

Chicken Nuggets  
Mashed Potato  
Juice  
Unflavored Milk

**21**

Blueberry Chex Cereal  
Fruit/Milk

Oven Roasted Chicken with  
Brown Rice  
Cherry Tomato & Cucumber  
Salad  
Juice  
Unflavored Milk

**28**

Morning Sausage Roll  
Fruit/Milk

Spaghetti w/ Meatballs  
Seasoned Cucumber  
Juice  
Unflavored Milk

Mini Waffles  
Fruit/ Milk

**1**

Pepperoni Pizza  
Fresh Baby Carrots  
w/ ranch dressing  
Sliced Fresh Fruit  
Unflavored Milk

Banana Bread Loaf Slice **8**  
Fruit/ Milk

Pepperoni Pizza  
Fresh Baby Carrots  
w/ ranch dressing  
Sliced Fresh Fruit  
Unflavored Milk

**15**

Chicken Sausage Bites  
Fruit/ Milk

Cheese Sticks w/Marinara  
Fresh Baby Carrots  
w/ ranch dressing  
Sliced Fresh Fruit  
Unflavored Milk

**22**

Mini Waffles  
Fruit/ Milk

Pepperoni Pizza  
Fresh Baby Carrots  
w/ ranch dressing  
Sliced Fresh Fruit  
Unflavored Milk

**29**

Banana Bread Loaf Slice  
Fruit/ Milk

Pepperoni Pizza  
Fresh Baby Carrots  
w/ ranch dressing  
Sliced Fresh Fruit  
Unflavored Milk

# Oct

FEED YOUR  
CREATIVITY



### Announcements:

Pre-K Lunch meals include sliced fresh fruit on Monday, Wednesday and Fridays.

Unflavored milk served in all meals.

Menu changes may occur due to the impacts of COVID-19



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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Food and Nutrition Division  
Nutrition Assistance Programs



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