

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



Banana Chocolate Bar **4**  
Cereal

Chicken Tenders w/ Mini Waffles with Syrup  
Corn Dog  
Sweet Potato Waffle Fries  
Steamed Broccoli

Mini Blueberry Pancakes **5**  
Cereal

Cheesy Ranchero Tornadoes  
4 Beef Tamales  
Fiesta Black Beans  
Pico de Gallo

Bean and Cheese Taco **6**  
Cereal

Hamburger or Cheeseburger  
Breaded Wings with Buffalo Sauce & Biscuit  
Burger Salad  
Emoji Fries

Morning Sausage Roll **7**  
Cereal

Orange Mandarin Chicken w Brown Rice  
Bento Box  
Cherry Tomato and Cucumber Salad  
Seasoned Cucumber

Mini Waffles with Syrup **1**  
Cereal

Pepperoni Pizza  
Garlic Bread Pull Aparts w/ Marinara  
Chef's Choice Veggie  
Fresh Baby Carrots w/ Ranch

Banana Bread Loaf Slice **8**  
Cereal

**11**

**No School**

Breakfast Round **12**  
Cereal

Apple & Grape Chicken Salad  
Frito Pie  
Refried Beans  
Pico de Gallo

Barbacoa Taco w Pico de Gallo **13**  
Cereal

Hamburger or Cheeseburger  
Chicken Nuggets with Mac & Cheese  
Burger Salad  
Sidewinder fries  
*Pickles & Jalapeno*

Marranito **14**  
Cereal

Tex Mex Baked Potato with Biscuit  
Meatball Sub  
Seasoned Cucumber

Chicken Sausage Bites **15**  
Cereal

Pepperoni Pizza  
Cheese Sticks with Marinara  
Chef's Choice Veggie  
Fresh Baby Carrots w/ Ranch

National School Lunch Week

Pancake on a Stick **18**  
Cereal

Cheesy Ranchero Tornadoes  
Apple & Grape Chicken Salad  
Fiesta Black Beans  
Sidewinder Fries

Sweet Potato Muffin Top **19**  
Cereal

Conchitas con Pollo with Flour Tortilla  
Bento Box  
Pico de Gallo  
Seasoned Cucumbers

Yogurt Parfait w Breakfast Round **20**  
Cereal

Hamburger or Cheeseburger  
Breaded Wings with Buffalo Sauce & Biscuit  
Burger Salad  
Seasoned Jicama  
*Pickles & Jalapeno*

Blueberry Cheese Stick **21**  
Cereal

Oven Roasted Chicken with Brown Rice  
Bean and Cheese Pupusa  
Cherry Tomato Cucumber Salad  
Steamed Broccoli

Mini Waffles with Syrup **22**  
Cereal

Pepperoni Pizza  
Garlic Bread Pull Aparts w/ Marinara  
Chef's Choice Veggie  
Fresh Baby Carrots w/ Ranch

Banana Chocolate Bar **25**  
Cereal

Chicken Tenders w/ Mini Waffles with Syrup  
Corn Dog  
Sweet Potato Waffle Fries  
Steamed Broccoli

Mini Blueberry Pancakes **26**  
Cereal

Cheesy Ranchero Tornadoes  
4 Beef Tamales  
Fiesta Black Beans  
Pico de Gallo

Bean and Cheese Taco **27**  
Cereal

Hamburger or Cheeseburger  
Breaded Wings with Buffalo Sauce & Biscuit  
Burger Salad  
Emoji Fries

Morning Sausage Roll **28**  
Cereal

Orange Mandarin Chicken w Brown Rice  
Bento Box  
Cherry Tomato and Cucumber Salad  
Seasoned Cucumber

Banana Bread Loaf Slice **29**  
Cereal

Pizza  
Bean and Cheese Pupusa  
Chef's Choice Veggie  
Fresh Baby Carrots  
Ranch Dressing

# Oct

FEED YOUR CREATIVITY



### Announcements:

All Breakfast served with Assorted Fruit, Juice, and Milk.

All Lunch served has assorted Fruit and Milk. Juice option is available Tuesday and Thursday.

*Green Salsa available with Bean and Cheese Taco .  
Pico de Gallo available for Barbacoa Taco  
Menu changes may occur due to the impacts of COVID-19*



Food and Nutrition Division  
Nutrition Assistance Programs



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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www.SquareMeals.org