



ELEMENTARY BREAKFAST AND LUNCH MENU

OCTOBER 2023

ELEMENTARY BREAKFAST: PAID STUDENTS: \$1.00 // Adult/Visitor breakfast \$3.00

ELEMENTARY LUNCH: PAID STUDENTS: \$2.25 // Adult/Visitor lunch \$5.00

REDUCED STUDENT BREAKFAST: FREE // **REDUCED STUDENT LUNCH:** \$0.40

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 French Toast Sticks Beef Soft Tacos Baby Carrots Seasoned Pinto Beans Fresh Apple Slices	3 Seasonal Muffin Chicken Tenders & Waffle Hamburger or Cheeseburger Garden Salad Orange Smiles	4 Chocolate Chip Waffle Cheese or Pepperoni Pizza Garden Salad Fresh Cucumber Slices Fresh Cantaloupe Chunks	5 Turkey Ham & Cheese Croissant Cheese Enchiladas Hot Dog Garden Salad Seasoned Pinto Beans Fresh Pineapple Chunks	6 Cinnamon Roll Corn Dog Sweet & Sour Chicken Garden Salad Steamed Rice Cucumber Slices Vegetable Egg Roll
9 Maple Waffle Beef Hotdog Cheese Sauce & Pretzel Bites (NSLW Feature) Garden Salad Seasoned Pinto Beans Fresh Apple Slices	10 Sausage & Cheese Biscuit Chicken Tenders & Waffle, Hamburger or Cheeseburger Fresh Cucumber Slices Garden Salad Orange Smiles Wheat Roll	11 Mini Pancakes Cheese or Pepperoni Pizza Garden Salad Fresh Cucumber Slices Fresh Pineapple Chunks	12 Turkey Ham & Cheese Croissant Spaghetti & Meatballs Beef Hot Dog Garden Salad Seasoned Green Beans Fresh Cantaloupe Chunks Wheat Roll	13 Cinnamon Roll Popcorn Chicken Steak Fingers Mashed Potatoes Garden Salad Fresh Fruit or Fruit Cobbler Wheat Roll
16 NO SCHOOL	17 French Toast Sticks Breaded Chicken Sandwich Hamburger or Cheeseburger Potato Wedges Baby Carrots Fresh Apple Slices	18 Chocolate Chip Waffle Cheese or Pepperoni Pizza Garden Salad Fresh Cucumber Slices Fresh Pineapple Chunks	19 Turkey Ham & Cheese Croissant Beef Hot Dog Macaroni & Cheese Baked Beans Garden Salad Fresh Apple Slices	20 Cinnamon Roll Cheese Stuffed Breadsticks Corn Dog Garden Salad Fresh Cucumber Slices Fresh Fruit or Fruit Cobbler
23 Maple Waffle Nachos w/ Baked Tostitos Seasoned Pinto Beans Fresh Cucumber Slices Apple Slices	24 Sausage & Cheese Biscuit Chicken Tenders Hamburger or Cheeseburger Garden Salad Whole Kernel Corn Orange Smiles Wheat Roll	25 Mini Pancakes Cheese or Pepperoni Pizza Garden Salad Fresh Cucumber Slices Fresh Pineapple Chunks	26 Turkey Ham & Cheese Croissant Breaded Chicken Sandwich Spaghetti & Meatballs Seasoned Green Beans Garden Salad Red Grapes Wheat Roll	27 Cinnamon Roll Cheese Stuffed Breadsticks, Mini Corn Dogs Sweet Potato Fries Garden Salad Fresh Cucumber Slices Fresh Fruit or Fruit Cobbler
30 French Toast Sticks Beef Soft Tacos Baby Carrots Seasoned Pinto Beans Fresh Apple Slices	31 Maple Waffle Chicken Tenders & Waffle Hamburger or Cheeseburger Garden Salad Potato Wedges Orange Smiles			

This institution is an equal opportunity provider.

Menus are subject to change without notice due to price and availability of food

Menus also available at Schoolcafe.com

Nutrient Analysis is available at <https://www.cfisd.net/Page/3593>

A Complete Breakfast Includes:

- Choice of 1 entrée
- 2 fruits OR 1 fruit & juice
- 1% white or fat free chocolate milk

Daily Breakfast Features:

- Yogurt & granola
- Oatmeal Bar
- Whole grain cereal
- 100% fruit juice

A Complete Lunch Includes:

- Choice of entrée
- 2 fruits
- 2 vegetables
- 1% white or fat free chocolate milk

Weekly Lunch Entrees:

- Monday & Friday:** Yogurt, Granola & String Cheese
- Tuesday & Thursday:** Wowbutter, String Cheese & Goldfish
- Wednesday:** Turkey Ham & Cheese Croissant

Weekly Entrée Salads:

Tuesday, Wednesday & Thursday
September Featured Salad: Cobb Salad

All breads, breading, cereals, rice, and pastas are 51% or more whole grains, except biscuits & tortillas.

1% white or fat free chocolate milk