



HIGH SCHOOL SUPPER MENU OCTOBER 2022

HIGH SCHOOL SUPPER: STUDENTS: NO COST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Hamburger or Cheeseburger Seasoned Green Beans Gala Apple	4 Cheese Stuffed Breadsticks Mixed Vegetables Gala Apple	5 Breaded Chicken Sandwich Whole Kernel Corn Gala Apple	6 Popcorn Chicken Mashed Potatoes Gala Apple Wheat Roll	7 Cheese Pizza Baby Carrots Gala Apple
10 Mini Corn Dogs Seasoned Green Beans Gala Apple	11 Hamburger or Cheeseburger Potato Wedges Gala Apple Wheat Roll	12 Popcorn Chicken Mashed Potatoes Gala Apple Wheat Roll	13 Steak Fingers Mashed Potatoes Gala Apple Wheat Roll	14 Pepperoni Pizza Baby Carrots Gala Apple
17 Hamburger or Cheeseburger Seasoned Green Beans Gala Apple	18 Cheese Stuffed Breadsticks Mixed Vegetables Gala Apple	19 Breaded Chicken Sandwich Whole Kernel Corn Gala Apple	20 Popcorn Chicken Mashed Potatoes Gala Apple Wheat Roll	21 Cheese Pizza Baby Carrots Gala Apple
24 NO SCHOOL	25 Hamburger or Cheeseburger Potato Wedges Gala Apple Wheat Roll	26 Popcorn Chicken Mashed Potatoes Gala Apple Wheat Roll	27 Steak Fingers Mashed Potatoes Gala Apple Wheat Roll	28 Pepperoni Pizza Baby Carrots Gala Apple
31 Hamburger or Cheeseburger Seasoned Green Beans Gala Apple				

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 Supper Includes:](#)

Entrée

1 fruit

1 vegetable

1% white or fat free chocolate milk

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or fax: (833) 256-1665 or (202) 690-7442; or email: program.intake@usda.gov This institution is an equal opportunity provider.