



OCTOBER 2019 BREAKFAST AND LUNCH MENU



ELEMENTARY BREAKFAST: Paid student meal \$1 // reduced student meal \$0.20 // adult/visitor lunch \$2
 ELEMENTARY LUNCH: Paid student meal \$2.25 // reduced student lunch \$0.40 // adult/visitor lunch \$3.50

NATIONAL SCHOOL LUNCH WEEK: OCTOBER 14-18

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|
| | Pancake & Turkey Sausage Minis 1 | Blueberry Banana Muffin 2 | Ham & Cheese Croissant 3 | Chicken Biscuit 4 |
| | Beef Soft Tacos Hamburger or Cheeseburger Garden Salad Seasoned Pinto Beans Fresh Apple Slices | Grilled Cheese Croissant Sandwich Mini Pizza Bagels Garden Salad Whole Kernel Corn Peach Cobbler | Chicken Teriyaki & Stir Fried Rice Turkey Hot Dog Garden Salad Fresh Pineapple Chunks Veggie Egg Roll | Fish Sandwich Steak Fingers Garden Salad Mashed Potatoes & Gravy Cy-Fair Garden Fresh Cucumbers |
| Whole Wheat Cinnamon Roll 7 | Mini Pancakes 8 | Sausage & Cheese Biscuit 9 | Ham & Cheese Croissant 10 | Sausage & Cheese Kolache 11 |
| Nachos w/ Baked Tostitos Breaded Chicken Sandwich Baby Carrots Seasoned Black Beans Sliced Peaches | Chicken Tenders Fish Sticks Cole Slaw Whole Kernel Corn Mandarin Oranges Wheat Roll | Cheese or Pepperoni Pizza Turkey Hot Dog Garden Salad Seasoned Green Beans Peach Cobbler | Orange Chicken & Lo Mein Hamburger or Cheeseburger Garden Salad Mixed Vegetables Fresh Mixed Fruit Veggie Egg Roll | BBQ Pulled Pork Macaroni & Cheese Cole Slaw Steamed Broccoli Fresh Strawberries |
| National School Lunch Week: OCTOBER 14-18 - Save the Day with a Healthy Lunch! | | | | |
| Whole Wheat Cinnamon Roll 14 | French Toast 15 | Blueberry Banana Muffin 16 | Ham & Cheese Croissant 17 | Sausage & Cheese Biscuit 18 |
| Breaded Chicken Sandwich Cheese Enchiladas Baby Carrots Seasoned Pinto Beans Sliced Peaches | Chicken Chunks Hamburger or Cheeseburger Garden Salad Whole Kernel Corn Fresh Apple Slices | Cheese or Pepperoni Pizza Turkey Hot Dog Garden Salad Seasoned Green Beans Mandarin Oranges Cherry Blue Raspberry Fruit Rush Slush | Chicken Teriyaki & Stir Fried Rice Hamburger or Cheeseburger Fresh Broccoli Garden Salad Fresh Grapes Veggie Egg Roll | Steak Fingers Turkey Hot Dog Garden Salad Mashed Potatoes & Gravy Fresh Pineapple Chunks Wheat Roll |
| Whole Wheat Cinnamon Roll 21 | Mini Pancakes 22 | Sausage & Cheese Biscuit 23 | Ham & Cheese Croissant 24 | Sausage & Cheese Biscuit 25 |
| Nachos w/ Baked Tostitos Breaded Chicken Sandwich Baby Carrots Seasoned Black Beans Sliced Peaches | Chicken Tenders Fish Sticks Garden Salad Whole Kernel Corn Orange Smiles Wheat Roll | Cheese or Pepperoni Pizza Hamburger or Cheeseburger Carrot & Broccoli Slaw Fresh Bell Pepper Sticks Fresh Berries | Spaghetti & Meatballs Turkey Hot Dog Fresh Broccoli Garden Salad Fresh Pineapple Wheat Roll | Cheese Stuffed Breadsticks Macaroni & Cheese Garden Salad Seasoned Green Beans Mandarin Oranges |
| Whole Wheat Cinnamon Roll 28 | Pancake & Turkey Sausage Minis 29 | Blueberry Banana Muffin 30 | Ham & Cheese Croissant 31 | |
| Hatch Green Chili Tamales Breaded Chicken Sandwich Baby Carrots Roasted Corn Sliced Peaches | Beef Soft Tacos Hamburger or Cheeseburger Garden Salad Seasoned Pinto Beans Fresh Apple Slices | Grilled Cheese Croissant Sandwich Mini Pizza Bagels Garden Salad Whole Kernel Corn Peach Cobbler | Chicken Teriyaki & Stir Fried Rice Turkey Hot Dog Garden Salad Fresh Pineapple Chunks Veggie Egg Roll | |

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 & Rockin' ola granola
- Whole grain cereal (Not available at some schools)
- Assorted fruit bowl
- 100% fruit juice
- 1% white or fat free chocolate milk

A complete lunch includes

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

Daily Lunch Features

- Hummus & pita bread entrée
- Yogurt, granola and string cheese
- Sunbutter & jelly entrée
- Turkey & cheese or turkey, ham & cheese on hoagie (alternate weekly)
- Assorted fruit bowl

Fresh Entrée Salads

- Monday-** Mandarin Orange Salad
- Tuesday-** Southwest Chicken Salad
- Wednesday-** Chef's Salad
- Thursday-** Cran-apple Salad
- Friday-** Egg Bacon & Spinach Salad

Grilled Chicken Caesar Salad served daily.



CUCUMBERS

- Cucumbers are in the same family as melons and squash.
- Excellent source of vitamin K to help blood clot.
- Good source of potassium which helps maintain normal blood pressure and kidney health.
- Cucumbers are 96% water, making it a great thirst-quencher!

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: How to File a Complaint, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter 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; fax: (202) 690-7442; or email: program.intake@usda.gov. This institution is an equal opportunity provider.

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