



OCTOBER 2019 BREAKFAST AND LUNCH MENU

Pre-K BREAKFAST: Student: No Cost// Adult/Visitor lunch \$2

Pre-K LUNCH: Student: No Cost// Adult/Visitor lunch \$3.50

NATIONAL SCHOOL LUNCH WEEK: OCTOBER 14-18



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

A complete breakfast includes
- Entrée
- Fruit
- 1% white milk

A complete lunch includes
- Entrée
- 1 fruit
- 2 vegetables
- 1% white milk



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