



School Information: We are an equal opportunity provider. All meals are served with low fat milk, and entrée options. No school October 23 & 26 for Fall Break.



Nutrition Tip: Make half your plate veggies and fruits. Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



Reference: USDA MyPlate

Monday

Tuesday

Wednesday

Thursday

Friday



Chicken patty on WG bun **5**
Broccoli rice with cheese
Mandarin oranges
Milk

Texas spaghetti **6**
French Bread
Tossed salad
Milk

Entrée choices:
Main entrée or
K-2nd PBJ or egg salad sandwich
3rd – 12th PBJ, Egg salad, Deli or
Chef salad

Ham dandy **1**
Wg dinner roll
Green beans
Strawberries
Milk

Pulled pork sandwich **2**
WG chips
Baked apples
Baked beans
Milk

Lasagna **12**
French Bread
Tossed salad
Veggie cups
Applesauce
Milk

Hamburger on WG Bun **13**
French Fries
Baked beans
Oranges
Milk

Sandwich choice: deli, PBJ **7**
Egg salad
Wg chips
Fresh veggies
WG cookie Fruit Juice
Milk

Soft shell taco **8**
Refried beans
Spanish rice
Pineapple tidbits
Milk

Beef & pepperoni pizza **9**
Tossed salad
Fruit cup
Pudding cup
Milk

Chili Crispito **14**
w/chili & cheese sauce
Nacho chips
Mixed fruit
Veggie cups
Milk

Chicken & noodles **15**
Mashed potatoes
Wg dinner roll
Green beans
Blueberry cobbler
Milk

BBQ rib sandwich **16**
Pasta or potato salad
Dill Pickle spear
Apples
Milk

Chicken nuggets **19**
Mashed potatoes
Peas
WG dinner roll
Fresh fruits
Milk

Walking tacos **20**
Refried beans
Pineapple tidbits
Spanish Rice
Milk

Sandwich choice: Deli, PBJ **21**
Egg salad, Tuna
WG chips
Fresh veggies Fruit Juice
WG brownie
Milk

WG waffles **22**
Cheese omelet or sausage
Fruit slushie cup
Veggie cups
Milk

NO SCHOOL **23**
FALL BREAK

NO SCHOOL **26**
FALL BREAK

Chicken or beef quesadilla **27**
Spanish rice
Refried beans
Mixed fruit
Milk

Pigs in a blanket **28**
Baked beans
WG chips
Fresh fruits
Milk

Chicken fried steak **29**
Mashed potatoes
Corn
WG dinner roll
Peaches
Milk

Italian Dunkers **30**
w/meat sauce
Tossed salad
Veggie cups
Pears
Milk