

ELEMENTARY MENU

OCT

MENU 2022

GEAR UP FOR SWIM CLASS



ANNOUNCEMENTS:

NATIONAL SCHOOL

LUNCH WEEK

10/10-10/14

All Breakfast is offered with Fresh Fruit, Juice and Assorted Milk.

All Lunch is offered with Fresh Fruit and Assorted Milk. Juice is available Tuesday and Thursday for Lunch.

Menu changes may occur due to Nationwide Manufacturer Shortages. Substitutions may vary by campus.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Morning Sausage Roll
Banana Chocolate Bar

Concha
Yogurt w/ UBR

Barbacoa Taco
Banana Chocolate Bar

Apple Breakfast Bar
Yogurt w/ UBR

Egg and Potato Taco
Banana Chocolate Bar

Mesquite Baked Chicken and Mac
and Cheese
Corn Dog
Cherry Tomato Cucumber Salad
Corn

Frito Pie
Chicken Fajita Taco w/Frito Chips
Refried Beans
Taco Salad

Hamburger /Cheeseburger
Chicken Tenders w/ Roll
Burger Salad
Tater Tots

Orange Mandarin Chicken with ½
cup Brown Rice
Teriyaki Chicken Salad w/ Crunchy
Noodles
Shelled Edamame
Seasoned Cucumbers

Pepperoni Pizza
Lasagna with Garlic Toast
Mini Garden Salad
Chef's Choice Vegetable

**NO
SCHOOL**

Mini Blueberry Waffles
Yogurt w/ UBR

Egg and Potato Taco
Cereal

Mini Cini Rolls
Yogurt w/ UBR

Barbacoa Taco
Cereal

Enchiladas w/Mexican Rice
Garlic Bread
Pull Apart w/ Marinara
Black Beans
Mini Garden Salad

Turkey BBQ Sandwich
(6) Baked Breaded Wings
Burger Salad
Tater Tots

Tex-Mex Beef Baked
Potato w/Frito Corn Chips
Strawberry Mandarin
Chicken Spinach Salad w/
CROUTONS
Jicama

Pepperoni Pizza
Fish Nuggets w/ Mac & Cheese
Cucumbers
w/ ranch dressing
Chef's Choice Vegetable

Tamales
Marranito

Pancake on a Stick
Concha

Bean and Cheese Taco
Marranito

Artisan Waffle
Concha
Spaghetti w/ Meatballs and Garlic
Toast

Egg and Potato Taco
Marranito

Pasta Alfredo
Chicken Tenders
Broccoli
Seasoned Cucumbers

Conchitas con Pollo with 1
Flour Tortilla
(6) Baked Breaded Wings
Black Beans
Corn

Burrito Bowl with Flour Tortilla
Hamburger/Cheeseburger
Burger Salad
Sidewinder Fries

Apple Breaded Chicken
Salad w/CROUTONS
Cherry Tomato Cucumber Salad
Seasoned Jicama

Pepperoni Pizza
Cheese Sticks w/ Marinara
1 pk Fresh Baby Carrots
w/ranch dressing
Chef's Choice Vegetable

Morning Sausage Roll
Banana Chocolate Bar

Concha
Yogurt w/ UBR

Barbacoa Taco
Banana Chocolate Bar

Apple Breakfast Bar
Yogurt w/ UBR

Egg and Potato Taco
Banana Chocolate Bar

Mesquite Baked Chicken and Mac
and Cheese
Corn Dog
Cherry Tomato Cucumber Salad
Corn

Frito Pie
Chicken Fajita Taco w/Frito Chips
Refried Beans
Taco Salad

Hamburger /Cheeseburger
Chicken Tenders w/ Roll
Burger Salad
Tater Tots

Orange Mandarin Chicken with ½
cup Brown Rice
Teriyaki Chicken Salad w/ Crunchy
Noodles
Shelled Edamame
Seasoned Cucumbers

Pepperoni Pizza
Lasagna with Garlic Toast
Mini Garden Salad
Chef's Choice Vegetable

Cherry Muffin
Cereal

Oven Roasted Chicken w/ Roll
Burrito Bowl with Flour Tortilla
Broccoli
Corn



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
National School Lunch Program



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www.SquareMeals.org