



# OCTOBER 2020

## HEADSTART & PREK MENU



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### Special Announcements:

Breakfast free PK-5 \$1.75 grades 6-12 Lunch: \$3.00 paid, \$.40 reduced \$4.00 for non-students & adults. Breakfast is served with a choice of milk, juice and fruit. Lunch is served with a choice of milk. Menu is subject to change without notice due to weekly delivery

Maple Waffle Chicken Sandwich

**Hamburger steak**

Brown gravy  
Roasted potatoes  
Mandarin Oranges

1.

Blueberry Pancake Wrap

**Pizza**

Garden salad  
Bananas

2.

Mini Cinnis

**Texas Basket**

(Fish sticks, fries & roll)  
Strawberries

5.

Mini Pancakes

**Tex-Mex**

(taco meat, fritos & cheese)  
Refried Beans  
Hot Cinnamon Apples  
Animal crackers

6.

Mini Chocolate Donuts

**X-treme Burrito**

Corn  
Snowball Salad  
Graham crackers

7.

PBJ & Cheese Stick

**Cheesy Breadsticks**

Garden salad  
Peaches

8.

French Toast

**Breaded Pork Chop**

Gravy  
Green Beans  
Apple Slices

9.

**NO SCHOOL**

12.

Cereal & Yogurt

**Chili Cheese Totchos**

(chili, cheese & tater tots)  
Strawberries

13.

Chocolate Graham Crackers

**Grilled Cheese**

Corn  
Fruity Jello

14.

Sausage Kolache

**Chicken Nuggets**

Mac and Cheese  
Black-eyed Peas  
Pears

15.

Blueberry Pancake Wrap

**Potato Bowl**

(BBQ & wedges)  
Carrot Coins  
Cinnamon Applesauce

16.

Sausage Bagel

**Breaded Drumstick**

Biscuit  
Sweet Potato Fries  
Watermelon

19.

Mini Pancakes

**Frito Chili Pie**

Refried Beans  
Orange Smiles

20.

Cereal & Yogurt

**Pizza**

Carrot Coins  
Snowball Salad

21.

Chicken & Biscuit

**Chicken Nuggets**

Tuscan vegetables  
Fruit cup

22.

Chocolate Chip Bread

**Western Burgers**

Green Beans  
Pineapple Tidbits

23.

Honey Buns

**Steak Fingers**

Gravy  
Mashed Potatoes  
Roll  
Strawberries

26.

Sausage Biscuit

**Fish Sticks**

Mac & Cheese  
Green Beans  
Orange Smiles

27.

Blueberry Muffin

**Pizza**

Carrot Coins  
Mixed Fruit

28.

French Toast

**Chicken Tenders**

Gravy  
Garden Salad  
Apple slices

29.

Cereal Bar & Yogurt

PBJ sandwich

Cheese Stick  
Baby Carrots  
Apple slices

30.

- National School Lunch Week Oct. 12-16



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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# OCTOBER

2020

## K-8 MENU



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Maple Waffle Chicken Sandwich

Hamburger steak  
Biscuit  
Brown gravy  
Broccoli Salad  
Roasted potatoes  
Mandarin Oranges

1.

Blueberry Pancake Wrap

Pizza  
Garden salad  
Baby Carrots  
Bananas  
Cookie

2.

Mini Cinni

**Texas Basket**

(Fish sticks, fries & roll)

Cucumbers  
Strawberries

5.

Mini Pancakes

**Tex-Mex**

(taco meet, fritos & cheese)

Refried Beans  
Carrot Coins  
Salsa  
Hot Cinnamon Apples

6.

Mini Chocolate Donuts

**X-Treme Burrito**

Corn

Tomato Cup  
Snowball Salad

7.

PBJ & Cheese Stick

**Cheesy Breadsticks**

Garden salad  
Marinara Sauce  
Tuscan Vegetables  
Peaches  
Cookie

8.

French Toast

**Breaded Pork Chop**

Mashed Potatoes  
Gravy  
Roll  
Green Beans  
Apple Slices

9.

**NO  
SCHOOL**

12.

Cereal & Yogurt

**Chili Cheese Totchos**

(chili, cheese & tater tots)

Veggie Cup  
Strawberries

13.

Chocolate Graham Crackers

**Grilled Cheese**

Chips  
Corn  
Tomato Cup  
Fruity Jello

14.

Sausage Kolache

**Chicken Nuggets**

Mac and Cheese  
Black-eyed Peas  
Garden Salad  
Grapes

15.

Blueberry Pancake Wrap

**Potato Bowl**

(BBQ, Roll & wedges)  
Carrot Coins  
Celery  
Cinnamon Applesauce  
Rice Krispy

16.

Sausage Bagel

**Chili Cheese Dog**

Sweet Potato Fries

Corn  
Watermelon

19.

Mini Pancakes

**Frito Chili Pie**

Refried Beans  
Cucumbers  
Salsa  
Orange Smiles

20.

Cereal & Yogurt

**Pizza**

Carrot Coins  
Steak Fries  
Snowball Salad

21.

Chicken & Biscuit

**Chicken Nuggets**

Broccoli  
Mashed Potatoes  
Roll  
Mixed Fruit  
Cookie

22.

Chocolate Chip Bread

**Western Burgers**

Green Beans  
Garden Salad  
Pineapple Tidbits  
Cookie

23.

Honey Buns

**Country Fried Steak**

Gravy  
Mashed Potatoes  
Okra  
Roll  
Strawberries

26.

Sausage Biscuits

**Fish Sticks**

Mac & Cheese  
Coleslaw  
Green Beans  
Orange smiles  
Cookie

27.

Blueberry Muffin

**Pizza**

Broccoli  
Baby Carrots  
Mixed Fruit

28.

French Toast

**Chicken Tenders**

Roll  
Gravy  
Garden Salad  
Sweet Potatoes  
Apple slices  
Rice Krispy

29.

Cereal Bar & Yogurt

**PBJ Sandwich**

Cheese Sticks  
Baby Carrots  
Celery Sticks  
Apple Slices  
Animal Crackers

30.

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# OCTOBER 2020

## HIGH SCHOOL MENU



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### Special Announcements:

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#### Maple Waffle Chicken Sandwich

Hamburger steak  
Biscuit  
Brown gravy  
Broccoli Salad  
Roasted potatoes  
Mandarin Oranges

1.

#### Blueberry Pancake Wrap

Pizza  
Garden salad  
Baby Carrots  
Bananas  
Cookie

2.

#### Mini Cinni

#### Texas Basket

(Fish sticks, fries & roll)

Cucumbers  
Strawberries

5.

#### Mini Pancakes

#### Tex-Mex

(taco meat, fritos & cheese)

Spanish Rice  
Refried Beans  
Carrot Coins  
Salsa  
Hot Cinnamon Apples

6.

#### Mini Chocolate Donuts

#### X-Treme Burrito

Corn

Tomato Cup  
Snowball Salad

7.

#### PBJ & Cheese Stick

#### Cheesy Breadsticks

Garden salad  
Marinara Sauce  
Tuscan Vegetables  
Peaches  
Cookie

8.

#### French Toast

#### Breaded Pork Chop

Mashed Potatoes  
Gravy  
Roll  
Green Beans  
Apple Slices

9.

# NO SCHOOL

12.

#### Cereal & Yogurt

#### Chili Cheese Totchos

(chili, cheese & tater tots)

Veggie Cup  
Strawberries

13.

#### Chocolate Graham Crackers

#### Grilled Cheese

Chips  
Corn  
Tomato Cup  
Fruity Jello

14.

#### Sausage Kolache

#### Chicken Nuggets

Mac and Cheese  
Black-eyed Peas  
Garden Salad  
Grapes

15.

#### Blueberry Pancake Wrap

#### Potato Bowl

(BBQ, Roll & wedges)  
Carrot Coins  
Celery  
Cinnamon Applesauce  
Rice Krispy

16.

#### Sausage Bagel

#### Chili Cheese Dog

Sweet Potato Fries

Corn  
Watermelon

19.

#### Mini Pancakes

#### Frito Chili Pie

Refried Beans  
Cucumbers

Salsa  
Orange Smiles

20.

#### Cereal & Yogurt

#### Pizza

Carrot Coins  
Steak Fries  
Snowball Salad

21.

#### Chicken & Biscuit

#### Chicken Nuggets

Broccoli  
Mashed Potatoes  
Roll  
Mixed Fruit  
Cookie

22.

#### Chocolate Chip Bread

#### Western Burgers

Green Beans  
Garden Salad  
Pineapple Tidbits  
Cookie

23.

#### Honey Buns

#### Country Fried Steak

Gravy  
Mashed Potatoes  
Okra  
Roll  
Strawberries

26.

#### Sausage Biscuits

#### Fish Sticks

Mac & Cheese  
Coleslaw  
Green Beans  
Orange smiles  
Cookie

27.

#### Blueberry Muffin

#### Pizza

Broccoli  
Baby Carrots  
Mixed Fruit

28.

#### French Toast

#### Chicken Tenders

Roll  
Gravy  
Garden Salad  
Sweet Potatoes  
Apple slices  
Rice Krispy

29.

#### Cereal Bar & Yogurt

#### PBJ Sandwich

Cheese Stick  
Baby Carrots  
Celery Sticks  
Apple Slices  
Animal Crackers  
Juice

30.

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