

October 2024 |



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Pepperoni Pizza Seasoned Corn Romaine & Spinach Salad / Dressing Fruit / Peach Cobbler	2 Enchiladas Casserole Pinto Beans Spanish Rice Romaine & Spinach Salad / Dressing & Fruit	3 Vegetable Soup Grilled Cheese Corn Chips Baby Carrots/ Dressing Fruit	4 Chicken Patty Burger Baked Beans Seasoned Fries Burger Salad Fruit
7 Chicken Nuggets Mashed Potato / Gravy Green Beans Hot Roll Fruit	8 Cheeseburger Baked Beans Burger Salad Baked Fries Cake & Fruit	9 Beef Tacos / Cheese Pinto Beans Spanish Rice Romaine Salad & Diced Tomato & Fruit / Cookie	10 Nacho Supreme Pinto Beans Spanish Macaroni Romaine Salad & Diced Tomato & Fruit	11 Frito Pie / Cheese Seasoned Fries Seasoned Corn Cucumber Slices / Dressing Fruit
14 SCHOOL HOLIDAY	15 Chicken Alfredo Peas & Carrots Hot Roll Romaine Salad & Dressing Fruit	16 Hamburger Steak Mashed Potato / Gravy Green Beans & Hot Roll Fruit	17 Chalupas / Cheese Pinto Beans Spanish Macaroni Romaine & Diced Tomato Fruit / Cookie	18 Pepperoni Pizza Peas / Carrots Romaine & Spinach Salad / Dressing Fruit
21 STAFF DEVELOPMENT	22 Chicken Strips Mashed Potato / Gravy Broccoli Normandy Hot Roll Fruit	23 Enchiladas Casserole Pinto Beans Spanish Rice Romaine & Spinach Salad / Dressing & Fruit	24 Vegetable Soup Grilled Cheese Corn Chips Celery Stick / Dressing Fruit	25 Burrito / Chili/ Cheese Baked Fries Baked Beans Fruit & Cookie
28 Chili Dog / Shredded Cheese Seasoned Fries Seasoned Corn Cookie / Fruit	29 Spaghetti Meat Sauce Peas & Carrot Hot Roll Romaine Salad / Dressing Fruit	30 Beef Tacos / Cheese Spanish Rice Pinto Beans Romaine & Diced Tomato Fruit	31 Nacho Supreme Pinto Beans Spanish Macaroni Romaine & Diced Tomato & Fruit	

Announcements:

Menu Subject To Change

Owl Daily Choices

1. Hot Meal
2. Sandwich Pack
3. Baked Potato
4. Chef Salad

The lunch meal requires Students to select a Fruit or Vegetable as part of their meal.

Milk: Choices of Fat Free Chocolate 1% White Milk



Apples

Season in Texas: July-November

Did you know?

There are about 2,500 different kinds of apples grown in the United States



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



Food and Nutrition Division
www.SquareMeals.org

This product was funded by USDA. This institution is an equal opportunity provider.



Updated 6/6/2024
National School Lunch Program