

OCTOBER 2023

Henry L. Slater Elementary Menu


BREAKFAST IS COMPLEMENTARY TO ALL STUDENTS (after morning bell)

Lunch – **\$3.50** paid SY23-2024 & **0¢**-reduced Extra Milk – **45¢** Juice is **.45¢**

Lunch includes: Entrée with Salad bar options, fruit, vegetable, breads grains, Oregon Milk (Nonfat - 1%)

Menu is subject to change. Some items may contain nuts.

Food allergies need to be documented by a licensed doctor and a faxed or written copy sent to the kitchen & office when student is participating in the breakfast or lunch programs.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>2 Breakfast Breakfast on a stix, Dried & Fresh Fruit, Milk</p> <p>Lunch Homemade-Chicken Noodle Soup w/ Seasoned Roll New Toasted Cheese Sand Fruit, Veggie, Milk</p>	<p>3 Breakfast WG Pop Tart String Cheese Fruit & Milk</p> <p>Lunch Ham & Cheese Hot Pocket Beef Taco Salad Fruit, veggies, Milk</p>	<p>4 Breakfast WG Muffins w/Cracker Fruit & Milk</p> <p>Lunch Homemade Meat Spaghetti w/ Tx Toast Corn Dog Fruit, Veggies, Milk</p>	<p>5 Breakfast Cereal w/ Cracker, Lg .Apple, Milk</p> <p>Lunch Homemade-Chili w/ Cornbread Meat Sand Fruit, Veggie, Milk</p>
<p>9 Breakfast Chocolate Oat Bar Oranges & Dried Fruit, Milk</p> <p>Lunch Hamburger Hot Dog w/ Baked Beans Fruit , Veggies, Milk</p>	<p>10 Breakfast Bagel w/ Cream cheese Applesauce & Dried Fruit, Milk</p> <p>Lunch Nacho's w/ Meat & Cheese Bean & Cheese Burrito Sweet Corn Fruit, veggies, Milk</p>	<p>11 Breakfast Warm Waffle Apple & Milk</p> <p>Lunch Sweet & Sour Chicken w/ Noodles Turkey & Cheese Sand Fruit, veggies, Milk</p>	<p>12 Breakfast Cereal w/ Cracker Banana & Milk</p> <p>Lunch Pizza Stix w/ Marinara Alfredo & Noodles w/ Tx Toast Fruit, veggies, Milk</p>
<p>16 Breakfast Cereal Bar w/ String Cheese Apple, Milk</p> <p>Lunch Chicken Nuggets PB & Jelly w/ String Cheese Fruit, veggies, Milk</p>	<p>17 Breakfast Yogurt w/ Cracker Fruit, Milk</p> <p>Lunch Chili Hot Dogs w/ Cheese & Frito's Yogurt & Granola Pack Fruit, veggies, Milk</p>	<p>18 Breakfast Cinnamon Roll Applesauce & Dried Fruit, Milk</p> <p>Lunch Homemade Meat Lasagna w/ TX Toast or Italian Meatball Sub Green Beans Fruit, veggies, Milk</p>	<p>19 Breakfast Cereal , Sun seeds Dried Fruit & Milk</p> <p>Lunch BBQ Pork Rib Sand Ham & Cheese Sand Fruit, veggies, Milk</p>
<p>23 Breakfast Apple Strudel Apple Juice & Dried Fruit, Milk</p> <p>Lunch Crispy Chicken Burger Corn Dog Seasoned Baked Beans Fruit, veggies, Milk</p>	<p>24 Breakfast Hot Biscuit w/ Applesauce& Dried Fruit, Milk</p> <p>Lunch Crunchy Beef Taco Chicken Tostada Seasoned Beans & Rice Fruit, veggies, Milk</p>	<p>25 Breakfast Nutri- Grain Bar w/ Cracker Peaches & Dried Fruit, Milk</p> <p>Lunch Orange Chicken w/ Veggie Fried Rice & Egg Roll Soft Pretzel w/ /Cheese Fruit, veggies, Milk</p>	<p>19 Breakfast Cereal , Sun seeds Dried Fruit & Milk</p> <p>Lunch New Toasted Cheese Sand Yogurt Granola Pack Fruit, Veggie, Milk</p>
<p>30 Breakfast String Cheese, Cracker Dried fruit & Fresh Fruit, Milk</p> <p>Lunch Chicken & Cheese Quesadilla Ham & Cheese Hot Pocket Fruit, Veggies, Milk</p>	<p>31 Breakfast Pop Tart, Cracker Dried & Fresh Fruit, Milk</p> <p>Lunch (Only) Spooky Cheese Pizza Fruit, Veggie, Milk</p>		<p>RED RIBBON WEEK OF OCT 23</p>

This institution is an equal opportunity provider.