

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Oct

FEED YOUR
CREATIVITY



Announcements:

Fiesta Bowl: Meat, shredded cheese, Spanish rice, Taco bowl, corn, pinto beans, salsa.

				<u>Funnel Cake and Sausage</u> X-Treme Burrito, Corn, Cucumber Slices, Rosy Applesauce
<u>Cereal And Toast</u> Chicken Spaghetti, bread stick, Salad, Tomato cup, Fresh Fruit	<u>Breakfast Strudel and Cheese Cubes</u> Frito Pie, Pinto Beans, Veggie Cup, Pineapple Slices, GBD	<u>Waffles and Sausage</u> Lasagna, Breadsticks, Broccoli Florets, Marinara Sauce, Cinnamon Applesauce	<u>Stuffed Bagel and Cheese Sticks</u> Fiesta Bowl, Mixed Fruit, Frozen Yogurt Cup	<u>Donuts and Sausage</u> Steak Fingers, Potatoes, Gravy, Green Beans, Corn, Peaches
HOLIDAY!!!!	<u>French Toast and Sausage</u> Nachos Grande, Salsa, Refried Beans, Cucumber Slices, apricot halves, Ice Cream Cup	<u>Muffin and Yogurt</u> Crispy Chicken Sandwich, Chips, Veggie Cup, Salad, Fruity Jello	<u>Pancake Wrap and yogurt</u> Asian Bowl, Steamed Broccoli, corn, Mandarin Oranges	<u>Cinnamon Roll and Sausage</u> Pizza Choice, Carrot Sticks, Green Beans, Fresh Fruit, GBD
National School Lunch Week				
<u>Cereal And Toast</u> Fish Sticks, Fries, Okra, Roll, Strawberries	<u>Breakfast Taquito</u> Chicken Fajitas, rice, beans, carrot sticks, salsa, hot cinnamon apples, sherbet cup	<u>Breakfast Pizza</u> Meatball Sub Sandwich, Salad, Green Beans peaches	<u>Oatmeal and Toast</u> Popcorn Chicken, Roll, Corn, Broccoli Salad, apple slices	<u>Burritos and hashbrown</u> Pig n Blanket, tator tots, tomato cup, snowball salad
<u>Cereal and Toast</u> Burger Choice, Chips or Fries, Garnish, Oranges, pudding	<u>Breakfast Sandwich</u> Chicken N Waffles, Veggie Cup, Fries, Strawberries and Bananas	<u>Power Breakfast</u> Chicken Nuggets, Mac and Cheese, Carrot Coins, Steamed Squash, Grapes	<u>Strudel and Cheese Sticks</u> Breaded Mozzarella Sticks, marinara sauce, salad, tomato cup, pears	<u>Breakfast Round and Yogurt</u> Texas Chicken Basket, Roll, fries, Corn, green Beans, Peaches



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
Nutrition Assistance Programs



Updated 1/1/2021
www.SquareMeals.org

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October

WEEK OF: _____

ANNOUNCEMENTS:

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FEED YOUR CREATIVITY October Recipe ITEMS

TODAY'S MENU:

Chicken Spaghetti: 96 servings= 106 oz. white cheese sauce, 1 ½ tsp garlic, 3 qts. hot water, 6 lbs. noodles, 9 lbs. diced chicken, 4 ½ cups tomato chili blend drained, 4 ½ c chopped tomatoes, 1 lb 8 oz shredded mozzarella, 26 slices american cheese, ¾ c parmesan cheese shredded.

Frito Pie: 120 Servings= 25 lbs ground beef, 2 pkg taco seasoning, 3 qt water, 15 lbs of corn chips, 7 lbs 8 oz shredded cheese. Brown and drain the meat. Add taco seasoning and water to meat, mix well bring to a boil. Reduce heat and simmer until serving. #12 scoop meat ELEM #8 scoop JH HS .5 oz cheese ELEM 1 oz cheese JH HS.

ANNOUNCEMENTS:

Lasagna: 100 Servings= 10 lbs meat, 7lbs chopped onions, ¼ c garlic salt, 2 tsp pepper, ½ c parsley, 8 lbs 8 oz canned diced tomatoes with juice, 3lbs 8 oz tomato paste, 6 qts water, ½ dried basil, ½ c oregano, 3 tbsp. majoram, 1 tbsp. thyme, 6 lbs, 4 oz lasagna noodles, 100 slices American white cheese, 5 lbs shredded Mozzarella. 25 servings to a pan



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LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

Oct

ALIMENTA TU
CREATIVIDAD

Anuncios:

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Semana Nacional de Almuerzos Escolares

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Octubre

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ALIMENTA TU
CREATIVIDAD

Octubre

MENÚ DEL DÍA:

ANUNCIOS:



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