







October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Menu subject to change without notice! All meals served with FF or Skim milk! Chef Salad (7-12), PBJ, Ham, or Turkey sandwiches available Monday - Thursday as an alternate to the main entrée. These sandwiches can also be purchased a la carte</p>	<p>Cereal and juice/fruit served every morning for breakfast.</p>		<p>1 Pancakes & Sausage (134/82) Toast (70) ----- Chicken Alfredo (344) Broccoli (27) Pears (60)</p>
<p>4 WG Pop Tart (210) Toast (70) ----- Chicken Patty/WG Bun (281) Carrots (240) Spiced apples (50)</p>	<p>5 Breakfast Pizza (218) ----- Walking Taco (265) Lettuce/Cheese (84) Refried Beans (40) Apple (95)</p>	<p>6 Oatmeal & Raisins (129) ----- Spaghetti w/Meatballs (240) Garden Salad/Ranch (100) Orange (45)</p>	<p>7 Biscuit &Gravy (273) ----- Baked Potato (90) Green Beans (20) Applesauce (50)</p>	<p>8 Pancakes & Sausage (134/82) ----- Meatloaf (195) Mashed Potatoes/Gravy (110/35) Buttered Corn (70) Banana (105)</p>
<p>11</p>  <p>National</p>	<p>12 Breakfast Pizza (218) ----- NEW ITEM BAKED BEEF Crispito (218) Texas Pintos (145) Strawberries (24)</p> <p>School</p>	<p>13 Oatmeal & Raisins (129) ----- Popcorn Chicken (230) Macaroni & Cheese (260) Carrots (24) Apple (95)</p> <p>Lunch</p>	<p>14 Biscuit &Gravy (273) ----- Cheeseburger/WG Bun (265) Fries (87) Orange (45)</p> <p>Week</p>	<p>15 Pancakes & Sausage (134/82) Mixed Fruit (60) ----- Chili w/ Cheese Stick (107/110) Celery (6) Banana (105) Crackers (80)</p>
<p>18 WG Pop Tart (210) ----- Corn Dog (180) Fries (57) Pears (60)</p> 	<p>19 Breakfast Pizza (218) ----- Chicken Quesadilla (200) Spanish Rice (69) Tropical Fruit (60)</p>	<p>20 Oatmeal & Raisins (129) ----- Chicken Patty/WG Bun (281) Cauliflower w/Cheese (111) Strawberries (24)</p>	<p>21 Biscuit &Gravy (273) ----- Scrambled Egg (123) Sausage (82) Biscuit (190) Sliced Apple (137)</p>	<p>22 Pancakes & Sausage (134/82) Mixed Fruit (60) ----- Lasagna (269) Green Beans (20) Peaches (60) Garlic Bread (105)</p>
<p>25 WG Pop Tart (210) ----- Chili Dog on Bun (290) Carrots (24) Fresh Fruit (105)</p>	<p>26 Breakfast Pizza (218) ----- Super Nachos (156) Texas Pintos (145) Fresh Fruit (105)</p> 	<p>27 Oatmeal & Raisins (129) ----- Chicken Nuggets (270) Mashed Potato w/ Gravy (110/35) Peaches (60)</p>	<p>28 Biscuit &Gravy (273) ----- PB&J (300) Cheese Stick (110) Broccoli/Ranch (101) Apple (95)</p>	 <p>NO SCHOOL</p>

"This institution is an equal opportunity provider."