



OCTOBER

2020

K-12 LUNCH



Special Announcements:

MILK VARIETY SERVED DAILY
MENU SUBJECT TO CHANGE

CHEESEBURGER
FRIES
CUCUMBERS
STRAWBERRIES 5.

CHICKEN FAJITAS
SPANISH RICE
REFRIED BEANS
CARROTS
HOT CINNAMON APPLES
SHERBET 6.

PIZZA POCKET
TUSCAN VEGETABLES
GARDEN SALAD
PEACHES
COOKIE 7.

COUNTRY POT PIE
TOMATO CUP
SNOWBALL SALAD 8.

BREADED PORK CHOP
MASHED POTATOES & GRAVY
GREEN BEANS
ROLL
APPLE SLICES 9.

TAQUITOS & QUESO
PINTO BEANS
CORN
FRESH FRUIT
RICE CRISPY 12.

CHILI CHEESE TOTCHOS
VEGGIE CUP
COOKIE
STRAWBERRIES 13.

CHICKEN NUGGETS
MAC & CHEESE
BLACK-EYED PEAS
GARDEN SALAD
GRAPES 14.

PIZZA CHOICE
TOMATO CUP
CORN
FRUITY JELLO 15.

NO
SCHOOL 16.

BREADED DRUMSTICK
BISCUIT
SWEET POTATOES
CORN
GRAPES 19.

WALKING TACO
SPANISH RICE
CUCUMBERS
PINTO BEANS
ORANGE SMILES 20.

RAVIOLI
TUSCAN VEGETABLES
BROCCOLI
ROLL
FRUIT CUP & BROWNIE 21.

CHEESEBURGER
FRIES
CARROTS
SNOWBALL SALAD 22.

PULLED PORK SLIDERS
MULTIGRAIN CHIPS
GREEN BEANS
GARDEN SALAD
CHILLED PINEAPPLE & COOKIE 23.


COUNTRY FRIED STEAK
MASHED POTATOES & GRAVY
OKRA
ROLL
STRAWBERRIES 26.

ENCHILADAS
CUCUMBERS
REFRIED BEANS
ROSY APPLESAUCE 27.

CHICKEN TENDERS
GRAVY & ROLL
BROCCOLI
SWEET POTATOES
MIXED FRUIT & COOKIE 28.

PIZZA CHOICE
GARDEN SALAD
CARROTS
APPLE SLICES 29.

BBQ ON A BUN
COLESLAW
GREEN BEANS
ORANGE SMILES
BROWNIE 30.

 - National School Lunch Week Oct. 12-16



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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

Food and Nutrition Division
National School Lunch Program and School Breakfast Program



Updated 01/2020
www.SquareMeals.org

CONSTELLATION CHICKEN



A constellation is a group of visible stars that form a pattern or picture in the sky. The pattern they form may take the shape of an animal, a mythological creature, a man, a woman, or an inanimate object. Astronomers recognize 88 different constellations. The smallest constellation is the Southern Cross, Crux, and the largest constellation is the Water Snake, Hydra.

FIND THE DIFFERENCE

One of the chickens is not like the other. Circle the one you think it could be.



DID YOU KNOW?

National School Lunch Week is this month! Look for proteins like chicken in your school cafeteria and try new foods from Texas farms and ranches! Milk, lean meat, fruit, vegetables, and whole grains can all be part of a healthy school lunch – and they're all produced right here in Texas.

Chicken is an excellent source of protein. Protein is important because it builds muscles and helps keep your body strong. Chicken is also low in fat, making it a healthy choice for any meal.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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



Food and Nutrition Division
National School Lunch Program and School Breakfast Program



Updated 01/2020
www.SquareMeals.org