



# OCTOBER 2021 Kerens ISD

MENU SUBJECT TO CHANGE/LUNCH IS FREE TO ALL STUDENTS

Students must take a full serving of Fruit or Veggies for meal to be counted as meeting requirements. High School is offered 1 Cup of Veggies/ Fruit & 2 Grain Breads  
Every meal includes one of the varieties of milk; 1% Unflavored/ Fat Free Chocolate  
Pre K has a New Meal Pattern

Monday

Tuesday

Wednesday

Thursday

Friday

4  
CHILI CHEESE DOGS  
HOT DOG ON A BUN  
BAKED BEANS  
CELERY DIPPERS W RANCH  
MANDARIN ORANGES  
FRESH GRAPES  
MILK

5  
POPCORN CHICKEN  
WHEAT ROLLS  
FRESH GARDEN SALAD W RANCH  
HERB ROASTED CAULIFLOWER  
FRESH STRAWBERRIES  
PEACH HALVES  
KETCHUP/MILK

6  
SALISBURY STEAK  
GARLIC BREAD STICK  
CARROT STICKS W RANCH  
MASHED TATORS  
FRESH CANTALOUP  
DICED PINEAPPLES/ MILK

7  
CHEESE BURGERS  
SWEET POTATO FRIES  
TEX-MEX BROCCOLI  
FRESH ORANGES  
CHILLED MIX FRUIT  
MILK

1  
CHICKEN NUGGETS  
TOAST  
SWEET TATOR FRIES  
BLACK EYED PEAS  
CHILLED PEACHES  
FRESH BANANA'S  
MILK

11  
HOLIDAY

12  
CHICKEN FAJITA'S ON WHOLEGRAIN TORTILLA  
FRESH GARDEN SALAD W RANCH  
ROASTED SWEET POTATOES  
SPANISH RICE  
FRESH PEACHES & PEARS  
SNICKERDOODLE COOKIES/ MILK

13  
POWER MEATBALL SUB  
HERB ROASTED BROCCOLI  
SPINACH SALAD W RANCH  
CHILLED PEACHES  
FRESH BANANA'S  
MILK

14  
ASIAN CHICKEN  
FRIED RICE  
BLACK BEANS  
SESAME GLAZED CARROTS  
MANDARIN ORANGES  
FRESH ORANGES/MILK

8  
CRISPY CHICKEN TENDER  
WHEAT ROLLS  
VEGGIE MELODY  
SPINACH SALAD W RANCH  
FRESH WATERMELON  
FRESH APPLES  
CHOCOLATE PUDDING/MILK

15  
PEPPERONI STYLE PIZZA  
BUTTERED CORN  
CELERY STICKS W PB  
CHILLED MIXED FRUIT  
FRESH PEARS  
MILK

18  
STEAK FINGERS  
WHEAT ROLLS  
MASHED POTATOES  
HERB ROASTED BROCCOLI  
DICED PEACHES  
FRESH ORANGES  
KETCHUP/MILK

19  
CHEESE NACHO'S  
SPANISH RICE  
PINTO BEANS  
FRESH GARDEN SALAD W RANCH  
FRESH GRAPES  
SLICED PINEAPPLES  
MILK

20  
BBQ BAKED CHICKEN  
HERB ROASTED CAULIFLOWER  
CARROT STICKS W RANCH  
PINEAPPLE POPPY SEED  
PEAR HALVES  
MILK

21  
CORN DOGS  
VEGGIE MELODY  
BUTTERY CORN  
FRESH WATERMELON  
CHILLED FRUIT MIX  
MILK

22  
CRISPY CHICKEN TENDERS  
WAFFLES W SYRUP  
SWEET POTATO WAFFLES  
RANCHY GREEN BEANS  
GRAPEFRUIT HALVES  
APPLESAUCE  
MILK

25  
CHILI CHEESE FRITO PIE  
SPINACH SALAD W RANCH  
VEGGIE MELODY  
TROPICAL FRUIT SALAD  
FRESH APPLES  
MILK

26  
ASIAN CHICKEN  
CILANTRA LIME RICE  
SESAME ROASTED GREEN BEANS  
ASIAN SQUASH  
BLUE PINEAPPLES  
FRESH PEARS  
MILK

27  
CHEESY NOODLE W BEEF  
GARLIC BREAD STICK-ALL  
MASHED POTATOES  
FALL HARVEST ROASTED VEGGIES  
FRESH WATERMELON  
FRESH ORANGES  
MILK

28  
BUFFALO CHICKEN FLATBREAD  
CHERRY TOMATO CORN SALAD  
FRESH GARDEN SALAD W RANCH  
DICED PEARS  
FRESH GRAPES  
MILK

29  
CHICKEN NUGGETS  
TOAST  
SWEET TATOR FRIES  
BLACK EYED PEAS  
CHILLED PEACHES  
FRESH BANANA'S  
MILK

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