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| **AVINGER ISD** | | | | | |
| **Good Eats at Avinger School** | **September\_\_\_\_2021** | | | | |
| All students are offered a complete meal. To include the 5 food groups: Protein, Dairy, Vegetables, Fruit and Grain  Flavored Fat Free Milk 1% White Milk Offered Everyday    Avinger ISD is an equal opportunity provider. | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
|  |  | **1**  **Muffins, Pears**  **Chicken Nuggets, Green Beans, Carrots, Roll,Fruit Cocktail** | **2**  **Donuts, Peaches**  **Hamburger, French Fries, Side Salad, Strawberries** | **3**  **Fab Friday** |
| **SPECIAL ANNOUNCEMENTS**  **Labor Day 6th**  **Fab Friday 3 & 24**  **2nd Six Weeks**  **9/27 - 11/4 (24 Days)** | **6**  **Labor Day** | **7**  **Pancakes, Fruit Cocktail**  **Corn Dogs, Cauliflower , Sweet Potato Puffs, Apples** | **8**  **Bagels, Pears**  **Mandarin Orange Chicken, Noodles, Cooked Carrots, Broccoli, Mandarin Oranges** | **9**  **Cereal, Toast, Applesauce**  **BBQ Sandwich, Chips, Baked Beans, Fresh Fruit** | **10**  **Cinnamon Roll, Diced Peaches**  **Pizza, Side Salad, Corn, Pineapples** |
| **13**  **Pop Tarts, Fruit Cocktail**  **Chicken Strips, Mashed Potato, Carrots, Roll, Jello** | **14**  **Chicken Biscuit, Pears**  **Burrito, Chili Beans, Mexican Corn,Tropical Fruit** | **15**  **Donuts, Peaches**  **Salisbury Steak, Scalloped Potato, Green Beans, Roll, Oranges** | **16**  **Cereal, Toast, Pears**  **Spaghetti/Meatballs, Garlic Bread, Side Salad, Corn, Fruit Cocktail** | **17**  **Muffins, Applesauce**  **Chicken Burger, French Fries, Side Salad, Fresh Fruit** |
| **20**  **Breakfast Pizza, Pineapples**  **Steak Fingers, Mashed Potato, Peas, Roll, Mandarin Oranges** | **21**  **Honey Buns, Peaches**  **Chili Dogs, Baked Beans, Chips, Tropical Fruit** | **22**  **Bagels, Pears**  **Sweet and Sour Chicken, Noodles Cooked Carrots, Broccoli, Applesauces** | **23**  **Mini Waffles, Fruit Cocktail**  **Hamburgers, French Fries, Side Salad, Cookie** | **24**  **Fab Friday** |
| **27**  **Pancakes, Pears**  **Corn Dogs, Tater Tots , Baby Carrots, Tropical Fruit** | **28**  **Donuts, Peaches**  **Tacos, Side Salad, Refried Beans, Jello** | **29**  **Breakfast Taco, Fruit Cocktail**  **Chicken Nuggets, Mashed Potato, Cooked Broccoli, Roll, Applesauce** | **30**  **Muffins, Pears**  **Pizza, Corn, Side Salad, Pineapple** |  |
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