

INFANTS, TODDLER, PRESCHOOL, & KINDER

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|
| <p>3RD B- Apple Cinnamon Muffin, Baked Apples, Milk L Chicken Fajita, Pinto Beans, Pineapples, Milk S- Animal Crackers/I&T Cereal Bar</p> | <p>4TH B- Biscuit, T Sausage, Apples/I&T Applesauce, Milk L-BBQ Beef Sand, Broccoli, Pears, Milk S- Teddy Grahams/I&T Cheerios</p> | <p>5TH B- Assorted Cereal, Toast, Banana, Milk L- Spaghetti, Lettuce& Tomato Salad, Peaches, Roll, Milk S-Yogurt</p> | <p>6TH B- Breakfast Burrito, Mixed Fruit, Milk L- Chicken Nuggets, Corn, Applesauce, Milk S-Fresh Fruit</p> | <p>7TH B- Breakfast Bar, T Sausage, Oranges/ M. Oranges Milk L-Pizza, Green Beans, Peaches, Milk S-Cheez-it</p> |
| <p>10TH B- Assorted Cereal, Toast, Pears, Milk L-Grilled Cheese Sand, Mixed Veggies, Oranges/I&T M. Oranges, Milk S-Goldfish</p> | <p>11TH French Toast, T Sausage, Applesauce, Milk L- Steak Fingers, Mashed Potato, Peaches, Roll, Milk S-Grahams</p> | <p>12TH B- Assorted Cereal, Toast, Banana, Milk L-Chicken Alfredo, Green Beans, Applesauce, Milk S-Carrots & Ranch/I&T Fruit Cup</p> | <p>13TH B- Pancakes, T Sausage, Baked Apples, Milk L- Fish Shapes, Sweet Potato Fries, Pears, Roll, Milk S- Fresh Fruit</p> | <p>14TH B- Breakfast Pizza, Mixed Fruit, Milk L- Hamburger, Corn, Apple/I&T Applesauce, Milk S- Pudding</p> |
| <p>17TH B- Assorted Cereal, Grahams, Pineapples, Milk L-Sweet & Sour Chicken, Green Beans, Mixed Fruit, Roll, Milk S- Cheddar Chex -Mix</p> | <p>18TH B- Blueberry Muffin, Applesauce, Milk L- Pizza Sticks, Lettuce& Tomato Salad, Peaches, Milk S- Teddy Grahams/ Cheerios</p> | <p>19TH B- Assorted Cereal, Toast, Banana, Milk L-Salisbury Steak, Mashed Sweet Potato, Pears, Roll, Milk S-Cucumber & Ranch</p> | <p>20TH B- T Sausage, Toast, Mandarin Oranges, Milk L-Beef& Cheese Mac, Black Beans, Pineapple, Roll, Milk S-Fresh Fruit</p> | <p>21ST B- Waffles, T Sausage, Baked Apples, Milk L- Meatloaf, Corn, Applesauce, Roll, Milk S- Cheese & Crackers</p> |
| <p>24TH B- Assorted Cereal, Grahams, Peaches, Milk L- Beef Soft Tacos, Pinto Beans, Mandarin Oranges, Milk S-Animal Crackers/I&T Cereal Bar</p> | <p>25TH B- Egg Omelet, Toast, Pineapples, Milk L- Meatballs w/Meat Sauce, Carrots, Mixed Fruit, Roll, Milk S- Yogurt</p> | <p>26TH B- Assorted Cereal, Grahams, Banana, Milk L-Sloppy Jo, Potato Puffs, Peaches, Milk S-Cheez-it</p> | <p>27TH B- French Toast, T Sausage, Mixed Fruit, Milk L- Fish Shapes, Mixed Veggie, Pears, Roll, Milk S- Fresh Fruit</p> | <p>28TH B- T Sausage, Toast, Applesauce, Milk L- Turkey & Cheese Sand, Raw Broccoli/ I&T Steamed Broccoli, Pineapples, Milk S- Pudding</p> |
| <p>31ST B- Assorted Cereal, Toast, Peaches, Milk L- Grilled Chicken Sand, Apple/I&T Applesauce, Corn, Milk S- Goldfish</p> | | | | |

OCT

MENU 2022

GEAR UP FOR SWIM CLASS



ANNOUNCEMENTS:

- All Grain/ Whole/Fruit is Lightly Drained
- Vegetable: Steamed or Served Raw
- Milk: Whole, 1%, Skim
- Condiments Are Served Upon Request Fresh Fruit Can Be Sub For Canned Fruit
- Menu Planned Choices May Change Do To Shortage in the Warehouse



Food and Nutrition Division
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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