

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Sept

FEED YOUR CREATIVITY



Announcements:

BREAKFAST AND LUNCH ARE FREE FOR ALL SCHOLARS

BREAKFAST- 7:00 AM - 7:50 AM

		1 Hot Breakfast: Buttermilk Pancakes Hot Lunch: All Beef Hot Dog on a Whole Grain Bun	2 Cold Breakfast: Whole Grain Corn Chex Cereal with Educational Snacks Hot Lunch: Kickin Chicken Melt Sandwich with Buffalo Sauce	3 Hot Breakfast: Whole Grain Waffle Hot Lunch: Cheese Pizza (V)
6 NO SCHOOL - LABOR DAY	7 Cold Breakfast: Whole Grain Cheerios Cereal with Educational Snacks Hot Lunch: All Beef Meatball Sub Sandwich	8 Cold Breakfast: Vanilla Concha Bread Hot Lunch: Pepperoni Pizza (Turkey/Beef)	9 Cold Breakfast: Lemon Muffin Hot Lunch: Chicken Bites with Waffle and String Cheese	10 Hot Breakfast: Buttermilk Pancakes Hot Lunch: Cheese Tamale with Seasoned Rice (V)
13 Hot Breakfast: Plain Bagel with Cream Cheese Hot Lunch: Pretzel Nacho Calzone (V)	14 Hot Breakfast: Buenos Dias Breakfast Burrito Hot Lunch: Crispy Chicken Sandwich	15 Cold Breakfast: Fruit Flavored Yogurt with Educational Snack Hot Lunch: Cheese Pizza (V)	16 Hot Breakfast: Strawberry Pancake Bowl Hot Lunch: Chicken Enchiladas Rojas with Seasoned Rice	17 Hot Breakfast: French Toast Sticks Hot Lunch: BBQ Chicken with Cheesy Rice
20 Cold Breakfast: Fruit Flavored Yogurt with Granola Cold Lunch: Sunbutter and Jelly Sandwich (V)	21 Hot Breakfast: Classic Cheese Omelet with Mini Cornbread Hot Lunch: Bean and Cheese Pupusa (V)	22 Hot Breakfast: Whole Grain Waffle Hot Lunch: Pepperoni Pizza (Turkey/Beef)	23 Hot Breakfast: Cinnamon Toast Bagel Hot Lunch: Spaghetti with Marinara Sauce and String Cheese (V)	24 Cold Breakfast: Whole Grain Corn Chex Cereal with String Cheese Hot Lunch: Shredded BBQ Chicken Plate with a Biscuit
27 Cold Breakfast: Fruit Flavored Yogurt with Educational Snacks Hot Lunch: Corn Dog Bites (Chicken)	28 Hot Breakfast: Buenos Dias Breakfast Burrito (V) Hot Lunch: Chicken Pot Pie	29 Hot Breakfast: Buttermilk Pancakes Hot Lunch: Cheese Pizza (V)	30 Breakfast: Whole Grain Corn Chex Cereal with Educational Snacks Hot Lunch: Chicken Teriyaki with Rice	



Food and Nutrition Division
Nutrition Assistance Programs

EXTRA SIDE OF MILK/FRUIT/VEGETABLE - \$0.50
SECOND BREAKFAST: \$3.00
SECOND LUNCH: \$4.00



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER
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MENUS ARE SUBJECT TO CHANGE

QUESTIONS? EMAIL: MLAUDER@BETAACADEMY.ORG



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