

**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 <b>Cold Breakfast:</b> Lemon Muffin  <b>Hot Lunch:</b> All Beef Hot Dog on a Whole Grain Bun	2 <b>Cold Breakfast:</b> Whole Grain Corn Chex Cereal with Educational Snacks  <b>Hot Lunch:</b> Kickin Chicken Melt Sandwich with Buffalo Sauce	3 <b>Hot Breakfast:</b> Whole Grain Waffle  <b>Hot Lunch:</b> Cheese Pizza (V)
6 <b>NO SCHOOL - LABOR DAY</b>	7 <b>Cold Breakfast:</b> Whole Grain Cheerios Cereal with Educational Snacks  <b>Hot Lunch:</b> All Beef Meatball Sub Sandwich	8 <b>Cold Breakfast:</b> Fruit Flavored Yogurt with Educational Snacks  <b>Hot Lunch:</b> Pepperoni Pizza (Turkey/Beef)	9 <b>Cold Breakfast:</b> Lemon Muffin  <b>Hot Lunch:</b> Chicken Bites with Waffle	10 <b>Hot Breakfast:</b> Buttermilk Pancakes  <b>Hot Lunch:</b> Cheese Tamale with Seasoned Rice (V)
13 <b>Cold Breakfast:</b> Whole Grain Cheerios Cereal with Educational Snacks  <b>Hot Lunch:</b> Pretzel Nacho Calzone (V)	14 <b>Cold Breakfast:</b> French Toast Muffin  <b>Hot Lunch:</b> Crispy Chicken Sandwich	15 <b>Cold Breakfast:</b> Fruit Flavored Yogurt with Educational Snack  <b>Hot Lunch:</b> Cheese Pizza (V)	16 <b>Hot Breakfast:</b> Strawberry Pancake Bowl  <b>Hot Lunch:</b> Creamy Pasta Alfredo with Yogurt Cup (V)	17 <b>Hot Breakfast:</b> French Toast Sticks  <b>Hot Lunch:</b> BBQ Chicken with Cheesy Rice
20 <b>Cold Breakfast:</b> Fruit Flavored Yogurt with Granola  <b>Hot Lunch:</b> Flame-Broiled Beef Cheeseburger	21 <b>Cold Breakfast:</b> Whole Grain Cheerios Cereal with Educational Snacks  <b>Hot Lunch:</b> Bean and Cheese Pupusa (V)	22 <b>Hot Breakfast:</b> Whole Grain Waffle  <b>Hot Lunch:</b> Pepperoni Pizza (Turkey/Beef)	23 <b>Cold Breakfast:</b> Whole Grain Blueberry Corn Chex Cereal  <b>Hot Lunch:</b> Spaghetti with Marinara Sauce and String Cheese (V)	24 <b>Cold Breakfast:</b> Whole Grain Corn Chex Cereal with String Cheese  <b>Hot Lunch:</b> Shredded BBQ Chicken Plate with a Biscuit
27 <b>Cold Breakfast:</b> Fruit Flavored Yogurt with Educational Snacks  <b>Hot Lunch:</b> Corn Dog Bites (Chicken)	28 <b>Hot Breakfast:</b> Buenos Dias Breakfast Burrito (V)  <b>Hot Lunch:</b> Chicken Pot Pie	29 <b>Cold Breakfast:</b> Lemon Muffin  <b>Cold Lunch:</b> Classic Turkey and Cheddar Cheese	30 <b>Cold Breakfast:</b> Whole Grain Corn Chex Cereal with Educational Snacks  <b>Cold Lunch:</b> Cheddar Cheese Sub Sandwich with Yogurt Cup (V)	



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

MENUS ARE SUBJECT TO CHANGE

QUESTIONS? EMAIL: [MLAUDER@BETAACADEMY.ORG](mailto:MLAUDER@BETAACADEMY.ORG)



Updated 1/1/2021  
[www.SquareMeals.org](http://www.SquareMeals.org)