

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Nov
FEED YOUR CREATIVITY



Announcements:

BREAKFAST-
7:00 AM - 7:50 AM

Breakfast: fat-free or 1% white milk and fresh fruits

Lunch: fat-free chocolate milk or 1% white milk, fresh fruits, and fresh vegetables

Add funds online:
schoolcafe.com/betaacademy

1
Cold Breakfast: Whole Grain Corn Chex Cereal with String Cheese
Hot Lunch: Pretzel Nacho Calzone (V)

2
Hot Breakfast: Buenos Dias Breakfast Burrito (V)
Hot Lunch: Spaghetti with Meatballs

3
Hot Breakfast: Buttermilk Pancakes
Hot Lunch: Chicken Bites with Savory Pizza Crackers

4
Cold Breakfast: Whole Grain Corn Chex Cereal with Educational Snacks
Hot Lunch: Cheese Pizza (V)

5
Hot Breakfast: Whole Grain Waffle
Hot Lunch: BBQ Beef Rib Sandwich

8
Cold Breakfast: Autumn Spiced Muffin
Hot Lunch: Cheese Tamale with Seasoned Rice (V)

9
Hot Breakfast: Cheese Omelet with French Toast Stick
Hot Lunch: Pepperoni Pizza (Turkey/Beef)

10
Cold Breakfast: Vanilla Concha Bread
Hot Lunch: All Beef Hot Dog on a Whole Grain Bun

11
Cold Breakfast: Lemon Muffin
Hot Lunch: Bean and Cheese Burrito (V)

12
Hot Breakfast: Buttermilk Pancakes
Hot Lunch: Chicken Bites with Waffle and String Cheese

15
Cold Breakfast: Whole Grain Cheerios Cereal with Educational Snacks
Hot Lunch: Breakfast for Lunch - Pancakes with Cheesy Omelet (V)

16
Cold Breakfast: French Toast Muffin
Hot Lunch: Holiday Roasted Turkey with Gravy and Cornbread

17
Hot Breakfast: Strawberry Pancake Bowl
Hot Lunch: Pepperoni Pizza (Turkey/Beef)

18
Cold Breakfast: Whole Grain Cinnamon Chex Cereal with Educational Snacks
Hot Lunch: Oven Roasted Chicken Sandwich

19
Hot Breakfast: French Toast Sticks
NO LUNCH SERVICE - HALF DAY OF SCHOOL

22
NO SCHOOL

23
NO SCHOOL

24
NO SCHOOL

25
NO SCHOOL

26
NO SCHOOL

29
Cold Breakfast: Whole Grain Corn Chex Cereal with Educational Snacks
Cold Lunch: Sunbutter and Jelly Sandwich Kit with String Cheese (V)

30
Hot Breakfast: Plain Bagel with Cream Cheese
Hot Lunch: Chicken Enchiladas Roja with Seasoned 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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www.SquareMeals.org

