

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Cold Breakfast: Whole Grain Cheerios with Goldfish Graham ⁴

Hot Lunch: Chicken Taco Trio

Hot Breakfast: Cheese Omelet with French Toast Stick ⁵

Cold Lunch: Tuna Sandwich Kit

Cold Breakfast: Vanilla Concha Bread ⁶

Hot Lunch: All Beef Hot Dog

Cold Breakfast: Lemon Muffin ⁷

Hot Lunch: Bean and Cheese Burrito (V)

Hot Breakfast: Whole Grain Waffle ¹

Hot Lunch: Oven Roasted Chicken Sandwich

NO SCHOOL ¹¹

Cold Breakfast: French Toast Muffin ¹²

Hot Lunch: Pepperoni Pizza (Turkey and Beef)

Hot Breakfast: Strawberry Pancake Bowl ¹³

Hot Lunch: Cheesy Ravioli with Tomato Sauce (V)

Cold Breakfast: Whole Grain Cinnamon Chex with Educational Snacks ¹⁴

Hot Lunch: Sweet Garlic Noodles with Chicken

Hot Breakfast: Buttermilk Pancakes ⁸

Hot Lunch: Fiesta Scoops! with Three Layer Dip (V)

National School Lunch Week

Cold Breakfast: Fruit Flavored Yogurt with Granola ¹⁸

Hot Lunch: Flame-Broiled Beef Cheeseburger

Cold Breakfast: Vanilla Concha Bread ¹⁹

Hot Lunch: Chicken Enchiladas Roja with Seasoned Rice

Hot Breakfast: Whole Grain Waffle ²⁰

Hot Lunch: Spaghetti with Marinara Sauce and String Cheese (V)

Hot Breakfast: Cinnamon Toast Bagel ²¹

Hot Lunch: Cheese Pizza (V)

Hot Breakfast: Chicken Sausage and Cheddar Brekwich ²²

Hot Lunch: All Beef Hot Dog

NO SCHOOL ²⁵

Cold Breakfast: Whole Grain Blueberry Chex ²⁶

Hot Lunch: Chicken Gumbo with Cornbread

Hot Breakfast: Buttermilk Pancakes ²⁷

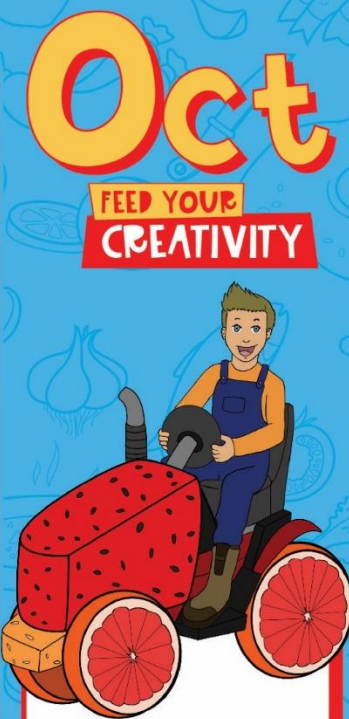
Hot Lunch: Cheese Pizza (V)

Cold Breakfast: Whole Grain Corn Chex with Educational Snacks ²⁸

Hot Lunch: Bean and Cheese Pupusa (V)

Hot Breakfast: Whole Grain Waffle ²⁹

Cold Lunch: Mighty Meaty Deli Sandwich



Announcements:

All scholar who take a school lunch during National School Lunch Week will receive a free dress day on Monday, October 18th!

BREAKFAST AND LUNCH ARE FREE FOR ALL SCHOLARS

BREAKFAST- 7:00 AM - 7:50 AM



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.
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MENUS ARE SUBJECT TO CHANGE

QUESTIONS? EMAIL: MLAUDER@BETAACADEMY.ORG

Updated 1/1/2021
www.SquareMeals.org

