

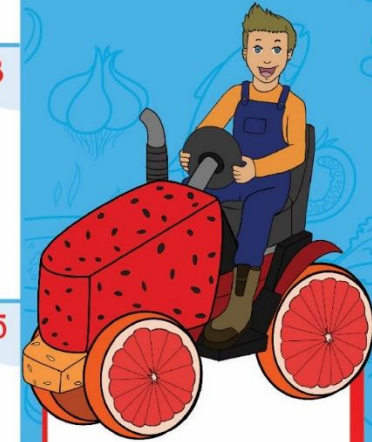
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



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

				<p><b>Hot Breakfast:</b> Whole Grain Waffle <sup>1</sup></p> <p><b>Hot Lunch:</b> Cheese Pizza (V)</p>
<p><sup>4</sup> <b>Cold Breakfast:</b> Blueberry Burst Muffin</p> <p><b>Hot Lunch:</b> Chicken Taco Trio</p>	<p><sup>5</sup> <b>Hot Breakfast:</b> Cheese Omelet with French Toast Stick</p> <p><b>Cold Lunch:</b> Tuna Sandwich Kit <u>KINDER</u> - Field Trip Sack Lunch (Ham &amp; Cheese Sandwich)</p>	<p><sup>6</sup> <b>Cold Breakfast:</b> Vanilla Concha Bread</p> <p><b>Hot Lunch:</b> All Beef Hot Dog <u>1st Grade</u> - Field Trip Sack Lunch (Mighty Meaty Deli Sandwich)</p>	<p><sup>7</sup> <b>Cold Breakfast:</b> Lemon Muffin</p> <p><b>Hot Lunch:</b> Bean and Cheese Burrito (V)</p>	<p><sup>8</sup> <b>Hot Breakfast:</b> Buttermilk Pancakes</p> <p><b>Hot Lunch:</b> Fiesta Scoops! with Three Layer Dip (V)</p>
<p><sup>11</sup> <b>NO SCHOOL</b></p>	<p><sup>12</sup> <b>Cold Breakfast:</b> French Toast Muffin</p> <p><b>Hot Lunch:</b> Pepperoni Pizza (Turkey and Beef)</p>	<p><sup>13</sup> <b>Hot Breakfast:</b> Strawberry Pancake Bowl</p> <p><b>Hot Lunch:</b> Cheesy Ravioli with Tomato Sauce (V)</p>	<p><sup>14</sup> <b>Cold Breakfast:</b> Whole Grain Corn Chex with Educational Snacks</p> <p><b>Hot Lunch:</b> Sweet Garlic Noodles with Chicken</p>	<p><sup>15</sup> <b>Hot Breakfast:</b> French Toast Sticks</p> <p><b>Hot Lunch:</b> Crispy Chicken Sandwich</p>
<p>National School Lunch Week</p>				
<p><sup>18</sup> <b>Cold Breakfast:</b> Fruit Flavored Yogurt with Granola</p> <p><b>Hot Lunch:</b> Flame-Broiled Beef Cheeseburger</p>	<p><sup>19</sup> <b>Cold Breakfast:</b> Vanilla Concha Bread</p> <p><b>Hot Lunch:</b> Chicken Enchiladas Roja with Seasoned Rice</p>	<p><sup>20</sup> <b>Hot Breakfast:</b> Whole Grain Waffle</p> <p><b>Hot Lunch:</b> Spaghetti with Marinara Sauce and String Cheese (V)</p>	<p><sup>21</sup> <b>Cold Breakfast:</b> Whole Grain Cheerios with Educational Snacks</p> <p><b>Hot Lunch:</b> Cheese Pizza (V)</p>	<p><sup>22</sup> <b>Cold Breakfast:</b> Whole Grain Corn Chex with Educational Snacks</p> <p><b>Hot Lunch:</b> All Beef Hot Dog</p>
<p><sup>25</sup> <b>NO SCHOOL</b></p>	<p><sup>26</sup> <b>Cold Breakfast:</b> Whole Grain Blueberry Chex</p> <p><b>Hot Lunch:</b> Chicken Gumbo with Cornbread</p>	<p><sup>27</sup> <b>Hot Breakfast:</b> Buttermilk Pancakes</p> <p><b>Hot Lunch:</b> Cheese Pizza (V)</p>	<p><sup>28</sup> <b>Cold Breakfast:</b> Whole Grain Corn Chex with Educational Snacks</p> <p><b>Hot Lunch:</b> Bean and Cheese Pupusa (V)</p>	<p><sup>29</sup> <b>Hot Breakfast:</b> Whole Grain Waffle</p> <p><b>Cold Lunch:</b> Mighty Meaty Deli Sandwich</p>



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](mailto:MLAUDER@BETAACADEMY.ORG)



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