

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

# Nov

FEED YOUR CREATIVITY



### Announcements:

BREAKFAST-  
7:50 AM - 8:10 AM

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

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

Add funds online:  
[schoolcafe.com/betaacademy](http://schoolcafe.com/betaacademy)

**Breakfast:** Whole Grain Corn Chex Cereal with String Cheese <sup>1</sup>

**Hot Lunch:** Pretzel Nacho Calzone (V)

**Breakfast:** Whole Grain Cinnamon Chex Cereal with Educational Snacks <sup>2</sup>

**Hot Lunch:** Flame-Broiled Beef Burger

**Breakfast:** Lemon Muffin <sup>3</sup>

**Hot Lunch:** Chicken Bites with Savory Pizza Crackers

**Breakfast:** Whole Grain Corn Chex Cereal with Educational Snacks <sup>4</sup>

**Hot Lunch:** Cheese Pizza (V)

**Breakfast:** Whole Grain Cheerios Cereal with String Cheese <sup>5</sup>

**Hot Lunch:** BBQ Beef Rib Sandwich

**Breakfast:** Autumn Spiced Muffin <sup>8</sup>

**Hot Lunch:** Cheese Tamale with Seasoned Rice (V)

**Breakfast:** Whole Grain Cheerios with Educational Snacks <sup>9</sup>

**Hot Lunch:** Pepperoni Pizza (Turkey/Beef)

**Breakfast:** Cinnamon Crumble <sup>10</sup>

**Hot Lunch:** Spaghetti with Marinara Sauce (V)

**Breakfast:** Lemon Muffin <sup>11</sup>

**Hot Lunch:** Bean and Cheese Burrito (V)

**Breakfast:** Whole Grain Cinnamon Chex Cereal with Educational Snacks <sup>12</sup>

**Hot Lunch:** Chicken Bites with Waffle and String Cheese

**Breakfast:** Whole Grain Cheerios Cereal with Educational Snacks <sup>15</sup>

**Hot Lunch:** Breakfast for Lunch - Pancakes with Cheesy Omelet (V)

**Breakfast:** French Toast Muffin <sup>16</sup>

**Hot Lunch:** Holiday Roasted Turkey with Gravy and Cornbread

**Breakfast:** Fruit Flavored Yogurt with Educational Snacks <sup>17</sup>

**Hot Lunch:** Pepperoni Pizza (Turkey/Beef)

**Breakfast:** Whole Grain Corn Chex Cereal with Educational Snacks <sup>18</sup>

**Hot Lunch:** Oven Roasted Chicken Sandwich

**Breakfast:** French Toast Sticks <sup>19</sup>

**NO LUNCH SERVICE - HALF DAY OF SCHOOL**

<sup>22</sup>

**NO SCHOOL**

<sup>23</sup>

**NO SCHOOL**

<sup>24</sup>

**NO SCHOOL**

<sup>25</sup>

**NO SCHOOL**

<sup>26</sup>

**NO SCHOOL**

**Breakfast:** Whole Grain Corn Chex Cereal with Educational Snacks <sup>29</sup>

**Hot Lunch:** Mozzarella Stuffed Breadstick with Marinara Cup

**Breakfast:** Whole Grain Blueberry Chex Cereal <sup>30</sup>

**Hot Lunch:** Chicken Enchiladas Roja



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)

