

MONDAY

TUESDAY

WEDNESDAY

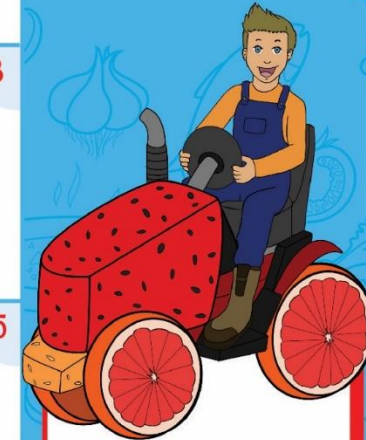
THURSDAY

FRIDAY



Oct

FEED YOUR CREATIVITY



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- 7:50 AM - 8:10 AM

				<p><b>Breakfast:</b> Whole Grain Cheerios with String Cheese</p> <p><b>Hot Lunch:</b> Cheese Pizza (V)</p>
<p><b>Breakfast:</b> Blueberry Burst Muffin</p> <p><b>Hot Lunch:</b> Chicken Taco Trio</p>	<p><b>Breakfast:</b> Whole Grain Cheerios with Educational Snack</p> <p><b>Cold Lunch:</b> Tuna Sandwich Kit</p>	<p><b>Breakfast:</b> Whole Grain Corn Chex with String Cheese</p> <p><b>Hot Lunch:</b> Spaghetti with Marinara Sauce (V)</p>	<p><b>Breakfast:</b> Lemon Muffin</p> <p><b>Hot Lunch:</b> Bean and Cheese Burrito (V)</p>	<p><b>Breakfast:</b> Fruit Flavored Yogurt with Educational Snacks</p> <p><b>Hot Lunch:</b> Fiesta Scoops! with Three Layer Dip (V)</p>
<p><b>NO SCHOOL</b></p>	<p><b>Breakfast:</b> French Toast Muffin</p> <p><b>Hot Lunch:</b> Pepperoni Pizza (Turkey and Beef)</p>	<p><b>Breakfast:</b> Whole Grain Blueberry Chex</p> <p><b>Hot Lunch:</b> Cheesy Ravioli with Tomato Sauce (V)</p>	<p><b>Breakfast:</b> Whole Grain Corn Chex with Educational Snacks</p> <p><b>Hot Lunch:</b> Oven Roasted Chicken Sandwich</p>	<p><b>Breakfast:</b> Blueberry Burst Muffin</p> <p><b>Cold Lunch:</b> Sunbutter and Jelly Sandwich Kit (V)</p>
National School Lunch Week				
<p><b>Breakfast:</b> Fruit Flavored Yogurt with Granola</p> <p><b>Hot Lunch:</b> Flame-Broiled Beef Cheeseburger</p>	<p><b>Breakfast:</b> Whole Grain Cheerios with Educational Snacks</p> <p><b>Cold Lunch:</b> Cheddar Cheese Sub Sandwich (V)</p>	<p><b>Breakfast:</b> French Toast Muffin</p> <p><b>Hot Lunch:</b> Spaghetti with Marinara Sauce (V)</p>	<p><b>Breakfast:</b> Whole Grain Cheerios with Educational Snacks</p> <p><b>Hot Lunch:</b> Cheese Pizza (V)</p>	<p><b>Breakfast:</b> Whole Grain Corn Chex with Educational Snacks</p> <p><b>Hot Lunch:</b> Crispy Chicken Sandwich</p>
<p><b>NO SCHOOL</b></p>	<p><b>Breakfast:</b> Whole Grain Blueberry Chex</p> <p><b>Hot Lunch:</b> Mozzarella Stuffed Breadsticks with Marinara Sauce (V)</p>	<p><b>Breakfast:</b> Lemon Muffin</p> <p><b>Hot Lunch:</b> Cheese Pizza (V)</p>	<p><b>Breakfast:</b> Whole Grain Corn Chex with Educational Snacks</p> <p><b>Hot Lunch:</b> Bean and Cheese Pupusa (V)</p>	<p><b>Breakfast:</b> Whole Grain Cheerios with String Cheese</p> <p><b>Cold Lunch:</b> Chicken Salad Sub 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**  
This product was funded by USDA.  
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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)