

SEPTEMBER 2017

MON

TUE

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FRI

Special Announcements

Good Eats at:

Tenaha ISD
Elementary & Junior High

GET READY

FOR NATIONAL SCHOOL LUNCH WEEK!

OCTOBER 9-13
squaremeals.org/nslw

Breakfast- Pizza, fruit juice, milk
Lunch- Mini Corndogs, broccoli, carrots, Fruit mix, orange, milk,

9.4

Labor Day

NO SCHOOL!

4

Breakfast- Scrambled eggs, toast
Lunch-BBQ sandwich, black eyed peas, sweet potato tots, pears, apple, milk

Breakfast- French toast sticks
Lunch-Grilled cheese, fries, carrot stick salad, peaches, milk

6

Breakfast-Sausage Biscuit
Lunch-Stuffed crust Pizza, salad, carrot sticks, peaches, milk

7

Breakfast-chicken biscuit
Lunch- Spaghetti, bread stick, corn cob, salad, peaches, apple, milk

8

+200



+100



+50



Breakfast- Biscuit, gravy
Lunch-Popcorn chicken, mashed potato, gravy, green beans, peaches, orange, milk

11

Breakfast- Sausage, biscuit
Lunch- Beef Taco Pie, pinto beans, carrots, tortilla chip, pineapple, apple, milk

12

Breakfast- Omelet, toast
Lunch-Baked Potato, ham, cheese, bread stick, broccoli, fruit, milk

13

Breakfast- Pancake on a stick
Lunch- Tiger chicken, fixins, Tots, baby carrots, peaches, orange, milk

14

Breakfast-Kolache
Lunch- Beef Tips & rice, green beans, roll trop. fruit, orange, salad, milk

15

Breakfast-Omelet, toast
Lunch-Nachos, meat, cheese, pinto beans, mini carrots, pineapple, orange, milk

18

Breakfast- Pancake on a stick
Lunch- Tiger Burger, fixins, Fries, baby carrots, peaches, orange, milk

19

Breakfast- French toast stick
Lunch- Chicken Strips, potatoes, gravy, bread, corn, baby carrots, pears, apples, milk

20

Breakfast- Sausage, toast
Lunch-Hot ham & cheese, pickle spears, broccoli, applesauce, orange, chips, milk

21

Breakfast-Mini Pancakes
Lunch- Chicken Spaghetti, roll, green beans, salad, peaches, orange, milk

22

Breakfast-Sausage, Biscuit
Lunch- Chicken Taco Salad, pinto beans, pineapple, milk

25

Breakfast- French Toast Sticks
Lunch- Hot Dog, chips, carrots, salad, pears, apple, milk

26

Breakfast-Omelet, toast
Lunch- Chicken fried steak, potatoes, gravy, green beans, pears, orange, milk

27

Breakfast- Pancake on a stick
Lunch- Tiger chicken, fixins, Tots, baby carrots, peaches, milk

28

Breakfast- Pizza, fruit juice, milk
Lunch- Mini Corndogs, broccoli, carrots, Fruit mix, orange, milk,

29

Fun facts on back!



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



SEPTEMBER 2017

MON

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Special Announcements

Good Eats at:
Tenaha ISD
High School

GET READY
FOR NATIONAL SCHOOL
LUNCH WEEK!
OCTOBER 9-13
squaremeals.org/nslw

Breakfast- Pizza, fruit, juice, milk
Lunch- Mini Corndogs, broccoli, carrots, Fruit mix, orange, milk

9.4

1 Labor Day

NO SCHOOL!

Breakfast- Scrambled eggs, toast
Lunch-BBQ sandwich, black eyed peas, sweet potato tots, pears, apple, milk, pudding
Option- Corndog

4

Breakfast- French toast sticks
Lunch-Grilled cheese, fries, carrot sticks, salad, peaches, milk, Jello
Option- Pizza

5

Breakfast- Sausage Biscuit
Lunch-Stuffed crust Pizza, salad, carrot sticks, peaches, milk, Pudding
Option- Chicken Nuggets

6

Breakfast-chicken biscuit
Lunch- Spaghetti, 2 bread sticks, corn cob, salad, peaches, apple, milk
Option- Burger

7

+200



+100



+50



Breakfast- Biscuit, gravy
Lunch-Popcorn chicken, mashed potato, gravy, green beans, peaches, orange, bread, milk
Option- Corndog

11

Breakfast- Sausage, biscuit
Lunch- Beef Taco Pie, pinto beans, carrots, tortilla chip, pineapple, apple, milk, rice
Option- Burrito

12

Breakfast- Omelet, toast
Lunch-Baked Potato, ham, cheese, 2 bread stick, broccoli, pears, orange, milk
Option- Pizza

13

Breakfast- Pancake on a stick
Lunch- Tiger chicken, cheese, fixins, Tots, baby carrots, peaches, orange, milk
Option- Burger

14

Breakfast-Kolache
Lunch- Beef Tips & rice, green beans, roll, trop. fruit, orange, salad, milk
Option- Chic. Nuggets

15

Breakfast-Omelet, toast
Lunch-Nachos, meat, cheese, pinto beans, mini carrots, pineapple, orange, milk, rice
Option- Burrito

18

Breakfast- Pancake on a stick
Lunch- Tiger Burger, cheese, fixins, Fries, baby carrots, peaches, orange, milk
Option-Corndog

19

Breakfast- French toast stick
Lunch- Chicken Strips, potatoes, gravy, bread, corn, baby carrots, pears, apples, milk
Option- Stk. finers

20

Breakfast- Sausage, toast
Lunch-Hot ham & cheese, pickle spears, broccoli, applesauce, orange, chips, milk
Breakfast- Pancake on a stick

21

Breakfast-Mini Pancakes
Lunch- Chicken Spaghetti, roll, green beans, salad, peaches, orange, milk

22

Breakfast-Sausage, Biscuit
Lunch- Chicken Taco Salad, pinto beans, pineapple, orange, milk, rice
Option- Burrito

25

Breakfast- French Toast Sticks
Lunch- Hot Dog, chili, cheese, chips, carrots, salad, pears, apple, milk
Option- Corndog

26

Breakfast-Omelet, toast
Lunch- Chicken fried steak, potatoes, gravy, green beans, bread, pears, orange, milk
Option- Nuggets

27

Breakfast- Pancake on a stick
Lunch- Tiger chicken, cheese fixins, Tots, baby carrots, peaches, orange, milk
Option- Burger

28

Breakfast- Pizza, fruit, juice, milk
Lunch- Mini Corndogs, broccoli, carrots, Fruit mix, orange, milk

29

Fun facts on back!



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