

APPLE WORLD

Gala APPLE x 10



OCTOBER 2017

NATIONAL SCHOOL LUNCH WEEK

OCTOBER 9-13
squaremeals.org/nslw

MON

TUE

WED

THUR

FRI

Breakfast- Sausage Biscuit
Lunch- Stuffed crust Pizza, salad, carrot sticks, peaches, milk 2

Breakfast- Scrambled eggs, toast
Lunch- BBQ sandwich, black eyed peas, sweet potato tots, pears, apple, milk 3

Breakfast- French toast stick
Lunch- Chicken Strips, potatoes, gravy, bread, corn, baby carrots, pears 4

Breakfast- Strawberry Bagel Bites
Lunch- Bag Lunch Early Release 5

NO SCHOOL!!! 6

Breakfast- Biscuit, gravy
Lunch- Popcorn chicken, mashed potato, gravy, green beans, peaches, orange, milk 9

Breakfast- Sausage, biscuit
Lunch- Turkey Wrap, black beans, baked chips, carrot sticks, tropical fruit, apple, milk 10

Breakfast- Omelet, toast
Lunch- Baked Potato, ham, cheese, bread stick, broccoli, baby carrots, pears, orange, milk 11

Breakfast- Pancake on a stick
Lunch- Tiger chicken, fixins, Tots, baby carrots, peaches, orange, milk 12

Breakfast- Kolache
Lunch- Bag Lunch Early Release 13

Breakfast- Biscuit, gravy
Lunch- Nachos, meat, cheese, pinto beans, mini carrots, pineapple, orange, milk 16

Breakfast- Cinnamon Roll
Lunch- Tiger Burger, fixins, Fries, baby carrots, peaches, orange, milk 17

Breakfast- French toast sticks
Lunch- Grilled cheese, SOUP, carrot stick salad, peaches, milk 18

Breakfast- Sausage, toast
Lunch- Hot ham & cheese on Ciabatta bun, pickle spears, broccoli, applesauce, orange, chips, milk 19

Breakfast- Mini Pancakes
Lunch- Chicken Spaghetti, roll, green beans, salad, peaches, orange, milk 20

Breakfast- Sausage, Biscuit
Lunch- Chicken Taco Salad, pinto beans, pineapple, milk 23

Breakfast- French Toast Sticks
Lunch- Hot Dog, chips, carrots, salad, pears, apple, milk 24

Breakfast- Omelet, toast
Lunch- Chicken fried steak, potatoes, gravy, green beans, pears, orange, milk 25

Breakfast- Biscuit, gravy
Lunch- Tiger chicken, fixins, Tots, baby carrots, peaches, orange, milk 26

Breakfast- Pizza, fruit, juice, milk
Lunch- Mini Corndogs, broccoli, carrots, Fruit mix, orange, milk, 27

Breakfast- Sausage Biscuit
Lunch- Stuffed crust Pizza, salad, carrot sticks, peaches, milk 30

Breakfast- Scrambled eggs, toast
Lunch- BBQ sandwich, black eyed peas, sweet potato tots, pears, apple, milk 31

Good Eats at:

Tenaha ISD
Elementary & Junior High

Special Announcements



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

Fun facts on back!

This product was funded by USDA. This institution is an equal opportunity provider.