

Apple World



Gala Apple x 10



OCTOBER 2017

MON

TUE

WED

THUR

FRI

NATIONAL SCHOOL LUNCH WEEK

OCTOBER 9-13
squaremeals.org/nslw

Breakfast- Sausage Biscuit
Lunch- Stuffed crust Pizza, salad, carrot sticks, peaches, milk, pudding
Option- Chic. Sand

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

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

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

Breakfast- Sausage Biscuit
Lunch- Stuffed crust Pizza, salad, carrot sticks, peaches, milk, pudding
Option- Chic. Sand

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

Breakfast- Sausage, biscuit
Lunch- Turkey Wrap, black beans, baked chips, carrot sticks, tropical fruit, apple, milk, Pudding
Option- Chic Sand

Breakfast- Cinnamon Roll
Lunch- Tiger Burger, cheese, fixins, Fries, peaches, orange, baby carrots, milk
Option- Corndog

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

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

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

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

Breakfast- French toast sticks
Lunch- Grilled cheese, SOUP, carrot stick, salad, peaches, milk, crackers
Option- Pizza

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

Breakfast- Strawberry Bagel Bites
Lunch- Bag Lunch Early Release

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

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

Breakfast- Biscuit, gravy
Lunch- Tiger chicken, cheese, fixins, Tots, baby carrots, peaches, orange, milk
Option- Burger

NO SCHOOL!!!

Breakfast- Kolache
Lunch- Bag Lunch Early Release

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

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

Good Eats at:
Tenaha ISD High School

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.