

SEPTEMBER

2018

**GOOD
EATS AT**

Tenaha ISD
High School

**SPECIAL
ANNOUNCEMENTS**

I'm
SPEEDY CUE
to the rescue!



NO School
Holiday

3

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

4

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

5

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

6

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

7

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

10

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

11

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

12

Breakfast- Blueberry muffin
Lunch- Tiger Burger, cheese, fixins,
Smiley fries, baby carrots,
peaches, orange, milk
Option- Chic. Sandwich

13

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

14

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

17

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

18

Breakfast- Pancake on a
stick
Lunch- Baked Potato, ham,
cheese, 2 bread sticks,
broccoli, baby carrots,
pears, orange milk
Option- Pizza

19

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

20

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

21

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

24

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

25

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

26

Breakfast- Sausage, biscuit
Lunch- Turkey Hoagie,
baked beans, baked
chips ,fixins, tropical fruit,
apple, milk, Pudding
Option- Chic Sand.

27

Teacher
In-Service

28

**GET
READY**

**FOR NATIONAL
SCHOOL LUNCH WEEK**

OCTOBER 8-12
SquareMeals.org/nslw



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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