

2019

SEPTEMBER

GOOD EATS AT

Tenaha ISD
Elementary &
Junior High

SPECIAL ANNOUNCEMENTS

NO SCHOOL Monday the
2nd!!!

No School!!

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Breakfast-Pancake
on a Stick
Lunch- Tacos,
lettuce, cheese,
pinto beans,
pineapple, orange

9

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

10

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

11

Breakfast-Muffin,
Yogurt
Lunch-Pizza,
salad, corn carrot
sticks, peaches,
milk

12

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

13

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

16

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

17

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

18

Breakfast- Omelet,
toast
Lunch-Stuffed crust
Pizza, salad, carrot
sticks, corn,
peaches, milk

19

Breakfast-Pizza
Lunch- Grilled
cheese, SOUP,
carrot stick,
salad, peaches,
crackers, milk

20

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

23

Breakfast- French
toast stick
Lunch- Chicken Rings,
potatoes, gravy,
bread, green beans,
baby carrots, pears,
apples, milk

24

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

25

Breakfast- biscuit,
Gravy
Lunch-Turkey
Hoagie, baked
beans, baked chips
fixins, tropical
fruit, apple, milk

26

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

27

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

30

GET READY

FOR NATIONAL SCHOOL LUNCH WEEK

OCTOBER 14-18
SquareMeals.org/NSLW



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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