

2019

SEPTEMBER

**GOOD
EATS AT**

 Tenaha ISD
High School

**SPECIAL
ANNOUNCEMENTS**

 NO SCHOOL Monday the
2nd!!!

No School!!

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 Breakfast-Omelete, toast
Lunch- Chicken fried
steak, potatoes, gravy,
black eyed peas, pears,
orange, milk, bread
Option-Nuggets

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

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

 Breakfast- Kolache
Lunch- Spaghetti, 2
bread sticks, salad,
corn, peaches,
orange, milk

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

9

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

10

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

11

 Breakfast-
Muffin,Yogurt
Lunch-Pizza,
salad, corn carrot
sticks, peaches, milk,
pudding
Option- Chic. Sand.

12

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

13

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

16

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

17

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

18

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

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,
pudding
Option- Chic. Sand.

23

 Breakfast-French toast
stick
Lunch- Chicken Rings,
potatoes, gravy, bread,
green beans, baby
carrots, pears, apples,
milk, jello
Option- Stk. Fingers

24

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

25

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

26

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

27

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

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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