

I'm
DELILAH
THE DAIRY COW

OCTOBER

2019

**GOOD
EATS AT**

Tenaha ISD
Elementary &
Junior High

**SPECIAL
ANNOUNCEMENTS**

Happy Halloween!!

**NATIONAL
SCHOOL
LUNCH WEEK**
OCTOBER 14-18
SquareMeals.org/NSLW

M	T	W	TH	F
Breakfast- Omelette toast Lunch- Chicken fried steak, potatoes, gravy, black eyed peas, pears, orange, milk, ¹	Breakfast- Mini Pancakes Lunch- Tiger chicken, fixins, Tots, baby carrots, peaches, orange, milk, ²	Breakfast- French Toast Sticks Lunch- Hot Dog, chips, carrots, salad, pears, apple, milk Option-Corndog ³	Breakfast- Pizza Lunch -Bag Lunch Early Release! ⁴	GOOD EATS AT Tenaha ISD Elementary & Junior High
Breakfast-Pancake on a Stick Lunch- Tacos, lettuce, cheese, pinto beans, pineapple, orange, ⁷	Breakfast- Scrambled eggs, toast Lunch-BBQ sandwich, black eyed peas, sweet potato tots, pears, apple, milk ⁸	Breakfast- French toast stick Lunch- Chicken Strips, potatoes, gravy, bread, green beans, baby carrots, pears, apples, milk ⁹	Breakfast-Muffin, Yogurt Lunch-Pizza, salad, corn carrot sticks, peaches, milk ¹⁰	NO School SPECIAL ANNOUNCEMENTS Happy Halloween!!
Breakfast- Biscuit, gravy Lunch-Nachos, meat, cheese, pinto beans, mini carrots, pineapple, orange, milk ¹⁴	Breakfast- Sausage, Biscuit Lunch-Hot ham & cheese on Ciabatta bun, pickle spears, broccoli, applesauce, orange, chips, milk ¹⁵	Breakfast- Pancake on a stick Lunch-Baked Potato, ham, cheese, bread stick, broccoli, baby carrots, pears, orange milk ¹⁶	Breakfast- Omelet, toast Lunch-Stuffed crust Pizza, salad, carrot sticks, corn, peaches, milk ¹⁷	Breakfast-Kolache Lunch- Beef Tips & rice, green beans, roll, trop. fruit, orange, salad, milk ¹⁸
Breakfast- Cinnamon Roll Lunch- Tiger Burger, cheese, fixins, Fries, peaches, orange, baby carrots, milk ²¹	Breakfast- French toast stick Lunch- Chicken Rings, potatoes, gravy, bread, green beans, baby carrots, pears, apples, milk ²²	Breakfast- Sausage Biscuit Lunch- Pizza, salad, carrot sticks, corn, peaches, milk ²³	Breakfast- biscuit, Gravy Lunch-Turkey Hoagie, baked beans, baked chips fixins, tropical fruit, apple, milk ²⁴	Breakfast- Kolache Lunch- Spaghetti, bread stick, salad, corn, peaches, orange, milk ²⁵
Breakfast- Sausage, Biscuit Lunch- Taco Salad, pinto beans, pineapple, milk ²⁸	Breakfast- Omlete, toast Lunch- Steak Fingers, potatoes, gravy, black eyed peas, pears, orange, milk ²⁹	Breakfast- Mini Pancakes Lunch- Tiger chicken, cheese, fixins, Tots, baby carrots, peaches, orange, ³⁰	Breakfast- French Toast Sticks Lunch- Hot Dog, chips, carrots, salad, pears, apple, milk ³¹	



Food and Nutrition Division | National School Lunch Program and School Breakfast Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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