

I'm
DELILAH
THE DAIRY COW

OCTOBER

2019

**GOOD
EATS AT**

Tenaha ISD
High School

**SPECIAL
ANNOUNCEMENTS**

Happy Halloween!!

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

M	T	W	TH	F
Breakfast-Omelete, toast Lunch- Chicken fried steak, potatoes, gravy, black eyed peas, pears, orange, milk, bread Option-Nuggets 1	Breakfast- Mini Pancakes Lunch- Tiger chicken, cheese, fixins, Tots, baby carrots, peaches, orange, milk Option- Burger 2	Breakfast- French Toast Sticks Lunch- Hot Dog, chili, cheese, chips, carrots, salad, pears, apple, milk Option-Corndog 3	Breakfast- Pizza Lunch -Bag Lunch Early Release! 4	
Breakfast-Pancake on a Stick Lunch- Tacos, lettuce, cheese, pinto beans, pineapple, orange, rice option- Burrito 7	Breakfast- Scrambled eggs, toast Lunch-BBQ sandwich, black eyed peas, sweet potato tots, pears, apple, milk, pudding Option- Corndog 8	Breakfast- French toast stick Lunch- Chicken Strips, potatoes, gravy, bread, green beans, baby carrots, pears, apples, milk Option-Stk. fingers 9	Breakfast-Muffin, Yogurt Lunch-Pizza, salad, corn carrot sticks, peaches, milk, pudding Option- Chic. Sand. 10	NO School 11
Breakfast-Biscuit, gravy Lunch-Nachos, meat, cheese, pinto beans, mini carrots, pineapple, orange, milk, rice Option- Burrito 14	Breakfast- Sausage, Biscuit Lunch-Hot ham & cheese on Ciabattabun, pickle spears, broccoli, applesauce, orange, chips, milk, pudding Option- Burger 15	Breakfast- Pancake on a stick Lunch-Baked Potato, ham, cheese, 2 bread sticks, broccoli, baby carrots, pears, orange milk Option-Pizza 16	Breakfast- Omelet, toast Lunch-Stuffed crust Pizza, salad, carrot sticks, corn, peaches, milk pudding Option-Chic. Sandwich 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 Option- Corndog 21	Breakfast- French toast stick Lunch- Chicken Rings, potatoes, gravy, bread, green beans, baby carrots, pears, apples, milk, jello Option- Stk. Fingers 22	Breakfast- Sausage Biscuit Lunch- Pizza, salad, carrot sticks, corn, peaches, milk, pudding Option- Chic. Sand. 23	Breakfast-biscuit, Gravy Lunch-Turkey Hoagie, baked beans, baked chips, fixins, tropical fruit, apple, milk, pudding Option- Chic Sandwich 24	Breakfast- Kolache Lunch- Spaghetti, 2 bread sticks, salad, corn, peaches, orange, milk 25
Breakfast-Sausage, Biscuit Lunch- Taco Salad, pinto beans, pineapple, milk, rice Option-Burrito 28	Breakfast- Omelete, toast Lunch- Steak Fingers, potatoes, gravy, black eyed peas, pears, orange, milk, bread Option-Nuggets 29	Breakfast- Mini Pancakes Lunch- Tiger chicken, cheese, fixins, Tots, baby carrots, peaches, orange, milk Option- Burger 30	Breakfast- French Toast Sticks Lunch- Hot Dog, chili, cheese, chips, carrots, salad, pears, apple, milk Option-Corndog 31	



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



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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