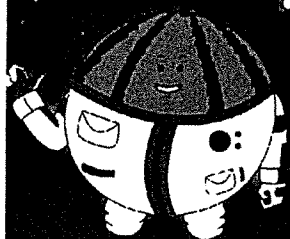


SEPTEMBER

2020

Tenaha ISD Elementary &
Junior High



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

1.



Breakfast- Sausage, Biscuit
Lunch- Chicken fried steak, roll
potatoes, gravy, black eyed
peas, pears, orange, milk,

2.



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

3.



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

4.



Holiday

7

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

8.

Breakfast- Sausage, Biscuit
Lunch- Chicken Strips,
potatoes, gravy, roll, green
beans, baby carrots, pears,
apples, milk

9.

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

10.

Breakfast- Kolache
Lunch- Beef Tips & rice, green
beans, roll, trop. fruit, orange,
salad, milk

11.

Breakfast- Pancake on a Stick,
fruit, juice, milk
Lunch- Pizza, corn, salad, fruit,
milk

14.

Breakfast- Muffin, yogurt, fruit,
juice, milk
Lunch- BBQ sandwich, black
eyed peas, fries, pears, apple,
milk

15.

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

16.

Breakfast- Mini Pancakes
Lunch- Chicken fried steak
sandwich, fixins, Tots, baby
carrots, peaches, orange, milk

17.

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

18.

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

21.

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

22.

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

23.

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

24.

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

25.

Breakfast- Scrambled eggs,
toast
Lunch- Chicken soft taco,
lettuce, cheese, refried beans,
fruit, orange, milk

28.

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

29.

Breakfast- Sausage, Biscuit
Lunch- Chicken fried steak, roll,
potatoes, gravy, black eyed
peas, pears, orange, milk,

30.

Special Announcements:

Go Tigers!!



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



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER
This product was funded by USDA.



Updated 01/2020