

Tenaha ISD High School

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1ST

2ND

3RD

4TH

7TH WELCOME BACK!!
Hope Everyone
Enjoyed The Summer
Break!!!!

8TH Breakfast- Pancake
on a Stick
Lunch- Stuffed crust Pizza,
salad, carrot sticks, corn,
peaches, milk, pudding
Option- Chicken Sand

9TH Breakfast- French
Toast Sticks
Lunch- Hot Dog, chili,
cheese chips, carrots,
salad, pears, apple, milk
Option- Burger

10TH Breakfast- Biscuit,
Sausage
Lunch- Tiger Burger,
cheese, fixins, smiles,
mixed berries, fresh fruit,
baby carrots, milk,
Option- Corndogs

11TH Breakfast- Kolache
Lunch- Mini Corndogs,
broccoli, carrots, Fruit
mix, orange, milk,

14TH Breakfast- Pancake
on a Stick
Lunch- Tacos, lettuce,
cheese, pinto beans,
rice, pineapple, orange
Option- Burrito

15TH Breakfast- Pizza,
fruit, juice, milk
Lunch- Tiger chicken, fixins,
Tots, baby carrots,
peaches, orange, milk
Option- Burger

16TH Breakfast- Biscuit,
Gravy
Lunch- Chicken fried steak,
roll, potatoes, gravy, black
eyed peas, pears, orange,
milk, Option- Nuggets

17TH Breakfast- Scrambled
egg, hash brown, toast
Lunch- Pizza, corn, salad,
fruit, milk, pudding
Option- Corndog

18TH Breakfast- Kolache
Lunch- Chicken
Spaghetti, roll, green
beans, salad, peaches,
orange, milk

21ST Breakfast- Pizza
Lunch- Nachos, meat,
cheese, pinto beans, mini
carrots, pineapple,
orange, milk, rice
Option- Burrito

22ND Breakfast- Pancakes,
sausage links
Lunch- Chicken fried steak
sand, cheese, smiley fries,
fixins, baby carrots,
peaches, orange, milk
Option- Burger

23RD Breakfast- Biscuit,
gravy
Lunch- Chicken Rings, roll,
potatoes, gravy, green
beans, baby carrots, pears,
apples, milk
Option- Steak fingers

24TH Breakfast- Cinnamon
roll, yogurt, fruit, juice, milk
Lunch- Baked Potato, ham,
cheese, 2 bread stick,
broccoli, baby carrots, pears,
orange milk
Options- Pizza

25TH Breakfast- Kolache
Lunch- Spaghetti, 2
bread stick, salad, corn,
peaches, orange, milk

28TH Breakfast- Waffles,
sausage
Lunch- Chicken Taco,
lettuce, cheese, beans,
rice, fruit, milk
Option- burrito

29TH Breakfast- Biscuit,
sausage
Lunch- Turkey Hoagie,
broccoli, baked chips,
fixins, tropical fruit, apple,
milk

30TH Breakfast- Muffins,
yogurt
Lunch- Chicken nuggets, roll,
potatoes, gravy, black eyed
peas, pears, orange, milk,
Option- Chicken rings

31ST Breakfast- French
toast sticks
Lunch- BBQ sandwich,
baked beans, tots, pears,
apple, milk, pudding
Option- Pizza

AUG

MENU 2023

DINOSAUR VALLEY STATE PARK



ANNOUNCEMENTS:

Variety of juice
Orange juice & Apple
juice offered daily
@ Breakfast

- Cereal & toast offered daily @ breakfast
 - 1% white milk & Fat free chocolate milk offered Daily @ Breakfast & Lunch
 - Assorted fruit offered daily @ Breakfast & Lunch
- Note: Menus are subject to change



Food and Nutrition Division
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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www.SquareMeals.org