

OCTOBER 2017

NATIONAL SCHOOL LUNCH WEEK

OCTOBER 9-13
squaremeals.org/nslw

MON

TUE

WED

THUR

FRI

Mini Cheese Pizza
Bagels
Turkey Chili in a
Bread Bowl
Seasoned Corn
Red & Green Bell
Pepper Strips **2**

Two Chicken Fajita
Tacos
Toasted Bacon and
Cheese Sandwich
Ranchero Beans
Garden Salad with
Ranch Dressing **3**

Tyson Chicken Nuggets
and Whole Grain Roll
Ham and Cheese
Croissant
Rosemary Roasted Red
Potatoes
Veggie Dippers **4**

Homemade Pig in a
Blanket
Alfredo over Penne
Pasta & Breadstick
Roasted Squash &
Zucchini
Caesar Side Salad **5**

All Beef Hamburger
or Cheeseburger
Crunchy Pollock Fish
Sticks with Texas
Toast
Tater Puffs
Cherry Tomatoes **6**

NO SCHOOL
9

Crispitos with Cheese
Sauce
Pizza Munchable
Roasted Spiced
Cauliflower
Baby Carrot & Celery
Sticks **10**

Tyson Popcorn
Chicken
Grilled Chicken Apple
and Cranberry Salad
Whole Grain Roll
Mashed Potatoes
with Gravy **11**

Buttermilk Pancakes
and Sausage Patty
Toasted Cheese
Sandwich
Homemade Tomato
Basil Soup
Star Shaped
Hashbrowns **12**

All Beef Hamburger
or Cheeseburger
Wild Mike's Cheesy
Bites with Marinara
Curly Fries
Ranch Style Beans **13**

Pepperoni Pizza Slice
Tangerine Chicken
with LoMein and
Fortune Cookie
Green Beans with
Ham
Spinach Mandarin
Salad **16**

Chili Cheese Nachos
Ham & Cheese Stuffed
Baked Potato with
Breadstick
Lemon Roasted Baby
Carrots
Garden Salad **17**

Chicken Nuggets with
Honey Wheat Roll
Caprese Style Turkey
Ciabatta Sandwich
Scalloped Potatoes
Cucumber & Cherry
Tomatoes **18**

Pulled Pork BBQ
Sandwich
Mini Pepperoni
Calzonettes
Baked Beans
Creamy Cole Slaw **19**

All Beef Hamburger
or Cheeseburger
Toasted Cheesy
Bread with
Marinara
Potato Smiles
Fresh Veggie
Dippers **20**

Garlic French Bread
Pizza
Tyson Chicken Wings
with Garlic Texas Toast
Waffle Fries
Fresh Broccoli and
Raisin Salad **23**

Chicken Fajita
Quesadilla
Chili Cheese Dog
Ranch Style Beans
Celery Sticks & Cherry **24**

Popcorn Chicken with
Honey Wheat Roll
Southwest Chicken
Fajita Salad
Mashed Potatoes
with Country Gravy
Green Beans with
Ham **25**

Breaded Chicken
Drumstick with
Macaroni and Cheese
Meatball Sub
Fresh Zucchini &
Squash Sticks
Garden Salad **26**

All Beef Hamburger
or Cheeseburger
Fish Filet Sandwich
Crispy Tater Puffs
Sweet Corn on the
Cob **27**

Pepperoni Pizza Slice
Individual Fiesta
Layered Dip with
Tortilla Chips
Whole Kernel Corn
Garden Salad **30**

Monterey Cheese
Enchiladas with
Homemade Ranchero
Sauce
Chicken & Waffles
Ranchero Beans
Spinach & Strawberry
Salad **31**

Good Eats at:

Paradise
Intermediate & Jr.
High

Special Announcements

Lunch Prices

Paid \$2.80

Reduced \$0.40

Adult \$4.00

1% lowfat unflavored and fat free chocolate milk are available at breakfast and lunch daily. A variety of fruit juice, fresh and canned fruit choices are also available daily. Substitutions may sometimes need to be made with a nutritionally comparable meal item.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



Fun facts on back!