

# OCTOBER

Don't forget to "Vote for a Winning Lunch" during National School Lunch Week! October 10-14 2016

## Special Announcements

### WELLMAN-UNION BREAKFAST

Wellman-Union Breakfast is a special program that provides breakfast for students who are unable to get breakfast at home. This program is available to all students in the Wellman-Union Independent School District. Breakfast is served each morning from 7:30 a.m. to 8:30 a.m. in the Wellman-Union Cafeteria. The program is free of charge. For more information, please contact the Wellman-Union Cafeteria at (940) 361-2222.



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



#### Monday

#### Tuesday

#### Wednesday

#### Thursday

#### Friday

3

Sausage Kolache  
Yogurt  
or  
Cereal Variety  
Toast  
Fresh Fruit  
Juice and Milk

4

Cheese Omelet Wrap  
or  
Breakfast Strudel  
Cheese Stick  
Fresh Fruit  
Juice and Milk

5

Breakfast Pizza  
or  
Breakfast Parfait  
Fresh Fruit  
Juice and Milk

6

Waffles and Sausage  
or  
Animal Crackers  
Cheese Stick  
Fresh Fruit  
Juice and Milk

7

Cinnamon Roll  
Bacon  
or  
Muffin  
Yogurt  
Fresh Fruit  
Juice and Milk

10  
NO  
SCHOOL

11

Sunrise Sandwich  
or  
Breakfast Strudel  
Cheese Stick  
Fresh Fruit  
Juice and Milk

12

Biscuit and Gravy  
Scrambled Eggs and Sausage  
or  
Muffin  
Yogurt  
Fresh Fruit  
Juice and Milk

13

Oatmeal  
Cinnamon Toast  
or  
PBJ Sandwich  
Fresh Fruit  
Juice and Milk

14

Breakfast Burrito  
Hash Browns  
or  
Cereal Variety  
Toast  
Fresh Fruit  
Juice and Milk

N A T I O N A L S C H O O L L U N C H W E E K

17

Pancake Wrap  
Yogurt  
or  
Cereal Variety  
Toast  
Fresh Fruit  
Juice and Milk

18

Chicken-n-Biscuit  
or  
PBJ Sandwich  
Fresh Fruit  
Juice and Milk

19

French Toast  
Sausage  
or  
Muffin  
Yogurt  
Fresh Fruit  
Juice and Milk

20

Early Bird Sandwich  
or  
Animal Crackers  
Cheese Stick  
Fresh Fruit  
Juice and Milk

21

Dutch Waffle  
Bacon  
or  
Breakfast Round  
Yogurt  
Fresh Fruit  
Juice and Milk

24

Pancakes  
Sausage  
or  
Breakfast Round  
Yogurt  
Fresh Fruit  
Juice and Milk

25

Breakfast Pizza  
or  
Breakfast Strudel  
Fresh Fruit  
Juice and Milk

26

Biscuit  
Scrambled Eggs  
Sausage  
or  
Muffin  
Yogurt  
Fresh Fruit  
Juice and Milk

27

Sausage Kolache  
Yogurt  
or  
PBJ Sandwich  
Fresh Fruit  
Juice and Milk

28

Breakfast Club  
or  
Cereal Variety  
Toast  
Fresh Fruit  
Juice and Milk

31

Waffles  
Bacon  
or  
Cereal Variety  
Yogurt  
Fresh Fruit  
Juice and Milk

## Did You Know?

Cantaloupe is called a lot of different names all over the world. In Australia they call it a rockmelon, but in South Africa they call it a sweet melon.

## Good Eats At:

This product was funded by USDA. This institution is an equal opportunity provider.