

OCTOBER

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



Special Announcements

WELLMAN-UNION LUNCH



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

Monday

Tuesday

Wednesday

Thursday

Friday

3

Meatloaf
Mashed Potatoes
Strawberry Cup
Roll
Milk
Fresh Fruit & Juice (HS)

4

Enchiladas
Spanish Rice (HS)
Salsa
Zesty Cucumbers
Refried Beans
Lettuce and Tomato Garnish
Rosy Apple Sauce
Milk
Fresh Fruit & Juice (HS)

5

Pizza
Garden Salad
Vegetable Medley
Orange Smiles
Milk
Fresh Fruit & Juice (HS)

6

Soft Tacos
Baby Carrots
Mexicali Corn
Salsa
Lettuce and Tomato Garnish
Peaches
Cookie
Milk
Fresh Fruit & Juice (HS)

7

Chicken Strips
Texas Toast
Gravy
Coleslaw
Sweet Potato Fries
Apple Slices
Milk
Fresh Fruit & Juice (HS)

10

NO
SCHOOL

11

Nachos Grande
Refried Beans
Salsa
Lettuce & Tomato Garnish
Cucumber Dippers
Tiny Tomato Cup
Pears
Lime Sherbet
Milk
Fresh Fruit & Juice (HS)

12

X-Treme Burrito
Salsa
Season Corn
Fresh Veggie Cup
Lettuce Tomato Garnish
Mandarin Oranges
Milk
Fresh Fruit & Juice (HS)

13

Salisbury Steak
Brown Gravy
Roasted Potatoes
Garden Salad
Biscuit
Fruity Gelatin
Milk
Fresh Fruit & Juice (HS)

14

Hot Dog
Corn Chips
Baby Carrots
Crunchy Broccoli Salad
Fresh Grapes
Cookie
Milk
Fresh Fruit & Juice (HS)

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

17

Lasagna w/ meat sauce
Roll
Garden Salad
Tuscan Vegetables
Fresh Seasonal Fruit
Milk
Fresh Fruit & Juice (HS)

18

Pizza
Baby Carrot
Steamed Broccoli
Chilled Pineapple
Sugar Cookie
Milk
Fresh Fruit & Juice (HS)

19

Chicken Fajitas
Spanish Rice (HS)
Lettuce Tomato Garnish
Refried Beans
Salsa
Tiny Tomato Cup
Hot Cinnamon Apples
Milk
Fresh Fruit & Juice (HS)

20

Pigs in a Blanket
Oven Fries
Fresh Veggie Cup
Orange Slices
Milk
Fresh Fruit & Juice (HS)

21

Pulled Pork Slider
Multi Grain Chips
Coleslaw
Savory Green Beans
Apple Slices
Milk
Fresh Fruit & Juice (HS)

24

Steak Fingers
Gravy
Roll
Mashed Potatoes
Carrot Coins
Strawberries and Bananas
Milk
Fresh Fruit & Juice (HS)

25

Spaghetti Bowl
Breadstick (HS)
Garden Salad
California Blend Vegetables
Sliced Peaches
Chocolate Pudding
Milk
Fresh Fruit & Juice (HS)

26

Mexican Combo Plate
Spanish Rice (HS)
Mexicali Corn
Charro Beans
Salsa
Lettuce Tomato Garnish
Cinnamon Applesauce
Milk
Fresh Fruit & Juice (HS)

27

Teriyaki Beef Sliders
Baked Potato Chips
Broccoli Bites
Tiny Tomato Cup
Orange Smiles
Milk
Fresh Fruit & Juice (HS)

28

Sloppy Joe Sandwich
Oven Fries
Cucumber Dippers
Fresh Seasonal Fruit
Cookie
Milk
Fresh Fruit & Juice (HS)

31

Hamburger
Hamburger Garnish
Oven Fries
Baby Carrots
Mixed Fruit
Milk
Fresh Fruit & Juice (HS)

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.
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