



OCTOBER

2020

Wellman Union Cafe



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Special Announcements: White, Chocolate, and Strawberry Milk Served Daily. Fresh Fruit and Juice Served Daily.

* Menu is Subject to Change

Pancakes
Bacon
or
Cereal Variety
Toast 5.

Sunrise
Sandwich
or
Cereal Bar
Yogurt 6.

Chicken-n-
Biscuit
or
Banana Split 7.

Oatmeal
Cinnamon Toast
Yogurt
or
PBJ Sandwich 8.

Breakfast Burrito
Hashbrown
or
Breakfast Round
Yogurt 9.

Holiday 12.

Cheese Omelet
Wrap
or
PBJ Sandwich 13.

Waffles
Sausage
or
Cereal Variety
Toast 14.

Breakfast Pizza
or
Breakfast Crackers
Cheese Stick 15.

Donut Holes
Sausage
or
Muffin
Yogurt 16.

Pancakes
Sausage
or
Cereal Variety
Toast 19.

Breakfast Burrito
Hashbrown
or
Breakfast Strudel
Cheese Stick 20.

Biscuit , Gravy
Scrambled Eggs
Bacon
or
Muffin Yogurt 21.

Sausage Kolache
Yogurt
or
Cereal Bar
Yogurt 22.

Breakfast
Sandwich
or
Cereal Variety
Toast 23.


Waffles
Bacon
or
Cereal Variety
Toast 26.

Breakfast
Taquito
or
Breakfast Strudel
Cheese Stick 27.

Breakfast
Pizza
or
Breakfast
Parfait 28.

Cinnamon Roll
Sausage
or
Breakfast Crackers
Cheese Stick 29.

Biscuit, Gravy
Scrambled Eggs
or
Muffin
Yogurt 30.

 - National School Lunch Week Oct. 12-16



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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



Updated 01/2020
www.SquareMeals.org



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Special Announcements: White Milk Served Daily (Pre-K)
White, Chocolate, and Strawberry Milk Served Daily(K-12)
Fresh Fruit and Juice Served Daily (HS) *Menu is Subject to Change

Texas Basket
Cucumbers
Strawberries 5.

Tex-Mex Stack
Beans Salsa
Carrots
Hot Cinnamon Apples 6.
Sherbet Cup

Pizza Pocket
Tuscan Vegetables
Garden Salad Peaches
Marinara Sauce 7.
Crispy Treats ((K-12)

Hamburger Steak
Brown Gravy Biscuit
Roasted Potatoes
Crunchy Broccoli Salad 1.
Mandarin Oranges

Pizza
Carrots Animal Crackers
Garden Salad (Pre-K)
Fresh Seasonal Fruit 2.
Cookies (K-12)

Chicken Bowl
Savory Green Beans
Roll
Fresh apples Slices 9.

HOLIDAY

12.

Meatball Sub
Sandwich
Tater Tots
Fresh Veggie Cup 13.
Strawberries

Asian Bowl
Egg Roll
Garden Salad
Grapes 14.

Grilled Cheese Sandwich
Multigrain Chips
Soup Corn
Tomato Cup 15.
Fruity Gelatin

Stuffed Baked Potato
Celery Roll
Carrots Animal Crackers
Cookie (K-12) (Pre-K) 16.
Cinnamon Apple Sauce

Breaded Drumstick
Biscuit
Sweet Potatoes
Corn 19.
Grapes

Frito Pie
Cucumbers
Beans
Salsa 20.
Orange Smiles

Chicken Nuggets
Mashed Potatoes Roll
Broccoli Fruit Cup
Crispy Treats (K-12) 21.
Teddy Grahams (Pre-K)

Cheeseburgers
Steak Fries
Carrots
Snowball Salad 22.

Pulled Pork Sliders
Savory Green Beans Brownies
Garden Salad (K-12)
Chilled Pineapple Tidbits 23.
Animal Crackers (Pre-K)

Meatloaf
Mashed Potatoes
Okra
Roll 26.
Strawberries

Meat & Cheese Chalupas
Spanish Rice (HS)
Cucumbers Salsa
Beans 27.
Rosy Apple Sauce

Chicken Tenders
Broccoli Gravy
Sweet Potatoes Roll
Cookies (K-12) Mixed Fruit 28.
Teddy Grahams (Pre-K)

Pizza
Garden Salad
Carrots
Fresh Apple Slices 29.

Fish Sticks
Mac & Cheese Coleslaw
Savory Green Beans Orange
Crispy Treats (K-12) Smiles 30.
Graham Crackers (Pre-K)

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