

SEPTEMBER

2020

Wellman Union Cafe



m

Cheese Omelet
Toast
or
Cereal Bar
Yogurt

t

Waffles
Sausage
or
Muffin
Yogurt

w

Breakfast
Pizza
or
Breakfast Crackers
Cheese Stick

th

Donut
Sausage
or
Breakfast Round
Yogurt

f

HOLIDAY

7.

Breakfast Burrito
Hashbrown
or
Breakfast Strudel
Cheese Stick

8.

Biscuit, Gravy
Scrambled Eggs
Bacon
or
Cereal Variety Toast

9.

Breakfast
Bread
Yogurt
or
PBJ Sandwich

10.

Morning Griddle
Sandwich
or
Muffin
Yogurt

11.

Waffles
Bacon
or
Cereal Variety
Toast

14.

Sausage, Egg, &
Cheese Biscuit
or
PBJ Sandwich

15.

Breakfast
Pizza
or
Breakfast
Parfait

16.

Cinnamon Roll
Sausage
or
Cereal Bar
Yogurt

17.

Mascot
Breakfast
or
Muffin
Yogurt

18.

Sausage
Biscuit
or
Cereal Variety
Toast

21.

Breakfast
Combo
or
Cereal Bar
Yogurt

22.

Chicken -n-
Waffles
or
Banana Split

23.

Pancakes
Sausage
or
PBJ Sandwich

24.

Dutch Waffles
Bacon
or
Breakfast Round
Yogurt

25.

Early Bird
Sandwich
or
Cereal Variety
Toast

28.

French Toast
Sausage
or
PBJ Sandwich

29.

Biscuit, Gravy
Scrambled Eggs
Bacon
or
Muffin Yogurt

30.

Special Announcements:

White, Chocolate, and Strawberry Milk Served Daily
Fresh Fruit and Juice Served Daily
* Menu is Subject to Change



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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



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



Updated 01/2020
www.SquareMeals.org

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2020

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m

Meatball Sub
Sandwich
Tater Tots
Fresh Veggie Cup
Strawberries 1.

t

Chicken Nuggets
Mac & Cheese
Black Eyed Peas
Garden Salad
Grapes 2.

w

Ham & Cheese Melt
Multi Grain Chips
Soup
Tomato Cup Corn
Fruity Gelatin 3.

th

Hamburger
Celery
Carrots Cookie (K-12)
Cinnamon Apple Sauce
Animal Crackers (Pre-K) 4.

f

HOLIDAY

7.

Crispy Taco
Spanish Rice (HS)
Cucumbers
Beans Salsa
Orange Smiles 8.

8.

Lasagna
Tuscan Vegetables
Broccoli
Roll Cookie (K-12)
Fruit Cup 9.

9.

Cheese Burger
Steak Fries
Carrots
Snowball Salad 10.

10.

Chicken Parmesan
Breadstick Chilled Pineapple
Savory Green Beans
Garden Salad
Brownie (K-12) 11.

11.

Country Fried Steak
Gravy
Mashed Potatoes
Okra Roll
Strawberries 14.

14.

Meat & Cheese Chalupas
Spanish Rice (HS)
Salsa Beans
Cucumbers
Rosy Applesauce 15.

15.

Chicken Tenders
Gravy Roll
Broccoli Cookie (K-12)
Sweet Potatoes
Mixed Fruit 16.

16.

Pizza
Garden Salad
Carrots
Fresh Apple
Slices 17.

17.

BBQ on a Bun
Multi Grain Chips (HS)
Coleslaw Orange Smiles
Savory Green Beans
Cookie (K-12) 18.

18.

Steak Fingers
Gravy
Potatoes Roll
Tomato Cup
Strawberries & Bananas 21.

21.

French Bread Pizza
Marinara Sauce
Garden Salad
California Blend Vegetables
Fruit Cup 22.

22.

Boneless Chicken Wings
Multigrain Chips (HS)
Celery Sticks
Carrots Pudding
Peaches 23.

23.

Quesadilla
Spanish Rice (HS)
Corn Salsa
Beans
Fresh Seasonal Fruit 24.

24.

Popcorn Chicken
Vegetable Medley
Potatoes
Roll Pears
Brownie (K-12) 25.

25.

Corn Dog
Tater Tots
Tomato Cup
Fruit Cup 28.

28.

Nachos Grande
Beans Salsa
Cucumbers
Apricots
Ice Cream Cup 29.

29.

X-Treme Burrito
Salsa
Corn
Fresh Veggie Cup
Fruity Gelatin 30.

30.

Special Announcements:

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

