

# WELLMAN UNION CAFE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <sup>RD</sup> Pancakes Bacon or Cereal Variety Toast	4 <sup>TH</sup> Breakfast Burrito Hashbrown or Breakfast Strudel Cheese Cubes	5 <sup>TH</sup> Sausage Biscuit or Banana Split	6 <sup>TH</sup> Breakfast Combo or Breakfast Bread Yogurt	7 <sup>TH</sup> Donut Holes Sausage or Muffin Yogurt
10 <sup>TH</sup>  <b>HOLIDAY</b>	11 <sup>TH</sup> French Toast Sausage or Breakfast Bread Yogurt	12 <sup>TH</sup> Biscuit, Gravy Scrambled Eggs Bacon or Muffin Yogurt	13 <sup>TH</sup> Pancake Wrap Yogurt or Breakfast Crackers Cheese Stick	14 <sup>TH</sup> Cinnamon Roll Sausage or Cereal Variety Toast
17 <sup>TH</sup> Waffles Bacon or Cereal Variety Toast	18 <sup>TH</sup> Morning Griddle Sandwich or Breakfast Crackers Cheese Stick	19 <sup>TH</sup> Breakfast Pizza or Breakfast Parfait	20 <sup>TH</sup> Oatmeal Cinnamon Toast or Breakfast Strudel Cheese Stick	21 <sup>ST</sup> Donut Sausage or Muffin Yogurt
24 <sup>TH</sup> Peanut Butter & Jelly Sandwich or Cereal Variety Toast	25 <sup>TH</sup> Cheese Omelet Toast or Breakfast Bread Yogurt	26 <sup>TH</sup> Sunrise Sandwich or Muffin Yogurt	27 <sup>TH</sup> Chicken -n- Biscuit or Breakfast Crackers Cheese Stick	28 <sup>TH</sup>  <b>HOLIDAY</b>
31 <sup>ST</sup> Breakfast Cookie Yogurt or Cereal Variety Toast				

# OCT

## MENU 2022

### GEAR UP FOR SWIM CLASS



#### ANNOUNCEMENTS:

White, Chocolate,  
and Strawberry Milk  
Served Daily

Fresh Fruit and Juice  
Served Daily

\* Menu is Subject to  
Change



Food and Nutrition Division  
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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[www.SquareMeals.org](http://www.SquareMeals.org)



# WELLMAN UNION CAFE

## MONDAY

3<sup>RD</sup> Breaded  
Drumstick  
Biscuit  
Garden Salad  
Sweet Potatoes  
Fresh Seasonal Fruit

## TUESDAY

4<sup>TH</sup> Walking Taco  
Beans  
Fresh Veggie Cup  
Chilled Pineapple  
Cookie (K-12)  
Teddy Grahams (PreK)

## WEDNESDAY

5<sup>TH</sup> Lasagna  
Breadsticks  
Broccoli  
Carrots  
Cinnamon Applesauce

## THURSDAY

6<sup>TH</sup> Burritos  
Celery  
Carrots  
Mixed Fruit  
Frozen Yogurt Cup

## FRIDAY

7<sup>TH</sup> Steak Fingers  
Savory Green Beans  
Corn  
Roll  
Peaches

10<sup>TH</sup>

**HOLIDAY**

11<sup>TH</sup> Quesadilla

Salsa  
Beans  
Cucumbers  
Apricots  
Ice Cream Cup

12<sup>TH</sup> Crispy Chicken

Sandwich  
Chips (HS)  
Fresh Veggie Cup  
Garden Salad  
Fruity Gelatin

13<sup>TH</sup> Asian Bowl

Egg Roll  
Broccoli  
Corn  
Mandarin Oranges

14<sup>TH</sup> Pizza

Carrots  
Savory Green Beans  
Fresh Seasonal Fruit  
Brownies (K-12)  
Animal Crackers (PreK)

17<sup>TH</sup> Country Fried  
Steak

Gravy  
Mashed Potatoes  
Okra Roll  
Strawberries

18<sup>TH</sup> Ham & Cheese  
Melt

Beans  
Carrots  
Hot Cinnamon Apples  
Sherbet Cup

19<sup>TH</sup> Cheesy  
Breadsticks

Garden Salad  
Savory Green Beans  
Marinara Sauce  
Peaches

20<sup>TH</sup> Popcorn Chicken  
Corn Roll

Crunchy Broccoli Salad  
Fresh Apple Slices  
Crispy Cereal Treats(K12)  
Teddy Grahams (PreK)

21<sup>ST</sup> Pig in a Blanket

Tater Tots  
Tomato Cup  
Snowball Salad

24<sup>TH</sup> Enchiladas  
Beans

Corn  
Salsa  
Orange Smiles  
Pudding

25<sup>TH</sup> BBQ on a Bun  
Fresh Veggie Cup

Oven Fries  
Strawberries &  
Bananas

26<sup>TH</sup> French Bread Pizza

Carrots  
Squash  
Grapes

27<sup>TH</sup> Cheeseburger

Chips  
Tomato Cup  
Garden Salad  
Pears

28<sup>TH</sup>

**HOLIDAY**

31<sup>ST</sup> Breaded  
Drumstick

Biscuit  
Garden Salad  
Sweet Potatoes  
Fresh Seasonal Fruit

# OCT

**MENU 2022**

**GEAR UP FOR  
SWIM  
CLASS**



**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



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