

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Sept

**FEED YOUR
CREATIVITY**



Announcements:

What Makes a Lunch?

Select 3-5 Components



One must be a



Daily Sack Lunch Menu

Monday
Yogurt
&
Muffin

Tuesday
Turkey or
Meatless
Chef
Salad

Wednesday
Power Up
Pack or
Cheese Sub

Thursday
Turkey or
Meatless
Chef
Salad

Friday
PBJ &
String
Cheese

Mini Corn Dogs **1**
Steamed California Blend
Fresh Celery Sticks
Applesauce
Milk

Chicken Nuggets **2**
Cookie
Seasoned Green Beans
Fresh Baby Carrots
Chilled Pineapple
Milk

BBQ Rib Sub **3**
Steamed Corn
Fresh Cucumber Slices
Farm Fresh Fruit
Milk

6
Labor Day Holiday

7
Cheesy Breadstick Bites
Marinara Cup
Fresh Celery Sticks
Fresh Orange Slices
Milk

8
Chicken Tenders w/ Garlic
Bread
Steamed California Blend
Fresh Cucumber Slices
Fresh Apple Slices
Milk

9
Deep Dish Pizza
Sweet Potato Fries
Baked Beans
Fresh Grapes
Chilled Juice
Milk

10
Fish Nuggets
Macaroni & Cheese
Seasoned Broccoli
Fresh Baby Carrots
Farm Fresh Fruit
Milk

13
BBQ Rib Sub
Baked Beans
Seasoned Green Beans
Craisins
Milk

14
Hamburger
Potato Smiles
Fresh Baby Carrots
Chilled Pineapple
Milk

15
Chicken Nuggets w/
Cookie
Mashed Potatoes
Fresh Celery Sticks
Applesauce
Milk

16
Chili Cheese Nachos
Refried Beans
Mixed Fruit Cup
Milk

17
Mandarin Orange Chicken
w/ Brown Rice
Seasoned Broccoli
Fresh Baby Carrots
Farm Fresh Fruit
Milk

20
Deep Dish Pizza
Seasoned Wedge Fries
Seasoned Broccoli
Pear Cup
Milk

21
Chicken Tenders w/ Garlic
Bread
Roasted Diced Potatoes
Fresh Baby Carrots
Fresh Apple Slices
Milk

22
Hamburger
Sweet Potato Fries
Fresh Celery Sticks
Fresh Orange Slices
Milk

23
Breaded Chicken Sandwich
Baked Beans
Fresh Cucumber Slices
Banana
Milk

24
Chicken Fajita w/ Tortilla
Steamed Corn
Shredded Lettuce
Salsa Cup
Farm Fresh Fruit
Milk

27
Student Holiday

28
Chili Cheese Nachos
Refried Beans
Salsa Cup
Mixed Fruit Cup
Milk

29
Mini Corn Dogs
Steamed California Blend
Fresh Celery Sticks
Applesauce
Milk

30
Chicken Nuggets
Cookie
Seasoned Green Beans
Fresh Baby Carrots
Chilled Pineapple
Milk



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
Nutrition Assistance Programs