

SEPTEMBER

HEADSTART & PREK MENU



2020



m

t

w

th

f

Kolache & cheese stick

Chicken n waffles

Hash brown

Strawberries

1.

Cereal & yogurt

Chicken nuggets

Mac and cheese

Black-eyed peas

Sliced peaches

2.

Mini pancakes

Grilled cheese sandwich

Corn

Fruity Jello

3.

Pancake wrap & yogurt

Hamburgers

Carrot coins

Cinnamon Applesauce

Graham crackers

4.

**LABOR
DAY**

7.

Sausage biscuit
Slices of fun lunch box
(Turkey & cheese)

Cucumbers

Apple slices

Saltine crackers

Animal cookies

8.

Cereal bar & yogurt

Pizza

Carrot coins

Snowball salad

9.

Chicken n biscuit

Chicken nugget

Tuscan vegetables

Fruit cup

10.

French toast & yogurt

Chicken parmesan

Green beans

Pineapple tidbits

11.

Mini cinnis & cheese cubes

Steak fingers

Gravy

Mashed potatoes

Roll

Strawberries

14.

Pancake wrap

Fish sticks

Mac and cheese

Green beans

Orange smiles

15.

Pop tartl & yogurt

Pizza

Carrot coins

Apple slices

16.

Cereal & yogurt

Chicken tenders

Gravy

Steamed broccoli

Mixed fruit

17.

**NO
SCHOOL**

18.

Sausage biscuit

Steak fingers

Smile fries

Strawberries & bananas

21.

Mini pancakes

Spaghetti bowl

Breadstick

Garden salad

Fruit cup

22.

Cereal bar & yogurt

Boneless chicken wings

Carrot coins

Peaches

23.

Chicken biscuit

Chicken quesadilla

Street corn

Apple slices

Graham crackers

24.

French toast & yogurt

Popcorn chicken

Vegetable medley

Pears

25.

Mini cinnis & cheese cubes

Slices of fun lunch box
(Turkey & cheese)

Cucumbers

Apple slices

Saltine crackers

Animal cookies

28.

Oatmeal cookie & yogurt

Nachos Grande

Refried beans

Apricots

29.

Cereal & cheese stick

Crispy chicken sandwich

Curly fries

Fruity Jello

30.

Special Announcements:

Breakfast free PK-5 \$1.75 grades 6-12 Lunch: \$3.00 paid, \$.40 reduced \$4.00 for non-students & adults. Breakfast is served with a choice of milk, juice and fruit. Lunch is served with a choice of milk. Menu is subject to change without notice due to weekly delivery



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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National School Lunch Program and School Breakfast Program



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SEPTEMBER

2020

K-5 MENU



m

Kolache & cheese stick
Chicken n waffles
 Hash brown
 Veggie cup
 Strawberries 1.

t

Cereal & yogurt
Chicken nuggets
 Mac and cheese
 Black-eyed peas
 Garden salad
 Grapes 2.

w

Mini pancakes
Grilled cheese sandwich
 Chips
 Corn
 Tiny tomato cup
 Fruity Jello 3.

th

Pancake wrap & yogurt
Hamburgers
 Baby carrots
 Celery
 Cinnamon Applesauce
 Cookie 4.

f

LABOR DAY 7.

Sausage biscuit
Chili cheese dog
 Sweet potato fries
 Corn
 Grapes 8.

Cereal bar & yogurt
Pizza
 Carrot coins
 Steak fries
 Snowball salad 9.

Chicken n biscuit
Chicken nugget
 Mashed potatoes
 Broccoli
 Roll
 Fruit cup
 Cookie 10.

French toast & yogurt
Chicken parmesan
 Green beans
 Garden salad
 Pineapple tidbits
 Brownie 11.

Mini cinnis & cheese cubes
Country fried steak
 Gravy
 Mashed potatoes
 Okra
 Roll
 Strawberries 14.

Pancake wrap
Fish sticks
 Mac and cheese
 Green beans
 Coleslaw
 Orange smiles
 Rice Krispy 15.

Pop tart & yogurt
Pizza
 Carrot coins
 Garden salad
 Apple slices 16.

Cereal & yogurt
Chicken tenders
 Gravy
 Roll
 Steamed broccoli
 Sweet potato fries
 Mixed fruit
 Cookie 17.

NO SCHOOL 18.

Sausage biscuit
Steak fingers
 Gravy
 Roll
 Tiny tomato cup
 Smile fries
 Strawberries & bananas 21.

Mini pancakes
Spaghetti bowl
 Breadstick
 Garden salad
 California blend veggies
 Fruit cup 22.

Cereal bar & yogurt
Boneless chicken wings
 Carrot coins
 Celery sticks
 Peaches
 Pudding 23.

Chicken biscuit
Chicken quesadilla
 Street corn
 Pinto beans
 Salsa
 Apple slices 24.

French toast & yogurt
Popcorn chicken
 Roll
 Mashed potatoes
 Vegetable medley
 Pears
 Cookie 25.

Mini cinnis & cheese cubes
Mini corn dogs
 Tater tots
 Tiny tomato cup
 Fruit cup 28.

Oatmeal cookie & yogurt
Nachos Grande
 Salsa
 Refried beans
 Cucumbers
 Apricots
 Ice cream cup 29.

Cereal & cheese stick
Crispy chicken sandwich
 Curly fries
 Veggie cup
 Fruity Jello 30.

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SEPTEMBER

JR. HIGH MENU



2020



m

Kolache & cheese stick
Chicken n waffles
 Hash brown
 Veggie cup
 Strawberries 1.

t

Cereal & yogurt
Chicken nuggets
 Mac and cheese
 Black-eyed peas
 Garden salad
 Grapes 2.

w

Breakfast parfaits
Grilled cheese sandwich
 Chips
 Corn
 Tiny tomato cup
 Fruity Jello 3.

th

Pancake wrap & yogurt
Hamburgers
 Baby carrots
 Celery
 Cinnamon Applesauce
 Cookie 4.

f

LABOR DAY 7.

Sausage biscuit
Chili cheese dog
 Sweet potato fries
 Corn
 Grapes 8.

Cereal bar & yogurt
Pizza
 Carrot coins
 Steak fries
 Snowball salad 9.

Chicken n biscuit
Chicken nugget
 Mashed potatoes
 Broccoli
 Roll
 Fruit cup
 Cookie 10.

Oatmeal cookies & yogurt
Chicken parmesan
 Green beans
 Garden salad
 Pineapple tidbits
 Brownie 11.

Kolache & cheese stick
Country fried steak
 Gravy
 Mashed potatoes
 Okra
 Roll
 Strawberries 14.

Breakfast burrito
Fish sticks
 Mac and cheese
 Green beans
 Coleslaw
 Orange smiles
 Rice Krispy 15.

Cereal & yogurt
Pizza
 Carrot coins
 Garden salad
 Apple slices 16.

Breakfast parfaits
Chicken tenders
 Gravy
 Roll
 Steamed broccoli
 Sweet potato fries
 Mixed fruit
 Cookie 17.

NO SCHOOL 18.

Sausage biscuit
Steak fingers
 Gravy
 Roll
 Tiny tomato cup
 Smile fries
 Strawberries & bananas 21.

Power breakfast
Spaghetti bowl
 Breadstick
 Garden salad
 California blend veggies
 Fruit cup 22.

Cereal bar & yogurt
Boneless chicken wings
 Carrot coins
 Celery sticks
 Peaches
 Pudding 23.

Chicken biscuit
Chicken quesadilla
 Street corn
 Pinto beans
 Salsa
 Apple slices 24.

Oatmeal cookie & yogurt
Popcorn chicken
 Roll
 Mashed potatoes
 Vegetable medley
 Pears
 Cookie 25.

Kolache & cheese stick
Mini corn dogs
 Tater tots
 Tiny tomato cup
 Fruit cup 28.

Breakfast burrito
Nachos Grande
 Salsa
 Refried beans
 Cucumbers
 Apricots
 Ice cream cup 29.

Cereal & cheese stick
Crispy chicken sandwich
 Curly fries
 Veggie cup
 Fruity Jello 30.

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SEPTEMBER

HIGH SCHOOL MENU



2020



m

Kolache & cheese stick
Chicken n waffles
 Hash brown
 Veggie cup
 Strawberries 1.

t

Cereal & yogurt
Chicken nuggets
 Mac and cheese
 Black-eyed peas
 Garden salad
 Grapes 2.

w

Mini pancakes
Grilled cheese sandwich
 Chips
 Corn
 Tiny tomato cup
 Fruity Jello 3.

th

Pancake wrap & yogurt
Hamburgers
 Baby carrots
 Celery
 Cinnamon Applesauce
 Cookie 4.

f

LABOR DAY 7.

Sausage biscuit
Chili cheese dog
 Sweet potato fries
 Corn
 Grapes 8.

Cereal bar & yogurt
Pizza
 Carrot coins
 Steak fries
 Snowball salad 9.

Chicken n biscuit
Chicken nugget
 Mashed potatoes
 Broccoli
 Roll
 Fruit cup
 Cookie 10.

French toast & yogurt
Chicken parmesan
 Green beans
 Garden salad
 Pineapple tidbits
 Brownie 11.

Mini cinnis & cheese cubes
Country fried steak
 Gravy
 Mashed potatoes
 Okra
 Roll
 Strawberries 14.

Pancake wrap
Fish sticks
 Mac and cheese
 Green beans
 Coleslaw
 Orange smiles
 Rice Krispy 15.

Pop tart & yogurt
Pizza
 Carrot coins
 Garden salad
 Apple slices 16.

Cereal & yogurt
Chicken tenders
 Gravy
 Roll
 Steamed broccoli
 Sweet potato fries
 Mixed fruit
 Cookie 17.

NO SCHOOL 18.

Sausage biscuit
Steak fingers
 Gravy
 Roll
 Tiny tomato cup
 Smile fries
 Strawberries & bananas 21.

Mini pancakes
Spaghetti bowl
 Breadstick
 Garden salad
 California blend veggies
 Fruit cup 22.

Cereal bar & yogurt
Boneless chicken wings
 Chips
 Carrot coins
 Celery sticks
 Peaches
 Pudding 23.

Chicken biscuit
Chicken quesadilla
 Spanish rice
 Street corn
 Pinto beans
 Salsa
 Apple slices 24.

French toast & yogurt
Popcorn chicken
 Roll
 Mashed potatoes
 Vegetable medley
 Pears
 Cookie 25.

Mini cinnis & cheese cubes
Mini corn dogs
 Tater tots
 Tiny tomato cup
 Fruit cup 28.

Oatmeal cookie & yogurt
Nachos Grande
 Salsa
 Refried beans
 Cucumbers
 Apricots
 Ice cream cup 29.

Cereal & cheese stick
Crispy chicken sandwich
 Curly fries
 Veggie cup
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