

OCTOBER 2017

MON TUE WED THUR FRI

NATIONAL SCHOOL LUNCH WEEK
OCTOBER 9-13
squaremeals.org/nslw

WSISD Offers Fresh Fruits Daily! Some examples are:
-strawberries, pineapple, apples, oranges, plums, peaches, melons, and bananas

All our vegetables are fresh or from frozen and include:
-tomatoes, celery, carrots, broccoli, cauliflower, cucumber, cabbage, spinach, romaine lettuce, mushrooms, radishes

Tyson Chicken Nuggets w/ Roll
Mashed Potatoes
Steamed Spinach
Glazed Carrots
Chilled Variety of Fruit **2**

Grilled Cheese Sandwich
Homemade Vegetable Soup
Black Eyed Peas
Chilled Variety of Fruit **3**

Penne Pasta w/ Marinara Chicken Meatballs
Garlic Toast, Green Beans
Large Garden Salad
Chilled Variety of Fruit **4**

Cheeseburger or Hamburger
Lettuce, Tomato, Pickle
Vegetarian Beans
Baked Tater Tots
Chilled Variety of Fruit **5**

NO SCHOOL
Eat with us next week and you could win a prize! **6**

HOLIDAY National School Lunch Week: Rock the Day! **9**

Rockin' Breaded/ Grilled Chicken Sandwich
Broccoli & Cheese Veggies w/ Dip
Lettuce, Tomato, Pickle
Texas Orange Smiles
Chilled Variety of Fruit
Tomato Cucumber Salad **10**

Superstar Beef N Cheese Nachos
Refried Beans
Garden Salad
Melon Cubes
Chilled Variety of Fruit **11**

Smokin' Glazed Drumstick
Mac N Cheese
Ranch Style Beans
Green Beans
Texas Apple Slices
Chilled Variety of Fruit **12**

Kickin' The MAX Pizza:
Pepperoni, Cheese, or Veggie, Corn
Carrot Sticks w/ Dip
Watermelon Slices
Chilled Variety of Fruit **13**

Steak Fingers w/ Roll
Mashed Potatoes
Steamed Spinach
Green Peas
Chilled Variety of Fruit **16**

Chicken Corn Dog
Vegetarian Beans
Broccoli & Cheese
Potato Smiles
Chilled Variety of Fruit **17**

Beef Soft Tacos w/ Wheat Tortilla
Spanish Rice
Pinto Beans
Lettuce & Tomato Salad
Chilled Variety of Fruit **18**

Build Your Own Salad
Popcorn Chicken w/ Roll
Tomato, Celery, Black Beans, Shredded Carrots, Mandarin Oranges, Diced Apples, Chilled Variety of Fruit **19**

The MAX Pizza:
Pepperoni, Cheese, or Veggie, Corn
Carrot Sticks w/ Dip
Chilled Variety of Fruit
Sidekicks Slushy (100% Juice) **20**

Tyson Chicken Nuggets w/ Roll
Mashed Potatoes
Steamed Spinach
Glazed Carrots
Chilled Variety of Fruit **23**

Grilled Cheese Sandwich
Homemade Vegetable Soup
Black Eyed Peas
Chilled Variety of Fruit **24**

Penne Pasta w/ Marinara Chicken Meatballs
Garlic Toast, Green Beans
Large Garden Salad
Chilled Variety of Fruit **25**

Cheeseburger or Hamburger
Lettuce, Tomato, Pickle
Vegetarian Beans
Baked Tater Tots
Chilled Variety of Fruit **26**

Personal Pan Pizza:
Turkey Pepp., Cheese or Veggie)
Corn
Veggies w/ Dip
Chilled Variety of Fruit **27**

Roasted Chicken or Salisbury Steak w/ Roll
Mashed Potatoes
Glazed Carrots
Green Beans
Chilled Variety of Fruit **30**

Breaded/ Grilled Chicken Sandwich
Broccoli & Cheese Veggies w/ Dip
Lettuce, Tomato, Pickle
Chilled Variety of Fruit **31**

Good Eats at:
ELEMENTARY SCHOOLS

Special Announcements
Blue Haze, North, West & Liberty CAFE
Variety of Sandwiches are available every day. Choice of skim chocolate milk & 1% white milk with meals.

To view your student's daily purchases, lunch account balance, apply for free or reduced meals, and/or pre pay lunch account go to brewerbearcafe.com



Fun facts on back! ➔