

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

<p>Waffle Sticks (2) Juice and Fruit Milk</p> <p>2</p>	<p>Breakfast Pizza Juice and or Fruit Milk</p> <p>3</p>	<p>Cereal Parfait Juice and or Fruit Milk</p> <p>4</p>	<p>Scrambled Eggs and Toast Juice and or Fruit Milk</p> <p>5</p>	<p>NO SCHOOL Eat with us next week and you could win a prize!</p> <p>6</p>
<p>HOLIDAY National School Lunch Week: Rock the Day!</p> <p>9</p>	<p>Health Smart Whole Grain Mini Donuts Juice and or Fruit Milk</p> <p>10</p>	<p>Cinnamon Toast (2) Juice and or Fruit Milk</p> <p>11</p>	<p>Breakfast Burritos Juice and or Fruit Milk</p> <p>12</p>	<p>Wheat Cinnamon Roll Juice and or Fruit Milk</p> <p>13</p>
<p>Pancakes (3) Juice and or Fruit Milk</p> <p>16</p>	<p>Turkey Sausage w/ Biscuit Juice and or Fruit Milk</p> <p>17</p>	<p>Cinnamon Toast Juice and or Fruit Milk</p> <p>18</p>	<p>Ham & Egg Croissant Sandwich Juice and or Fruit Milk</p> <p>19</p>	<p>Wheat Cinnamon Roll Juice and or Fruit Milk</p> <p>20</p>
<p>French Toast (3) Juice and Fruit Milk</p> <p>23</p>	<p>Breakfast Pizza Juice and or Fruit Milk</p> <p>24</p>	<p>Cereal Parfait Juice and or Fruit Milk</p> <p>25</p>	<p>Scrambled Eggs and Toast Juice and or Fruit Milk</p> <p>26</p>	<p>Wheat Cinnamon Roll Juice and or Fruit Milk</p> <p>27</p>
<p>Pancake and Sausage On a stick Juice and or Fruit Milk</p> <p>30</p>	<p>Health Smart Whole Grain Mini Donuts Juice and or Fruit Milk</p> <p>31</p>			

Good Eats at:
FCLC BREAKFAST

Special Announcements

First Class Learning Center

Breakfast Menu

Graham crackers offered daily as another choice.

A good breakfast fuels you up and gets you ready for the day



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



Fun facts on back!