

# 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

<b>Tyson Chicken Nuggets</b> w/ Wheat Roll Mashed Potatoes Glazed Carrots Chilled Variety of Fruit <b>2</b>	<b>Grilled Cheese Sandwich</b> Carrot Sticks Black Eyed Peas Chilled Variety of Fruit <b>3</b>	<b>Penne Pasta w/ Chicken Meatballs &amp; Marinara Sauce</b> Garlic Toast Green Beans Chilled Variety of Fruit <b>4</b>	<b>Cheeseburger</b> Lettuce, Tomato (Hall C) Vegetarian Beans Baked Tater Tots Chilled Variety of Fruit <b>5</b>	<b>NO SCHOOL</b> Eat with us next week and you could win a prize! <b>6</b>
<b>HOLIDAY</b> National School Lunch Week: <b>Rock the Day!</b> <b>9</b>	<b>Grilled Chicken on A Wheat Bun</b> Broccoli & Cheese Veggies w/ Dip Lettuce, Tomato, Pickle Chilled Variety of Fruit <b>10</b>	<b>Beef Soft Tacos w/ Wheat Tortilla</b> Refried Beans Garden Salad Chilled Variety of Fruit <b>11</b>	<b>Chicken Nuggets</b> Mac N Cheese Ranch Style Beans Chilled Variety of Fruit <b>12</b>	<b>Whole Grain Cheese Pizza</b> Corn Veggie Sticks w/ Dip <b>13</b>
<b>Steak Fingers</b> w/ Wheat Roll Mashed Potatoes Green Peas Chilled Variety of Fruit <b>16</b>	<b>Chicken Corn Dog</b> Broccoli & Cheese Potato Smiles Chilled Variety of Fruit <b>17</b>	<b>Beef Soft Tacos w/ Wheat Tortilla</b> Refried Beans Garden Salad Chilled Variety of Fruit <b>18</b>	<b>Popcorn Chicken w/ Wheat Roll</b> Black Beans Corn Chilled Variety of Fruit <b>19</b>	<b>The MAX Pizza:</b> Pepperoni, Cheese, or Veggie Corn Carrot Sticks w/ Dip <b>20</b>
<b>Tyson Chicken Nuggets</b> w/ Wheat Roll Mashed Potatoes Glazed Carrots Chilled Variety of Fruit <b>23</b>	<b>Grilled Cheese Sandwich</b> Carrot Sticks Black Eyed Peas Chilled Variety of Fruit <b>24</b>	<b>Penne Pasta w/ Chicken Meatballs &amp; Marinara Sauce</b> Garlic Toast Green Beans Chilled Variety of Fruit <b>25</b>	<b>Cheeseburger</b> Lettuce, Tomato (Hall C) Vegetarian Beans Baked Tater Tots Chilled Variety of Fruit <b>26</b>	<b>Whole Grain Cheese Pizza</b> Corn Veggie Sticks w/ Dip (Hall C) Chilled Variety of Fruit <b>27</b>
<b>Salisbury Steak w/ Wheat Roll</b> Mashed Potatoes Glazed Carrots Chilled Variety of Fruit <b>30</b>	<b>Grilled Chicken on A Wheat Bun</b> Broccoli & Cheese Veggies w/ Dip Lettuce, Tomato, Pickle Chilled Variety of Fruit <b>31</b>	 TEXAS DEPARTMENT OF AGRICULTURE <b>COMMISSIONER SID MILLER</b> 		

Good Eats at:

**FCLC LUNCH**

### Special Announcements

**First Class Learning Center  
Liberty Café**

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](http://brewerbearcafe.com)

Fun facts on back! ➔