

OCTOBER 2017

MON

TUE

WED

THUR

FRI

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

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

Grilled Cheese Sandwich
Tomato Soup
Goldfish Crackers
Veggies w/ Dip
Black Eyed Peas
Chilled Variety of Fruit **3**

Beef N Cheese Nachos
Refried Beans
Garden Salad
Chilled Variety of Fruit **4**

Cheeseburger or Hamburger
Lettuce, Tomato, Pickle
Baked Potato Smiles
Ranch Style Beans
Chilled Variety of Fruit **5**

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

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

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

Shakin' Glazed Chicken Drumstick
Mac N Cheese
Ranch Style Beans
Green Beans
Texas Orange Smiles
Chilled Variety of Fruit **10**

Rockin' Soft Beef Taco w/ Cheese
Lettuce, Tomato
Spanish Rice, Pinto Beans, Garden Salad
Melon Cubes
Chilled Variety of Fruit **11**

Kickin' Breaded/ Grilled Chicken Sandwich
Lettuce, Tomato
Broccoli & Cheese
Potato Smiles
Texas Apple Slices
Chilled Variety of Fruit **12**

Superstar Variety of Pizza
Corn
Carrot Sticks w/ Dip
Tomato Cucumber Salad
Chilled Variety of Fruit **13**

Steak Fingers w/ Roll
Mashed Potatoes
Glazed Carrots
Chilled Variety of Fruit **16**

Chicken Corn Dog
Broccoli & Cheese
Ranch Style Beans
Chilled Variety of Fruit **17**

Cheese Taquitos w/ Chili
Garden Salad
Refried Beans
Chilled Variety of Fruit **18**

Popcorn Chicken
Potato Smiles
Green Beans
Chilled Variety of Fruit **19**

Personal Pan Pizza:
Pepp., Cheese, or Veggie
Corn
Veggies w/ Dip
Chilled Variety of Fruit **20**

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

Grilled Cheese Sandwich
Tomato Soup
Goldfish Crackers
Veggies w/ Dip
Black Eyed Peas
Chilled Variety of Fruit **24**

Beef N Cheese Nachos
Refried Beans
Garden Salad
Chilled Variety of Fruit **25**

Cheeseburger or Hamburger
Lettuce, Tomato, Pickle
Baked Potato Smiles
Ranch Style Beans
Chilled Variety of Fruit **26**

Fiestada Pizza
Corn
Carrot Sticks w/ Dip
Chilled Variety of Fruit **27**

Salisbury Steak w/ Wheat Roll
Mashed Potatoes
Peas
Chilled Variety of Fruit **30**

Crispy Fish Sticks (Ketchup)
Mac N Cheese
Ranch Style Beans
Green Beans
Chilled Variety of Fruit **31**

Good Eats at:
FINE ARTS ACADEMY

SPECIAL ANNOUNCEMENTS
FINE ARTS 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! ➔