

OCTOBER 2017

MON

TUE

WED

THUR

FRI

NATIONAL SCHOOL LUNCH WEEK

OCTOBER 9-13
squaremeals.org/nslw

Steak Fingers or Roasted Chicken w/ Wheat Roll
Mashed Potatoes
Glazed Carrots
Garden Salad
Chilled Variety of Fruit **2**

Breaded/Grilled Chicken Sandwich on Wheat Bun
Broccoli & Cheese
Veggies w/ Dip
Lettuce, Tomato, Pickle
Chilled Variety of Fruit **3**

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

Chicken Corn Dog
Baked Potato Smiles
Baked Vegetarian Beans
Lettuce, Tomato, Pickle
Chilled Variety of Fruit **5**

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

Good Eats at:
BREWER MIDDLE SCHOOL

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
Smashed Potatoes
Lemon Roasted Carrots
Savory Green Beans
Texas Orange Smiles
Chilled Variety of Fruit **10**

Rockin' Beef Soft or Crispy Tacos w/ Cheese
Pinto Beans
Large Garden Salad
Spanish Rice
Melon Cubes
Chilled Variety of Fruit **11**

Kickin' BBQ Sandwich (Texas Western Pork or Beef)
Baked Tater Tots
Ranch Style Beans
Texas Apple Slices
Chilled Variety of Fruit **12**

Superstar Personal Pan Pizza or Cheese Breadsticks w/ Marinara
Corn, Tomato and Cucumber Salad
Carrot Sticks with Dip
Watermelon Slices
Chilled Variety of Fruit **13**

Roasted Chicken or Salisbury Steak w/ Wheat Roll
Mashed Potatoes
Steamed Spinach
Glazed Carrots
Chilled Variety of Fruits **16**

Crispy Fish Sticks
Ketchup
Mac n Cheese
Ranch Style Beans
Large Garden Salad
Chilled Variety of Fruit **17**

Build Your Own Salad
Popcorn Chicken w/ Roll
Romaine/ Spinach Mix
Tomato, Diced Celery
Black Beans, Corn
Mandarin Oranges, Diced Apples
Chilled Variety of Fruit **18**

Turkey Hot Dog*
Broccoli w/ Cheese
Baked Tater Tots
Lettuce, Tomato, Pickle
Chilled Variety of Fruit **19**

Penne Pasta w/ Chicken Meatballs
Garlic Texas Toast
Green Beans
Black-eyed Peas
Garden Salad
Chilled Variety of Fruit **20**

Steak Fingers or Roasted Chicken w/ Wheat Roll
Mashed Potatoes
Glazed Carrots
Garden Salad
Chilled Variety of Fruit **23**

Breaded/Grilled Chicken Sandwich on Wheat Bun
Broccoli & Cheese
Veggies w/ Dip
Lettuce, Tomato, Pickle
Chilled Variety of Fruit **24**

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

Chicken Corn Dog
Baked Potato Smiles
Baked Vegetarian Beans
Lettuce, Tomato, Pickle
Chilled Variety of Fruit **26**

Breaded Orange Chicken w/ Brown Rice
Peas & Carrots
Carrot Sticks w/ Dip
Large Spinach Salad
Fortune Cookie
Chilled Variety of Fruit **27**

Chicken Nuggets w/ Wheat Roll
Mashed Potatoes
Glazed Carrots
Steamed Spinach
Chilled Variety of Fruit **30**

Grilled Cheese Sandwich
Homemade Vegetable Soup
Green Beans
Garden Salad
Chilled Variety of Fruit **31**

Special Announcements

Brewer Middle School Café
Variety of Sandwiches & salads are offered daily. Choice of skim Chocolate
Milk or 1% white Milk with each meal.

M-W-F: Variety of Pizza
T-TH: Hamburger/Cheeseburger

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



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



Fun facts on back! ➔