

# 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

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

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

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

**Chicken Corn Dog**  
Baked Vegetarian  
Beans, Baked Potato  
Smiles, Carrot Sticks  
w/ Dip, Lettuce,  
Tomato, Pickle  
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**

**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 Taco w/ Cheese**  
Spanish Rice  
Pinto Beans  
Large Garden Salad  
Black Bean and Corn Salad  
Melon Cubes  
Chilled Variety of Fruit **11**

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

**Superstar Personal Pan Pizza**  
Carrot Sticks w/ Dip  
Garden Salad  
Tomato Cucumber Salad  
Texas Apple Slices  
Chilled Variety of Fruit **13**

**Salisbury Steak w/ Wheat Roll**  
Mashed Potatoes  
Steamed Spinach  
Glazed Carrots  
Chilled Variety of Fruit **16**

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

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

**Turkey Hot Dog or Hamburger/ Cheeseburger**  
Broccoli w/ Cheese  
Baked Potato Smiles  
Lettuce, Tomato, Pickle  
Chilled Variety of Fruit **19**

**Penne Pasta w/ Chicken Meatballs**  
Variety of Pizza & Marinara  
Green Beans  
Black-eyes Peas  
Large Garden Salad  
Chilled Variety of Fruit **20**

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

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

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

**Chicken Corn Dog**  
Baked Vegetarian  
Beans, Baked Potato  
Smiles, Carrot Sticks  
w/ Dip, Lettuce,  
Tomato, Pickle  
Chilled Variety of Fruit **26**

**Breaded Orange Chicken w/ Brown Rice**  
Peas & Carrots  
Large Spinach Salad w/  
Mandarin Oranges  
Chilled Variety of Fruit **27**

**Tyson Chicken Nuggets w/ Wheat Roll**  
Mashed Potatoes  
Green Beans  
Steamed Spinach  
Chilled Variety of Fruit **30**

**Grilled Cheese Sandwich**  
Sweet Potatoes  
Black Eyed Peas  
Garden Salad  
Chilled Variety of Fruit **31**

Good Eats at:

**TANNAHILL INTERMEDIATE**

**Special Announcements**

*Tannahill Café*

Variety of Sandwiches are available every day. Choice of skim chocolate milk & 1% white milk with meals.  
\*Nitrate Free

**Tues & Fri: Variety of Pizza**  
**Thursday: Cheeseburger/ Hamburger**

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)



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**



Fun facts on back!