

SEPT 2022

GEAR UP FOR DANCE



ANNOUNCEMENTS:

Menu is Subject to Change based on product availability

Breakfast and Lunch is free to all students

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Eagles Bowl 1
Broccoli
Peaches
Fresh Fruit
Choice of Milk

Chicken Burger 2
Baby Carrots
Pickles
Oven Fries
Fresh Fruit
Choice of Milk

No school

Burritos 6
Mix.Veg.
Celery stick
Mix Fruit
Fresh Fruit
Choice of Milk

Pizza 7
Salad
Corn
Pear
Fresh Fruit
Choice of Milk

Steak Finger 8
Green Beans
Carrots
Peaches
Fresh Fruit
Choice of Milk

Beef Burger 9
Salad
Oven Fries
Mix Veg.
Fresh Fruit
Choice of Milk

Corn Dog 12
Cucumber
Peas
Applesauce
Fresh Fruit
Choice of Milk

Frito Pie 13
Broccoli
Mix. Veg.
Mix Fruit
Fresh Fruit
Choice of Milk

Pizza 14
Salad
Corn
Pear
Fresh Fruit
Choice of Milk

Beef & Potatoes 15
Pinto Beans
Cauliflower
Peaches
Fresh Fruit
Choice of Milk

Chicken Burger 16
Baby Carrots
Pickles
Oven Fries
Fresh Fruit
Choice of Milk

Hot Dog 19
Green Beans
Celery stick
Applesauce
Fresh fruit
Choice of Milk

Beef Tacos 20
Beans
Salad
Mix Veg.
Fresh Fruit
Choice of Milk

Pizza 21
Salad
Corn
Pear
Fresh Fruit
Choice of Milk

Peanut Butter&Jelly Box 22
Carrots
Peas
Peaches
Fresh Fruit
Choice of Milk

Beef Burger 23
Salad
Oven Fries
Fresh Fruit
Choice of Milk

Chicken Nuggets 26
Mix Veg.
Cucumber
Applesauce
Fresh Fruit
Choice of Milk

Beef &Macaroni 27
Beans
Broccoli
Mix Fruit
Fresh Fruit
Choice of Milk

Pizza 28
Salad
Corn
Pear
Fresh Fruit
Choice of Milk

Spaghetti 29
Green Beans
Carrots
Peaches
Fresh Fruit
Choice of Milk

X Chicken Burger 30
Pickles
Oven Fries
Fresh Fruit
Choice of Milk



SEPTEMBER

WEEK OF: _____

ANNOUNCEMENTS:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Food and Nutrition Division
Nutrition Assistance Programs



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER
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Updated 1/1/2022
www.SquareMeals.org

SEPTEMBER

GEAR UP

WITH A HEALTHY SCHOOL MEAL!

TODAY'S MENU

Blank area for today's menu.

ANNOUNCEMENTS

Blank area for announcements.



GEAR UP FOR
DANCE



Food and Nutrition Division
Nutrition Assistance Programs



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LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

SEPT

2022

EQUÍPATE PARA BAILAR



ANUNCIOS:

5

6

7

8

9

12

13

14

15

16

19

20

21

22

23

26

27

28

29

30

1

2



Food and Nutrition Division
Nutrition Assistance Programs



DEPARTAMENTO DE AGRICULTURA DE TEXAS
COMISIONADO SID MILLER

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EQUÍPATE CON UN ALIMENTO ESCOLAR SALUDABLE

SEPTIEMBRE

SEMANA DE: _____

ANUNCIOS:

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES



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SEPTIEMBRE

EQUÍ- PATE

CON UN
ALIMENTO
ESCOLAR
SALUDABLE

MENU DEL DIA

ANUNCIOS:



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