

# OCT 2022

GEAR UP FOR  
**SWIM CLASS**



**ANNOUNCEMENTS:**

ALL CISD STUDENTS EAT FREE

Cereal offered each day for breakfast.

**Menu subject to change**

**Without notice**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Mini Waffles  <u>Steak Fingers</u> <u>Mashed Potatoes/ Gravy</u> <u>Peas. Roll</u> <u>Fruit</u> <u>Milk</u>	4 Breakfast Bagel  <u>Frito Pie</u> <u>Cornbread</u> <u>Pinto Beans</u> <u>Fruit</u> <u>Milk</u>	5 Breakfast Muffin  <u>Corn dogs</u> <u>Mac &amp; Cheese</u> <u>Cucumber Slices</u> <u>Fruit</u> <u>Milk</u>	6 Morning Roll  <u>Pizza Sticks</u> <u>Corn</u> <u>Veggie Tray</u> <u>Fruit</u> <u>Milk</u>	7 Peanut Butter & Jelly  <u>Chicken Burgers</u> <u>Curly Fries</u> <u>Lettuce &amp; Tomato</u> <u>Fruit</u> <u>Milk</u>
10 <b><u>STUDENT HOLIDAY</u></b>	11 Eggs & Bacon <u>Chicken Quesdillas</u> <u>Spanish Rice</u> <u>Pinto Beans</u> <u>Fruit</u> <u>Milk</u>	12 Poptart's  <u>Hot Ham &amp; Cheese Sandwich</u> <u>Baked Chips</u> <u>Lettuce &amp; Tomato</u> <u>Fruit</u> <u>Milk</u>	13 Breakfast Burrito  <u>Beef Ravioli/Mozzarella Cheese</u> <u>Corn</u> <u>Salad</u> <u>Fruit</u> <u>Milk</u>	14 Cereal & Crackers  <u>Cheese Burgers</u> <u>Baked Fries</u> <u>Lettuce &amp; Tomato</u> <u>Fruit</u> <u>Milk</u>
17 Pancake Wrap  <u>Chicken Nuggets</u> <u>Mashed Potatoes</u> <u>Broccoli</u> <u>Fruit</u> <u>Biscuits, Milk</u>	18 Breakfast Bagel  <u>Chicken Fajita Nachos</u> <u>Refried Beans</u> <u>Lettuce &amp; Tomato</u> <u>Fruit</u> <u>Milk</u>	19 Breakfast Muffin  <u>Hot Dogs</u> <u>Tater Tots</u> <u>Veggies</u> <u>Fruit</u> <u>Milk</u>	20 Morning Roll  <u>Pepperoni Pizza</u> <u>Green Beans</u> <u>Garlic Bread</u> <u>Fruit</u> <u>Milk</u>	21 Peanut Butter & Jelly  <u>BBQ on the Bun</u> <u>Baked Fries</u> <u>Baby Carrots</u> <u>Fruit</u> <u>Milk</u>
24 Mini Waffles  <u>Crispy Chicken Legs</u> <u>Pinto Beans</u> <u>Mashed Potatoes</u> <u>Fruit</u> <u>Milk</u>	25 Eggs & Bacon  <u>Beefy Burritos</u> <u>Refried Beans</u> <u>Salad</u> <u>Fruit</u> <u>Milk</u>	26 Poptart's  <u>Corn dogs</u> <u>Mac &amp; Cheese</u> <u>Cucumber Slices</u> <u>Fruit</u> <u>Milk</u>	27 Breakfast Burrito  <u>Pizza</u> <u>Corn</u> <u>Baby Carrots</u> <u>Fruit</u> <u>Milk</u>	28 Cereal & Crackers  <u>Cheese Burger</u> <u>Smiley Fries</u> <u>Lettuce &amp; Tomato</u> <u>Fruit</u> <u>Milk</u>
31 Pancake Wrap  <u>Steak Fingers</u> <u>Mashed Potatoes/ Gravy</u> <u>Peas. Roll</u> <u>Fruit</u> <u>Milk</u>				

