

OCT 2022

GEAR UP FOR
SWIM CLASS



ANNOUNCEMENTS:

Monday- Cheese Burger
 Tuesday- Pizzaboli
 Wednesday-Bone-in Wings
 Thursday-Chicken Basket
 Friday- Mozzarella Sticks

ALL CISD STUDENTS EAT FREE

Menu subject to change without notice

Cereal & Toast offered each day as a choice for Breakfast



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Mini Waffles <u>Chicken Fried Steak</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 & Cheese</u> <u>Cucumber Slices</u> <u>Fruit</u> <u>Milk</u>	6 Breakfast Burrito <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 & Tomato</u> <u>Fruit</u> <u>Milk</u>
10 <u>STUDENT HOLIDAY</u>	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 & Cheese Sandwich</u> <u>Baked Chips</u> <u>Lettuce & Tomato</u> <u>Fruit</u> <u>Milk</u>	13 Morning Roll <u>Beef Ravioli/ Mozzarella Cheese</u> <u>Green Beans</u> <u>Garlic Sticks</u> <u>Salad</u> <u>Fruit</u> <u>Milk</u>	14 Breakfast Tacos <u>Cheese Burgers</u> <u>Baked Fries</u> <u>Lettuce & 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 & 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 Breakfast Burrito <u>Pepperoni Pizza</u> <u>Corn</u> <u>Cucumber Slices/ Ranch</u> <u>Fruit</u> <u>Milk</u>	21 Eggs & Toast <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>Beef Burritos</u> <u>Pinto Beans</u> <u>Salad</u> <u>Fruit</u> <u>Milk</u>	26 Poptart's <u>Corn dogs</u> <u>Mac & Cheese</u> <u>Cucumber Slices</u> <u>Fruit</u> <u>Milk</u>	27 Morning Roll <u>Pizza</u> <u>Corn</u> <u>Baby Carrots</u> <u>Fruit</u> <u>Milk</u>	28 Breakfast Tacos <u>Cheese Burger</u> <u>Smiley Fries</u> <u>Lettuce & 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>				

