

SEPTEMBER 2018

GOOD EATS AT

Breakfast

SPECIAL ANNOUNCEMENTS

*Gluten Free
>Dairy
<Egg
~Fish

Menu Items are subject to change based on costs and availability

Questions? Contact
kimberlywilson@austin.utexas.edu

I'm **SPEEDY CUE** to the rescue!



M	T	W	TH	F
No School ☺ 3	Blueberry and Cream Oatmeal> Applesauce Milk 4	Biscuit> Scrambled Eggs Apple Dried Fruit Mix Milk 5	Pancake>< Turkey Bacon Orange Agave Syrup Milk 6	Egg Scramble< Pita Pocket Assorted Fruits Milk 7
Breakfast Pizza>< Applesauce Milk 10	Baked Banana Crisp>< Grapefruit Milk 11	Turkey Sausages Biscuits> Apple Dried Fruit Mix Milk 12	Pancake>< Turkey Bacon Orange Agave Syrup Milk 13	Egg Scramble< Pita Pocket Assorted Fruits Milk 14
Breakfast Pizza>< Applesauce Milk 17	Fruit and Yogurt Parfait> Pear Milk 18	Chicken Patty Biscuits> Apple Dried Fruit Mix Milk 19	Pancake>< Turkey Bacon Orange Agave Syrup Milk 20	Egg Scramble< Pita Pocket Assorted Fruits Milk 21
Breakfast Pizza>< Applesauce Milk 24	Cinnamon Toast Bagel Sunshine Fruit Mix Milk 25	Biscuit> Scrambled Eggs Apple Dried Fruit Mix Milk 26	Pancake>< Turkey Bacon Orange Agave Syrup Milk 27	Egg Scramble< Pita Pocket Assorted Fruits Milk 28

GET READY

FOR NATIONAL SCHOOL LUNCH WEEK
OCTOBER 8-12
SquareMeals.org/nslw

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TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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M	T	W	TH	F
No School ☺ 3	Greek Chicken Tortilla Greek Salad Mediterranean Beans Grapefruit Milk 4	Mexican Meatloaf Roasted Street Corn Spanish Rice Apple Milk 5	Chicken Parm Over Pasta with marinara Steamed Carrot Coins Pear Milk 6	BBQ Pizza>< Caesar Salad~ Applesauce Milk 7
Lasagna Bake> Broccoli Florets Pear Milk 10	Catfish Taco~ Cilantro Lime Slaw Fiesta beans Grapefruit Milk 11	Coconut Curry Chicken Coconut Lime Rice Peas Apple Milk 12	Beef Hamburger Wheat Bun Lettuce/Tomato Mashed Potatoes Orange Milk 13	Cheese Pizza>< Greek Salad Applesauce Milk 14
Veggie Fried Rice< Sesame Cucumbers Apple Milk 17	Chicken Enchilada Taco Refried Beans Pear Milk 18	Orange Chicken Sauced Pasta Asian Salad Orange Milk 19	Meatloaf Classic Coleslaw Wheat Roll Banana Milk 20	Garlic Herb Pizza>< Caesar Salad~ Applesauce Milk 21
Red beans and Rice Longhorn Corn Pear Milk 24	Carne Quisada Con Papas Taco Charro Beans (no pork) Grapefruit Milk 25	Sweet N Sour Chicken Seasoned Rice Broccoli Florets Apple Milk 26	Beef and Broccoli Sauced Lo Mein Steamed Carrot Coins Banana Milk 27	Cheese Pizza>< Creamy Cucumbers> Applesauce Milk 28

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