



OCTOBER

2018

GOOD EATS AT

City View
JH/HS

I'm
DOCTOR BROCK

M
Breakfast Pizza, Juice, Milk
Taquito, Charro Beans, Street Corn, Salsa, Fresh Fruit, Fruit Cup, Queso, Milk 1

Pancake, Bacon, Juice, Milk
Steak Fingers, Mashed Potatoes, Carrot Coins, Strawberries & Bananas Roll, Gravy, Milk 8

Holiday 15

Breakfast Burrito, Juice, Milk
Oven Roasted Chicken, Steamed Broccoli, Baked Beans, Roll, Apple-Pineapple Delite, Milk 22

Waffles, Bacon, Juice, Milk
Chicken Fried Steak, Mashed Potato, Breaded Okra, Roll, Strawberries, Milk 29

T
Chicken n Biscuit Juice, Milk
Chili Cheese Combo, Cherry Tomato Cup, Mixed Fruit, Milk 2

Sunrise Sandwich, Juice, Milk
French Bread Pizza, Garden Salad, California Blend Veggies, Marinara Sauce, Fruit Cup, Pudding, Milk 9

Sausage Kolache, Yogurt, Juice, Milk
Crispy Tacos, Red Pepper Cup, Perfect Pinto Beans, Salsa, Orange Smiles, Lettuce & Tomato Garnish, Spanish Rice (HS Only), Milk 16

Biscuit, Gravy, Scrambled Eggs, Bacon, Juice, Milk
Nacho Grande, Refried Beans, Salsa, Tiny Tomato Cup, Cucumber Slices, Lettuce & Tomato Garnish, Peaches, Sherbet, Milk 23

Cinnamon Roll, Sausage, Juice, Milk
Meat & Cheese Chalupas, Zesty Cucumbers, Charro Beans, Salsa, Rosy Applesauce, Milk 30

W
Pancake Wrap, Yogurt, Juice, Milk
Chicken Nuggets, Mac & Cheese, Savory Green Beans, Garden Salad, Strawberries, Milk 3

Breakfast Bread, Yogurt, Juice, Milk
Texas Chili, Celery Stick, Baby Carrots, Orange Smiles, Cornbread, Brownie, Milk 10

Breakfast Taquito, Juice, Milk
Chicken Nuggets, Mashed Potatoes, Garden Salad, Roll, Pears, Milk 17

Mini Pancake, Sausage Patty, Juice, Milk
Chicken Sandwich, Oven Fries, Squash/Zucchini, Lettuce & Tomato Garnish, Mandarin Oranges, Milk 24

Breakfast Pizza, Juice, Milk
Chicken Tenders, Broccoli Fresh, Carrot Coins, Gravy, Biscuit, Mixed Fruit, Crispy Cereal Treat, Milk 31

TH
Biscuit, Gravy, Scrambled Eggs, Bacon, Juice, Milk
Fiesta Bowl, Red Peeper Cup, Fruity Gelatin, Milk 4

French Toast, Sausage Links, Juice, Milk
Chicken Smackers, Steamed Broccoli, Oven Fries, Roll, Peaches, Milk 11

Donut, Sausage, Juice, Milk
Hamburger/Cheeseburger Oven Fries, Baby Carrots, Hamburger Garnish, Snowball Salad, Milk 18

Morning Griddle Sandwich, Juice, Milk
Asian Bowl, Garden Salad, Egg Roll, Fruity Gelatin, Milk 25

Breakfast Pizza, Juice, Milk
Chicken Tenders, Broccoli Fresh, Carrot Coins, Gravy, Biscuit, Mixed Fruit, Crispy Cereal Treat, Milk 31

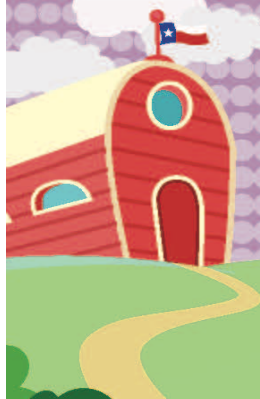
F
Sausage Biscuit, Juice, Milk
Hamburger/Cheeseburger, Cucumber Slices, Baby Carrots, Cinnamon Apples, Lettuce & Tomato Garnish, Milk 5

Student Holiday 12

Breakfast Pizza, Juice, Milk
Chicken Parmesan, Garden Salad, Savory Green Beans, Breadstick, Pineapple Chill, Milk 19

Breakfast Bread, Yogurt, Juice, Milk
Pizza, Baby Carrots, Crunchy Broccoli Salad, Fresh Fruit, Brownie, Milk 26

NATIONAL SCHOOL LUNCH WEEK
OCTOBER 15-19
SquareMeals.org/nslw



NATIONAL FARM TO SCHOOL MONTH

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