



OCTOBER

2018

GOOD EATS AT

Breakfast includes choice of Milk and Juice.

I'm
DOCTOR BROCK

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<p>Mini Donut/Peach Cup</p> <p>Pizza or Beef Empanada Corn Seasoned Carrots Cranberries Milk</p> <p>1</p>	<p>Mini Pig in a Blanket/Mixed Fruit Oven Fried Chicken or Pork Chop /Roll Mashed Potatoes Green Beans Apricots/Milk</p> <p>2</p>	<p>Break Pizza/Mandarin Orange Mini Riblettes or Little Smokies Mac & Cheese/Baked Beans/Sweet Potato Tots/Frozen Fruit Cup/Milk</p> <p>3</p>	<p>Mini Waffles/Pineapple Salisbury Steak or Chef Salad/Roll Baby Bakers Potatoes Turnip Greens Strawberry Cup Milk</p> <p>4</p>	<p>Big Muffin/Apple Slices</p> <p>Grilled Cheese or Sub Sandwich Tomato Soup Potato Smiles Pears/Milk</p> <p>5</p>
<p>Enjoy your day!!</p> <p>No School</p> <p>8</p>	<p>Stuffed Crescent Roll/Mixed Fruit SEA Fish Nuggets or Hot Pocket Green Beans/Seasoned Carrots/Mac&Cheese Peaches/Milk</p> <p>9</p>	<p>Break Pizza/Mandarin Orange Cup Pizza or Chicken Fried Steak Sandwich Corn /Dark Green Salad Pink Lemonade Fruit Smoothie/Milk</p> <p>10</p>	<p>French Toast Sticks/Pear Cup Spaghetti & Meatballs or Chicken Nuggets/Bread Stick/Marinara Cup Broccoli & Cheese Orange Wedges/Milk</p> <p>11</p>	<p>Yogurt/Little Grahams/Apple Slices Nacho Bites or Southwest Flauta Refried Beans Salsa Cup Grapes/ Milk</p> <p>12</p>

NATIONAL SCHOOL LUNCH WEEK OCTOBER 15-19

SquareMeals.org/nslw

<p>Poptart/Peach Cup Ravioli/Breadstick or Pizza Seasoned Carrots Corn Mixed Fruit Milk</p> <p>15</p>	<p>Pig-n-blanket/ Mixed Fruit Cup BBQ on Bun or Fish Sandwich Spicy Sweet Potato Fries Great Northern Beans Pineapple Tidbits Milk</p> <p>16</p>	<p>Break Pizza/Mandarin Orange Cup Chicken Rings or Steak Fingers/Texas Toast/Mashed Potatoes/Gravy Green Beans Apple Sauce Cup</p> <p>17</p>	<p>Mini Bagel/ Pear Cup Asian Chicken or Egg Roll Noodles/Stir Fry Veggies/Dark Green Salad/Dragon Fruit Slushie/Milk</p> <p>18</p>	<p>Break Burrito/Apple Slices Nacho Supreme or Cheese Quesadilla Pinto Beans Jicama/Salsa Cup Peaches/Milk</p> <p>19</p>
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SPECIAL ANNOUNCEMENTS

Breakfast and lunch are offered free of charge to all students.

October 2, 2018 at the Lufkin Civic Center—come by after school and enjoy the Region 5 Co-Op Food Show. Open until 5:30PM.



<p>Vertical Bar/Cheese Stick/Peach Cup Chili Dog or Hot Pocket Oven Fries Purple Hull Peas Pineapple Tidbits Milk</p> <p>22</p>	<p>Break Burrito/Mixed Fruit Cup Taco Roll or Cheese Nachos Cornbread Muffin Black Beans/ Corn Peaches/Milk</p> <p>23</p>	<p>Break Pizza/Mandarin Orange Cup Mini Corn Dogs or Pizza Seasoned Carrots Celery Sticks/Dip Grapes Milk</p> <p>24</p>	<p>Honey Bun/Pear Cup Chuck wagon/Cheesy Bread Stick or Meatballs on Sub Green Beans Dark Green Salad Mixed Dried Fruit</p> <p>25</p>	<p>Mini Pancake/Apple Slices Scrambled Eggs/ Sausage Link/ or Ham & Cheese Croissant Jicama/Seasoned Sweet Potato Cubes/ French Toast Sticks/Juice/Milk</p> <p>26</p>
<p>Cinni-Mini/Peach Cup Mr. Rib Sandwich or Chicken Sandwich Seasoned Potato Wedges/ Baked Beans Applesauce Cup Milk</p> <p>29</p>	<p>Kolache/Mixed Fruit Chicken Crispito or Chicken Fajita Taco Refried Beans Salsa Cup Tostito Chips Pears/Milk</p> <p>30</p>	<p>Break Pizza/Mandarin Orange Cup Chicken Nuggets or Steak Fingers/Texas Toast/Mashed Potatoes Gravy/Black eyed Peas Frozen Fruit Smoothie</p> <p>31</p>		

NATIONAL FARM TO SCHOOL MONTH



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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