

OCTOBER 2018

NAC ISD Middle Schools

MONDAY

1
Mini Donut/Peach Cup

Pizza or Beef Empanada
Corn
Seasoned Carrots
Cranberries
Milk

8
Enjoy your day!!

No School

15
Poptart/Peach Cup
Ravioli/Breadstick or
Pizza

Seasoned Carrots
Corn
Mixed Fruit
Milk

22
Vertical Bar/Cheese
Stick/Peach Cup
Chili Dog or Hot Pocket

Oven Fries
Purple Hull Peas
Pineapple Tidbits
Milk

29
Cinni-Mini/Peach Cup
Mr. Rib Sandwich or
Chicken Sandwich

Seasoned Potato
Wedges/ Baked Beans
Applesauce Cup
Milk

TUESDAY

2
Peaches/Milk Mini Pig
a Blanket/Mixed Fruit
Oven Fried Chicken or
Pork Chop /Roll
Mashed Potatoes
Green Beans
Apricots/Milk

9
Stuffed Crescent
Roll/Mixed Fruit
SEA Fish Nuggets or Hot
Pocket
Green Beans/Seasoned
Carrots/Mac&Cheese
Peaches/Milk

16
Pig-n-blanket/ Mixed
Fruit Cup
BBQ on Bun or Fish
Sandwich
Spicy Sweet Potato Fries
Great Northern Beans
Pineapple Tidbits
Milk

23
Break Burrito/Mixed
Fruit Cup
Taco Roll or Cheese
Nachos
Cornbread Muffin
Black Beans/ Corn
Peaches/Milk

30
Kolache/Mixed Fruit
Chicken Crispito or
Chicken Fajita Taco
Refried Beans
Salsa Cup
Tostito Chips
Pears/Milk

WEDNESDAY

3
Break Pizza/Mandarin
Orange
Mini Riblettes or Little
Smokies
Mac & Cheese/Baked
Beans/Sweet Potato
Tots/Frozen Fruit
Cup/Milk

10
Break Pizza/Mandarin
Orange Cup
Pizza or Chicken Fried
Steak Sandwich
Corn /Dark Green Salad
Pink Lemonade Fruit
Smoothie/Milk

17
Break Pizza/Mandarin
Orange Cup
Chicken Rings or Steak
Fingers/Texas
Toast/Mashed
Potatoes/Gravy
Green Beans /Applesauce
Cup/Milk

24
Break Pizza/Mandarin
Orange Cup
Mini Corn Dogs or Pizza
Seasoned Carrots
Celery Sticks/Dip
Grapes
Milk

31
Break Pizza/Mandarin
Orange Cup
Chicken Nuggets or
Steak Fingers/Texas
Toast/Mashed Potatoes
Gravy/Black eyed Peas
Frozen Fruit Smoothie
Milk

THURSDAY

4
Mini Waffles/Pineapp
Salisbury Steak or Che
Salad/Roll
Baby Bakers Potatoes
Turnip Greens
Strawberry Cup
Milk

11
French Toast Sticks/Pear
Cup
Spaghetti & Meatballs or
Chicken Nuggets/Bread
Stick/Marinara Cup
Broccoli & Cheese
Orange Wedges/Milk

18
Mini Bagel/ Pear Cup
Asian Chicken or Egg
Roll
Noodles/Stir Fry
Veggies/Dark Green
Salad/Dragon Fruit
Slushie/Milk

25
Honey Bun/Pear Cup
Chuck wagon/Cheesy
Bread Stick or Meatballs
on Sub
Green Beans
Dark Green Salad
Mixed Dried Fruit
Milk

FRIDAY

5
Big Muffin/Apple Slices
Grilled Cheese or Sub
Sandwich
Tomato Soup
Potato Smiles
Pears/Milk

12
Yogurt/Little
Grahams/Apple Slices
Nacho Bites or Southwest
Flauta
Refried Beans
Salsa Cup
Grapes/ Milk

19
Break Burrito/Apple
Slices
Nacho Supreme or
Cheese Quesadilla
Pinto Beans
Jicama/Salsa Cup
Peaches/Milk

26
Mini Pancake/Apple
Slices
Scrambled Eggs/
Sausage Link/ or Ham &
Cheese Croissant
Jicama/Seasoned Sweet
Potato Cubes/ French
Toast Sticks/Juice/Milk

Breakfast

Breakfast includes choice of
Milk and Juice.

School News

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

This institution is an equal
opportunity provider.

DID YOU KNOW...

October comes from the Latin
word "octo" which means eight.