

SEPT

2022

GEAR UP FOR
DANCE

ANNOUNCEMENTS:

Abbreviations:

BB=Blueberries, Bfast= Breakfast, B.Rice= Brown Rice, Cnd.= Canned, Crkr= Cracker, Cant.= Cantaloupe, C. Cheese= Cottage Cheese, Drsg= Dressing, Frz.=Frozen, Fsh=Fresh, Grd.- Gingered, HM=Homemade, Man.Oranges=Mandarin Oranges, P.Bean=Pinto, RB= Raspberries, R=Roasted WG= Whole Grain, WW= Whole Wheat, W.melon=Watermelon

WATER IS SERVED AT EVERY MEAL/SNACK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

CLOSED

LABOR DAY

HM Chicken Spaghetti
WW Pasta Frs. Kale
HM Gingered Carrots
Milk

Breakfast PM Snack
Frz. WG Pancakes Cheez It
FZ. Peaches/RB C. Cheese
Milk

HM Chicken and Egg Noodle
Soup Frz. Mixed Veggies
Frz. Berries Milk

Breakfast PM Snack
WG Waffles Cottage Cheese
Cnd. Peaches Tropical Fruit
Milk

HM Chicken Salad
WW Bread Frz. B. Normandy
Cnd. Mand Oranges Milk

Breakfast PM Snack
Frz. WG Pancakes C. Cheese
Frz. SB/BB Frz. Pineapples
Milk

HM Beef Vegetable Soup
Frz. Mixed Veggies Rotini Pasta
Frz. Mangos Milk

Breakfast PM Snack
WW Chz Toast HM/WW Carrot
Cnd. Apricots Spice Sqr.
Milk Milk

HM Beef Stroganoff
E.Noodle Pasta Frz, Greens
Cnd. Apricots Milk

Breakfast PM Snack
HM Oatmeal HM/WW Ricotta Sqr.
Frz. BB Milk

HM Sloppy Joes WG Buns
Cnd. Peaches Frz. G. Beans
Milk

Breakfast PM Snack
Bfast Rice HM/WW BB
Cnd. B. Apple Muffin Sqr.
Milk Milk

HM Beef Goulash Rotini Pasta
Cnd. Corn HM Green Bean Sld.
Milk

Breakfast PM Snack
Scr. Eggs HM/WW Carrot
Cnd Peaches Spice Sqr.
Milk Milk

HM Turkey Ham Pizza
WG E. Muffin Fr. RB
HM Gingered Carrots Milk

Breakfast PM Snack
WG Cereal Cheez Its
Fsh. Banana Cnd. Applesauce
Milk

HM Stir-Fried Rice w/ Ham
B.Rice Frz. Carrots
Cnd. Peaches Milk

Breakfast PM Snack
WG Cereal WG English Muffin
Fsh. Banana Tuna salad
Milk

HM Mac and Chz w/Ham
Frz. Broccoli Cuts Elbow Pasta
Fsh. Watermelon/Cantaloupe
Milk

Breakfast PM Snack
WG Cereal Cheez Its
Fresh Banana Applesauce
Milk

HM Tuna Mac/Swt. Pea
Elbow Pasta
HM Cranberry Pineapple Salad
Milk

Breakfast PM Snack
WG Cereal WG Goldfish
Fsh. Banana Cnd. Pears
Milk

HM Turkey Spaghetti Pasta
Fsh. W.melon/Cantaloupe
HM Gingered Carrots
Milk

Breakfast PM Snack
HM Zucchini Sqr. Wheat Thins
Frz. Mangos Fsh. Boiled Egg
Milk

HM Turkey Pot Pie HM Crust
Frz. Mixed Veggies F. Apples
Milk

Breakfast PM Snack
HM/WW Banana Sqr. W. Thins
Cnd. Pears. HM Bean Dip
Milk

HM Turkey Pasta Primavera
Penne Pasta Frz. Broccoli
Cnd. Pear Milk

Breakfast PM Snack
Scr. Eggs Fsh. Boiled Eggs
Frz. Raspberries Wheat Thins
Milk

HM Turkey Casserole
Penne Pasta Cnd. Corn
Frz. Sweet Peas Milk

Breakfast PM Snack
HM Zucchini Sqr. HM Bean Dip
Cnd. Pears Wheat Thins
Milk

HM Turkey Tetrazzini
Penne Pasta Frz. Peas & Carrots
Cnd. Mixed Fruit Milk

Breakfast PM Snack
HM Banana Sqr. Club Crackers
Cnd. Apricots Cheese Sticks
Milk

HM Cheese and Sausage Strata
WW Bread Cnd. Peaches
Frz. Mixed Veggies Milk

Breakfast PM Snack
HM Oatmeal WG Graham Crackers
Frz. BB Milk

Grilled Cheese Sandwich
WW Bread Cnd.Tom Soup
Frz. Squash/Zucchini
Milk

Breakfast PM Snack
Bfast Rice Graham Crackers
Cnd. Apricots Milk

HM Black Bean Quesadillas
Tortilla Frz. Corn
Cnd. Mixed Fruit Milk

Breakfast PM Snack
WW Toast Animal Crackers
Cnd. Baked Apples Milk

HM Cheese Pizza
WG E. Muffins R. Veggies
Cnd. Mixed Fruit Milk

Breakfast PM Snack
WW Toast Cheese Stick
Cnd. Apricots MG Crackers
Milk

HM Bean Burritos WW Tortilla
HM Carrots Confetti Sld
Cnd. Peaches Milk

Breakfast PM Snack
WW Chz. Toast MG Crackers
Cnd. Bkd Apples Boiled Eggs
Milk

Food and Nutrition Division
Nutrition Assistance ProgramsTEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLERThis product was funded by USDA.
This institution is an equal opportunity provider.Updated 1/1/2022
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