

SEPTEMBER 2019

SAM HOUSTON ELEMENTARY

Offered daily with all meals: Veggie salad, Fresh and Canned Fruit.
 MILK: Low fat Chocolate, 1%, Skim.
 Cereal offered daily at Breakfast.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>NO SCHOOL 2</p> <p>Labor Day</p>	<p>Sausage Biscuit 3</p> <p>Chicken Patty/Bun, Carrots & Scalloped Potato</p> <p>Fish, Pinto Beans & Cornbread</p>	<p>Cereal & Yogurt 4</p> <p>Mini Corndogs, Broccoli & Potato</p> <p>PBJ Uncrustable</p>	<p>French Toast Sticks 5</p> <p>Sausage, Biscuit, Gravy, Eggs and Potato</p> <p>Grilled Chicken/ Pretzel Bun</p>	<p>Sausage, Biscuit and Gravy 6</p> <p>Cheese Sticks, Marinara Sauce & Green Beans</p> <p>Chicken Salad Croissant</p>
<p>Muffin & Yogurt 9</p> <p>Popcorn Chicken, Vegetable, Potato and Roll</p> <p>Turkey & Cheese Sandwich</p>	<p>Pancakes & Sausage Links 10</p> <p>Spaghetti, Sauce with meatballs, Green beans & Garlic Bread</p> <p>Baked Potato Bar</p>	<p>Cereal & Yogurt 11</p> <p>Chicken Patty/Bun, Scalloped Potato & Broccoli</p> <p>PBJ Uncrustable</p>	<p>Chicken Fillet Biscuit 12</p> <p>BBQ Rib Patty/Bun, Baked beans & Potato</p> <p>Ham & Cheese Sandwich</p>	<p>Sausage, Biscuit & Gravy 13</p> <p>Pizza, Corn & Baked Okra</p> <p>Quesadilla</p>
<p>Muffin & Yogurt 16</p> <p>Hot dog/Bun, Chili & Potato</p> <p>Grilled Chicken/Pretzel Bun</p>	<p>Pancake & Sausage Links 17</p> <p>Taco meat, Soft shell with Toppings</p> <p>Baked Potato Bar</p>	<p>Cereal & Yogurt 18</p> <p>Chicken, Broccoli, Mac & Cheese & Roll</p> <p>PBJ Uncrustable</p>	<p>Chicken Fillet Biscuit 19</p> <p>Hamburger/Bun, Toppings Vegetable & Potato</p> <p>Turkey & Cheese Sandwich</p>	<p>Sausage, Biscuit & Gravy 20</p> <p>Cheese Sticks, Marinara Sauce & Green beans</p> <p>Chicken Salad Croissant</p>
<p>Muffin & Yogurt 23</p> <p>Chicken, Vegetable & Roll</p> <p>Turkey & Cheese Sandwich</p>	<p>Powdered Donuts & Sausage Links 24</p> <p>Steak & Gravy, Mashed Potatoes, Peas & Roll</p> <p>PBJ Uncrustable</p>	<p>Cereal & Yogurt 25</p> <p>Chicken Patty/Bun & Potato</p> <p>Ham & Cheese Sandwich</p>	<p>Chicken Fillet Biscuit 26</p> <p>Corndog, Broccoli & Potato</p> <p>Baked Potato Bar</p>	<p>Sausage, Biscuit & Gravy 27</p> <p>Pizza, Corn & Baked Okra</p> <p>Quesadilla</p>
<p>Muffin & Yogurt 30</p> <p>Hamburger/Bun, Toppings Vegetable & Potato</p> <p>Ham & Cheese Sandwich</p>				

This institution is an equal opportunity provider

Menu subject to change

