

## September 2022

### BREAKFAST MENU

Menu subject to change without notice

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
W E E K  2				1 Beef Tamales Yogurt Parfait PB&J Cereal Pop Tart Muffins Fresh Fruit Orange Juice Milk Choice	2 Breakfast Pizza PB&J Cereal Pop Tart Muffins Fresh Fruit Orange Juice Milk Choice	<b>BREAKFAST MEAL PRICES:</b>  REDUCED \$ .30 FULL PRICE \$1.65  <b>A LA CARTE</b> ENTREE \$2.00 EXTRA MILK \$.50 EXTRA FRUIT \$.50  <b>MILK CHOICES:</b> % Low Fat Milk Fat Free Chocolate Milk  <b>STISD Child Nutrition Dept.</b> (956)514-4230
W E E K  1	5 Sausage Egg & Cheese Biscuit PB&J Cereal Pop Tart Muffins Fresh fruit Orange Juice Milk choice	6 Breakfast Bar w/Mini loaf Yogurt Parfait PB&J Cereal Pop Tart Muffins Fresh Fruit Orange Juice Milk Choice	7 Sausage & Cheese Croissant PB&J Cereal Pop Tart Muffins Fresh Fruit Orange Juice Milk Choice	8 Barbacoa Taco Yogurt Parfait PB&J Cereal Pop Tart Muffins Fresh Fruit Orange Juice Milk Choice	9 Bacon & Egg Taco PB&J Cereal Pop Tart Muffins Fresh Fruit Orange Juice Milk Choice	
W E E K  2	12 Chorizo & Egg Taco PB&J Cereal Pop Tart Muffins Fresh Fruit Orange Juice Milk Choice	13 Kolahce Yogurt Parfait PB&J Cereal Pop Tart Muffins Fresh fruit Orange Juice Milk Choice	14 Pancake on a Stick PB&J Cereal Pop Tart Muffins Fresh Fruit Orange Juice Milk Choice	15 Beef Tamales Yogurt Parfait PB&J Cereal Pop Tart Muffins Fresh Fruit Orange Juice Milk Choice	16 Breakfast Pizza PB&J Cereal Pop Tart Muffins Fresh Fruit Orange Juice Milk Choice	
W E E K  1	19 Sausage Egg & Cheese Biscuit PB&J Cereal Pop Tart Muffins Fresh fruit Orange Juice Milk choice	20 Breakfast Bar w/Mini loaf Yogurt Parfait PB&J Cereal Pop Tart Muffins Fresh Fruit Orange Juice Milk Choice	21 Sausage & Cheese Croissant PB&J Cereal Pop Tart Muffins Fresh Fruit Orange Juice Milk Choice	22 Barbacoa Taco Yogurt Parfait PB&J Cereal Pop Tart Muffins Fresh Fruit Orange Juice Milk Choice	23 Bacon & Egg Taco PB&J Cereal Pop Tart Muffins Fresh Fruit Orange Juice Milk Choice	
W E E K  2	26 Chorizo & Egg Taco PB&J Cereal Pop Tart Muffins Fresh Fruit Orange Juice Milk Choice	27 Kolahce Yogurt Parfait PB&J Cereal Pop Tart Muffins Fresh fruit Orange Juice Milk Choice	28 Pancake on a Stick PB&J Cereal Pop Tart Muffins Fresh Fruit Orange Juice Milk Choice	29 Beef Tamales Yogurt Parfait PB&J Cereal Pop Tart Muffins Fresh Fruit Orange Juice Milk Choice	30 Breakfast Pizza PB&J Cereal Pop Tart Muffins Fresh Fruit Orange Juice Milk Choice	

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*To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov). This institution is an equal opportunity provider.*

## September 2022

### LUNCH MENU

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
W E E K  2				1 Beef & Cheese Lasagna Twisted Cheese Breadstick Green Beans Romaine Salad Fresh Fruit Diced Pears	2 Chili Cheese Dog Corn French Fries Fresh Fruit Pineapple Tidbits	<u>LUNCH MEAL PRICES:</u>  REDUCED \$ .40 FULL PRICE \$3.35  <u>A LA CARTE</u> ENTREE \$2.00 SIDE DISH \$0.50 EXTRA MILK \$0.50  <u>MILK CHOICES:</u> 1% Low Fat Milk Fat Free Chocolate Milk
W E E K  1	5 Oven Baked Chicken Creamy Mashed Potatoes Cooked Carrots Dinner Roll Fresh fruit	6 Cheeseburger Chips Roamaine Salad Baby Carrots Fresh Fruit Fruit Cocktail	7 Cheese Enchiladas Pinto Beans Spanish Rice Romaine Salad Fresh Fruit Diced Pears	8 Chicken Alfredo Mashed Potatoes Green Beans Fresh Fruit Applesauce	9 Nachos Corn French Fries Fresh Fruit	
W E E K  2	12 Spaghetti & Meatballs Garlic Stick Cooked Carrots Romaine Salad Fresh apple Peach Slices	13 Chicken Fried Steak Mashed Potatoes Baby Carrots Fresh Fruit Fruit Cocktail	14 Street Tacos Pinto Beans Baby Carrots Rice Banana Fruit Cocktail	15 Beef & Cheese Lasagna Twisted Cheese Breadstick Green Beans Romaine Salad Fresh Fruit Diced Pears	16 Chili Cheese Dog Corn French Fries Fresh Fruit Pineapple Tidbits	
W E E K  1	19 Oven Baked Chicken Creamy Mashed Potatoes Cooked Carrots Dinner Roll Fresh fruit	20 Cheeseburger Chips Roamaine Salad Baby Carrots Fresh Fruit Fruit Cocktail	21 Cheese Enchiladas Pinto Beans Spanish Rice Romaine Salad Fresh Fruit Diced Pears	22 Chicken Alfredo Mashed Potatoes Green Beans Fresh Fruit Applesauce	23 Nachos Corn French Fries Fresh Fruit	
W E E K  2	26 Spaghetti & Meatballs Garlic Stick Cooked Carrots Romaine Salad Fresh apple Peach Slices	27 Chicken Fried Steak Mashed Potatoes Baby Carrots Fresh Fruit Fruit Cocktail	28 Street Tacos Pinto Beans Baby Carrots Rice Banana Fruit Cocktail	29 Beef & Cheese Lasagna Twisted Cheese Breadstick Green Beans Romaine Salad Fresh Fruit Diced Pears	30 Chili Cheese Dog Corn French Fries Fresh Fruit Pineapple Tidbits	

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### PIZZA & MORE MENU

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
						1		2		
5	Chicken Tenders Burritos Chef Salad Creamy Mashed Potatoes Cooked Carrots Dinner Roll Fresh Fruit Peach Slices	6	Hoagie Sandwich Pizza Chef Salad Romaine Salad Baby Carrots Fresh Fruit Fruit Cocktail	7	Sausage Taco Pizza Chef Salad Pinto Beans Romaine Salad Fresh Fruit Diced Pears	8	Spicy Chicken Sandwich Cheesesticks Chef Salad Green Beans Baby Carrots Fresh Fruit Applesauce	9	Pizza Sloppy Joe Sandwich Chef Salad Corn French Fries Fresh Fruit Pineapple Tidbits	<p style="text-align: center;"><u>MEAL PRICES:</u></p> <p style="text-align: center;">REDUCED    \$ .40 FULL PRICE \$3.35</p> <p style="text-align: center;"><u>A LA CARTE</u></p> <p style="text-align: center;">ENTREE        \$2.00 SIDE DISH     \$0.50 EXTRA MILK    \$0.50</p> <p style="text-align: center;"><u>MILK CHOICES:</u></p> <p style="text-align: center;">1% Low Fat Milk Fat Free Chocolate</p> <p style="text-align: center;"><u>CONDIMENTS:</u></p> <p style="text-align: center;">Ranch Dressing Parmesan Cheese Ketchup Jalapenos Mustard Mayo</p> <p style="text-align: center;">STISD Child Nutrition Dept. (956)514-4230</p>
12	Chicken Tenders Burritos Chef Salad Creamy Mashed Potatoes Cooked Carrots Dinner Roll Fresh Fruit Peach Slices	13	Hoagie Sandwich Pizza Chef Salad Romaine Salad Baby Carrots Fresh Fruit Fruit Cocktail	14	Sausage Taco Pizza Chef Salad Pinto Beans Romaine Salad Fresh Fruit Diced Pears	15	Spicy Chicken Sandwich Cheesesticks Chef Salad Green Beans Baby Carrots Fresh Fruit Applesauce	16	Pizza Sloppy Joe Sandwich Chef Salad Corn French Fries Fresh Fruit Pineapple Tidbits	
19	Chicken Tenders Burritos Chef Salad Creamy Mashed Potatoes Cooked Carrots Dinner Roll Fresh Fruit Peach Slices	20	Hoagie Sandwich Pizza Chef Salad Romaine Salad Baby Carrots Fresh Fruit Fruit Cocktail	21	Sausage Taco Pizza Chef Salad Pinto Beans Romaine Salad Fresh Fruit Diced Pears	22	Spicy Chicken Sandwich Cheesesticks Chef Salad Green Beans Baby Carrots Fresh Fruit Applesauce	23	Pizza Sloppy Joe Sandwich Chef Salad Corn French Fries Fresh Fruit Pineapple Tidbits	
26	Chicken Tenders Burritos Chef Salad Creamy Mashed Potatoes Cooked Carrots Dinner Roll Fresh Fruit Peach Slices	27	Hoagie Sandwich Pizza Chef Salad Romaine Salad Baby Carrots Fresh Fruit Fruit Cocktail	28	Sausage Taco Pizza Chef Salad Pinto Beans Romaine Salad Fresh Fruit Diced Pears	29	Spicy Chicken Sandwich Cheesesticks Chef Salad Green Beans Baby Carrots Fresh Fruit Applesauce	30	Pizza Sloppy Joe Sandwich Chef Salad Corn French Fries Fresh Fruit Pineapple Tidbits	

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