october BIC • ELEMENTARY

Bellaire • Harrison Lane • Oakwood Terrace• Midway Park

NATIONAL SCHOOL LUNCH Week October 13-17

30



**BREAKFAST:** Student: Free • Adult: a la carte **LUNCH:** Student: \$3.40 • Adult: \$5.75

BREAKFAST: Pop Tart & Cereal offered daily. Includes choice of milk. LUNCH: Includes entrée, vegetable, fruit & choice of milk.

**BREAKFAST** 

Baked Muffin

2

**BREAKFAST** 

Early Risers

Stuffed Hashbrown

OR

Pop Tart & Cereal

Raisels, Fruit Juice

LUNCH

Beef Lasagna

OR

**Breaded Chicken** 

29 **BREAKFAST** Mini French Toast OR Pop Tart & Cereal Raisels, Fruit Juice LUNCH Beef/Cheese Nachos OR **Breaded Chicken** Sandwich Yogurt Meal Refried Beans French Fries Fresh Vegetable of the Day Fruit Cup, Fruit Juice

Swirled Breakfast Roll OR Pop Tart & Cereal Fruit Cup Fruit Juice LUNCH Hamburger/ Cheeseburger OR Pizza Crunchers w/ Marinara Dip California Blend Smile Potatoes Fresh Vegetable of the Day Fruit Cup Fruit Juice

**BREAKFAST** 

OR Pop Tart & Cereal Fruit Cup, Fruit Juice LUNCH Chicken Tenders OR Chicken Fried Steak Wheat Roll OR Grilled Cheese Sandwich Mashed Potatoes w/Cream Gravy Green Beans Fresh Vegetable of the Day Fruit Cup, Fruit Juice 8 **BREAKFAST** 

Glazed Cake

Donut

OR

Pop Tart & Cereal

Fruit Cup, Fruit Juice

Drumstick Garlic Toast OR Yogurt Meal Steamed Broccoli Corn on the Cob Fresh Vegetable of the Day Fruit Cup, Fruit Juice BREAKFAST Chocolate Filled Crescent OR Pop Tart & Cereal Raisels Fruit Juice

> LUNCH Spaghetti w/ Meat Sauce & Breadstick OR Strawberry Yogurt Parfait w/ Muffin Green Beans Crinkle Cut Carrots Fresh Vegetable of the Day Fruit Cup Fruit Juice

3 **BREAKFAST** Pancake/Sausage Sandwich OR Pop Tart & Cereal Raisels Fruit Juice

LUNCH Pepperoni Pizza/ Cheese Pizza OR Fish Nuggets w/ Hushpuppies Whole Kernel Corn Sidewinder Fries Fresh Vegetable of the Day Fruit Cup Fruit Juice

Soft Filled Cinnamon Toast Crunch Bar OR Pop Tart & Cereal Raisels. Fruit Juice LUNCH Pepperoni Calzone/ Cheese Calzone w/ Marinara Dip

**BREAKFAST** 

6

OR Popcorn Chicken w/ Biscuit & Gravy California Blend Sidewinder Fries Fresh Vegetable of the Day Fruit Cup, Fruit Juice

**BREAKFAST** Mini Waffles OR Pop Tart & Cereal Raisels, Fruit Juice

> LUNCH State Fair Corn Doa OR Hamburger/ Cheesebürger OR Yogurt Meal Baked Beans French Fries Fresh Vegetable of the Day Fruit Cup

> > Fruit Juice

Fair Day Treat

LUNCH Chicken Tenders OR Steak Fingers Wheat Roll OR Grilled Cheese Sandwich Mashed Potatoes w/Cream Gravy Whole Kernel Corn Fresh Vegetable of the Day Treat Fruit Cup, Fruit Juice **BREAKFAST** Breakfast on a Stick OR

Pop Tart & Cereal Raisels Fruit Juice

LUNCH Pepperoni Pizza/ Cheese Pizza OR Turkey & Cheese Croissant Corn on the Cob Smile Potatoes Fresh Vegetable of the Day Fruit Cup Fruit Juice

\*Contains Pork

Menu Subject to change due to product availability

Free



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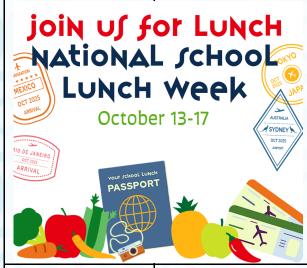
https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainants name, addressed, seleptone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or fax (833) 256-1665 or (202) 690-7442; or email: program.intake@usda.gov.

YOUR SCHOOL LUNCH october • ELEMENTARY **PASSPORT** AUSTRALIA SYDNEY RIO DE JANEI OCT 2025 ARRIVAL MEXICO Bellaire • Harrison Lane OCT 2025 Oakwood Terrace • Midway Park

BREAKFAST: Student: Free • Adult: a la carte

**LUNCH:** Student: \$3.40 • Adult: \$5.75

BREAKFAST: Pop Tart & Cereal offered daily. Includes choice of milk. LUNCH: Includes entrée, vegetable, fruit & choice of milk.



15 **BREAKFAST** Breakfast Pizza OR

Pop Tart & Cereal Raisels, Fruit Juice

LUNCH Chicken Nuggets OR

Chicken Fried Steak Wheat Roll OR

Grilled Cheese Sandwich Mashed Potatoes w/Cream Gravy Ranch Beans Fresh Vegetable of the Day Fruit Cup, Fruit Juice 16 **BREAKFAST** Fruit Filled Strudel

> OR Pop Tart & Cereal Raisels, Fruit Juice

> LUNCH Swt/Sour Chicken w/ Chicken Eggroll & Seasoned Rice OR

Fiestada Pizza OR Yogurt Meal Steamed Broccoli Whole Kernel Corn Fresh Vegetable of the Day

Fruit Cup, Fruit Juice

17 **BREAKFAST** Cinnamon Roll & String Cheese ŎR Pop Tart & Cereal Raisels

Fruit Juice

LUNCH Pepperoni Pizza/ Cheese Pizza OR Hot Dog w/ Chili & Cheese Green Beans French Fries Fresh Vegetable of the Day Fruit Cup

20 **BREAKFAST** Mini Cinnis OR

Pop Tart & Cereal Raisels, Fruit Juice

LUNCH

Crispy Chicken Drumstick w/ Garlic Texas Toast OR

Pepperoni Stuffed Sandwich **OR** 

Yogurt Meal Bahama Blend Smile Potatoes Fresh Vegetable of the Day Fruit Cup, Fruit Juice

**BREAKFAST** Breakfast Burrito w/ Eggs & Sausage OR

Pop Tart & Cereal Raisels Fruit Juice

> LUNCH Hamburger/ Cheesebürger

or Macaroni & Cheese w/ Wheat Roll California Blend Sidewinder Fries Fresh Vegetable of the Day Fruit Cup Fruit Juice

**BREAKFAST** 22 Mini Donut Rounds

Pop Tart & Cereal Fruit Cup, Fruit Juice

LUNCH

Chicken Smackers OR

Steak Fingers Wheat Roll OR

Grilled Cheese Sandwich Mashed Potatoes w/Cream Gravy \_Green Beans Fresh Vegetable of the Day Fruit Cup, Fruit Juice 23 **BREAKFAST** Yogurt Cup w/ Grahamis OR

Pop Tart & Cereal Fruit Cup, Fruit Juice

LUNCH Soft Beef Tacos w/ Mexican Rice

OR Breaded Mozzarella Cheese Sticks w/ Marinara Dip Steamed Broccoli Refried Beans

Fresh Vegetable of the Day Fruit Cup Fruit Juice

Fruit Juice **BREAKFAST** Bagel filled w/ Cream Cheese

OR Pop Tart & Cereal Raisels Fruit Juice

**LUNCH** Pepperoni Pizza/ Cheese Pizza OR

Western BBQ Beef Sandwich Onion Rings Whole Kernel Corn Fresh Vegetable of the Day Fruit Cup Fruit Juice

27 BREAKFAST Mini Pancakes OR

Pop Tart & Cereal Raisels, Fruit Juice

LUNCH

Cheese Enchiladas w/ Mexican Rice OR

**Breaded Chicken** Sandwich Ranch Beans French Fries Fresh Vegetable of the Day Fruit Cup Fruit Juice

**BREAKFAST** 

28

Pull-Apart Donut OR

Pop Tart & Cereal Fruit Cup, Fruit Juice

**LUNCH** Pepperoni Pizza/ Cheese Pizza OR

Chili Frito Pie Whole Kernel Corn Tater Tots Fresh Vegetable of the Day Fruit Cup Fruit Juice

29 **BREAKFAST** 

Breakfast Pizza

OR Pop Tart & Cereal Raisels, Fruit Juice

LUNCH

Chicken Tenders OR

Chicken Fried Steak Wheat Roll

OR
Yogurt Meal
Mashed Potatoes w/Cream Gravy California Blend Fresh Veg. of the Day Fruit Cup, Fruit Juice Halloween Treat

30 **BREAKFAST** 

Mini Cinnamon Crumb Loaf **OR** 

Pop Tart & Cereal Raisels, Fruit Juice

LUNCH

Chicken Alfredo w/ Garlic Toast OR

Corn Dog OR Yogurt Meal Green Beans **Smile Potatoes** Fresh Vegetable of the Day Fruit Cup, Fruit Juice

**BREAKFAST** Sausage Roll & String Cheese OR

Pop Tart & Cereal Raisels, Fruit Juice

Early Release LUNCH Hamburger

Cheeseburger OR Grilled Cheese Sandwich **Baked Chips Baby Carrots** 

Fresh Veg. of the Day Fruit Cup Wiggles Fruit Juice Gels