

# october BIC • ELEMENTARY

Bellaire • Harrison Lane • Oakwood Terrace • Midway Park

NATIONAL School  
Lunch Week October 13-17



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

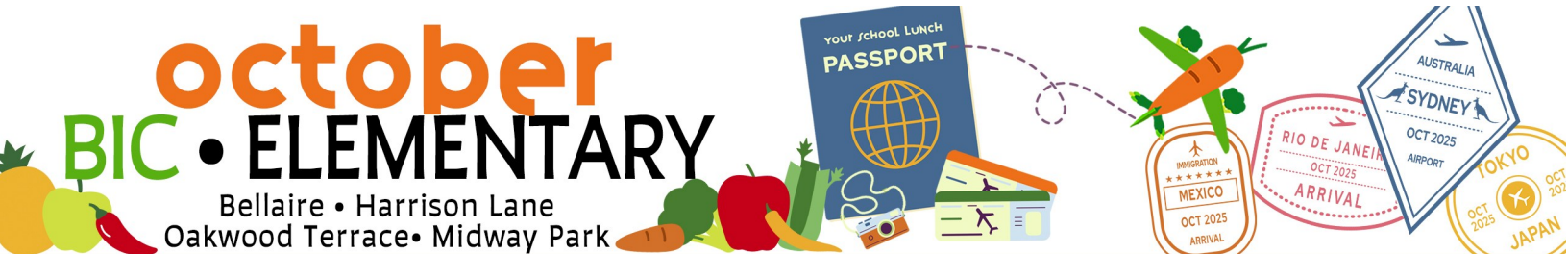
**BREAKFAST:** Pop Tart & Cereal offered daily. Includes choice of milk.    **LUNCH:** Includes entrée, vegetable, fruit & choice of milk.

<p><b>29 BREAKFAST</b> Mini French Toast <b>OR</b> Pop Tart &amp; Cereal Raisels, Fruit Juice</p> <p><b>LUNCH</b> Beef/Cheese Nachos <b>OR</b> Breaded Chicken Sandwich <b>OR</b> Yogurt Meal Refried Beans French Fries Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p><b>30 BREAKFAST</b> Swirled Breakfast Roll <b>OR</b> Pop Tart &amp; Cereal Fruit Cup Fruit Juice</p> <p><b>LUNCH</b> Hamburger/Cheeseburger <b>OR</b> Pizza Crunchers w/ Marinara Dip California Blend Smile Potatoes Fresh Vegetable of the Day Fruit Cup Fruit Juice</p>	<p><b>1 BREAKFAST</b> Baked Muffin <b>OR</b> Pop Tart &amp; Cereal Fruit Cup, Fruit Juice</p> <p><b>LUNCH</b> Chicken Tenders <b>OR</b> Chicken Fried Steak Wheat Roll <b>OR</b> Grilled Cheese Sandwich Mashed Potatoes w/Cream Gravy Green Beans Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p><b>2 BREAKFAST</b> Early Risers Stuffed Hashbrown <b>OR</b> Pop Tart &amp; Cereal Raisels, Fruit Juice</p> <p><b>LUNCH</b> Beef Lasagna <b>OR</b> Breaded Chicken Drumstick Garlic Toast <b>OR</b> Yogurt Meal Steamed Broccoli Corn on the Cob Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p><b>3 BREAKFAST</b> Pancake/Sausage Sandwich <b>OR</b> Pop Tart &amp; Cereal Raisels Fruit Juice</p> <p><b>LUNCH</b> Pepperoni Pizza/Cheese Pizza <b>OR</b> Fish Nuggets w/ Hushpuppies Whole Kernel Corn Sidewinder Fries Fresh Vegetable of the Day Fruit Cup Fruit Juice</p>
<p><b>6 BREAKFAST</b> Soft Filled Cinnamon Toast Crunch Bar <b>OR</b> Pop Tart &amp; Cereal Raisels, Fruit Juice</p> <p><b>LUNCH</b> Pepperoni Calzone/Cheese Calzone w/ Marinara Dip <b>OR</b> Popcorn Chicken w/ Biscuit &amp; Gravy California Blend Sidewinder Fries Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p><b>7 BREAKFAST</b> Mini Waffles <b>OR</b> Pop Tart &amp; Cereal Raisels, Fruit Juice</p> <p><b>LUNCH</b> State Fair Corn Dog <b>OR</b> Hamburger/Cheeseburger <b>OR</b> Yogurt Meal Baked Beans French Fries Fresh Vegetable of the Day Fruit Cup <b>Fair Day Treat</b></p>	<p><b>8 BREAKFAST</b> Glazed Cake Donut <b>OR</b> Pop Tart &amp; Cereal Fruit Cup, Fruit Juice</p> <p><b>LUNCH</b> Chicken Tenders <b>OR</b> Steak Fingers Wheat Roll <b>OR</b> Grilled Cheese Sandwich Mashed Potatoes w/Cream Gravy Whole Kernel Corn Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p><b>9 BREAKFAST</b> Chocolate Filled Crescent <b>OR</b> Pop Tart &amp; Cereal Raisels Fruit Juice</p> <p><b>LUNCH</b> Spaghetti w/ Meat Sauce &amp; Breadstick <b>OR</b> Strawberry Yogurt Parfait w/ Muffin Green Beans Crinkle Cut Carrots Fresh Vegetable of the Day Fruit Cup Fruit Juice</p>	<p><b>10 BREAKFAST</b> Breakfast on a Stick <b>OR</b> Pop Tart &amp; Cereal Raisels Fruit Juice</p> <p><b>LUNCH</b> Pepperoni Pizza/Cheese Pizza <b>OR</b> Turkey &amp; Cheese Croissant Corn on the Cob Smile Potatoes Fresh Vegetable of the Day Fruit Cup Fruit Juice</p>

\*Contains Pork

Menu Subject to change due to product availability





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<div>join us for LUNCH</div> <div>NATIONAL school</div> <div>Lunch week</div> <div>October 13-17</div> <div></div>		<div>15</div> <div>BREAKFAST</div> <div>Breakfast Pizza</div> <div>OR</div> <div>Pop Tart &amp; Cereal Raisels, Fruit Juice</div> <div>LUNCH</div> <div>Chicken Nuggets</div> <div>OR</div> <div>Chicken Fried Steak Wheat Roll</div> <div>OR</div> <div>Grilled Cheese Sandwich</div> <div>Mashed Potatoes w/Cream Gravy</div> <div>Ranch Beans</div> <div>Fresh Vegetable of the Day</div> <div>Fruit Cup, Fruit Juice</div>	<div>16</div> <div>BREAKFAST</div> <div>Fruit Filled Strudel</div> <div>OR</div> <div>Pop Tart &amp; Cereal Raisels, Fruit Juice</div> <div>LUNCH</div> <div>Swt/Sour Chicken w/ Chicken Eggroll &amp; Seasoned Rice</div> <div>OR</div> <div>Fiestada Pizza</div> <div>OR</div> <div>Yogurt Meal</div> <div>Steamed Broccoli</div> <div>Whole Kernel Corn</div> <div>Fresh Vegetable of the Day</div> <div>Fruit Cup, Fruit Juice</div>	<div>17</div> <div>BREAKFAST</div> <div>Cinnamon Roll &amp; String Cheese</div> <div>OR</div> <div>Pop Tart &amp; Cereal Raisels</div> <div>Fruit Juice</div> <div>LUNCH</div> <div>Pepperoni Pizza/ Cheese Pizza</div> <div>OR</div> <div>Hot Dog w/ Chili &amp; Cheese</div> <div>Green Beans</div> <div>French Fries</div> <div>Fresh Vegetable of the Day</div> <div>Fruit Cup</div> <div>Fruit Juice</div>
<div>20</div> <div>BREAKFAST</div> <div>Mini Cinnis</div> <div>OR</div> <div>Pop Tart &amp; Cereal Raisels, Fruit Juice</div> <div>LUNCH</div> <div>Crispy Chicken Drumstick w/ Garlic Texas Toast</div> <div>OR</div> <div>Pepperoni Stuffed Sandwich</div> <div>OR</div> <div>Yogurt Meal</div> <div>Bahama Blend</div> <div>Smile Potatoes</div> <div>Fresh Vegetable of the Day</div> <div>Fruit Cup, Fruit Juice</div>	<div>21</div> <div>BREAKFAST</div> <div>Breakfast Burrito w/ Eggs &amp; Sausage</div> <div>OR</div> <div>Pop Tart &amp; Cereal Raisels</div> <div>Fruit Juice</div> <div>LUNCH</div> <div>Hamburger/ Cheeseburger</div> <div>OR</div> <div>Macaroni &amp; Cheese w/ Wheat Roll</div> <div>California Blend</div> <div>Sidewinder Fries</div> <div>Fresh Vegetable of the Day</div> <div>Fruit Cup</div> <div>Fruit Juice</div>	<div>22</div> <div>BREAKFAST</div> <div>Mini Donut Rounds</div> <div>OR</div> <div>Pop Tart &amp; Cereal</div> <div>Fruit Cup, Fruit Juice</div> <div>LUNCH</div> <div>Chicken Smackers</div> <div>OR</div> <div>Steak Fingers</div> <div>Wheat Roll</div> <div>OR</div> <div>Grilled Cheese Sandwich</div> <div>Mashed Potatoes w/Cream Gravy</div> <div>Green Beans</div> <div>Fresh Vegetable of the Day</div> <div>Fruit Cup, Fruit Juice</div>	<div>23</div> <div>BREAKFAST</div> <div>Yogurt Cup w/ Grahams</div> <div>OR</div> <div>Pop Tart &amp; Cereal</div> <div>Fruit Cup, Fruit Juice</div> <div>LUNCH</div> <div>Soft Beef Tacos w/ Mexican Rice</div> <div>OR</div> <div>Breaded Mozzarella Cheese Sticks w/ Marinara Dip</div> <div>Steamed Broccoli</div> <div>Refried Beans</div> <div>Fresh Vegetable of the Day</div> <div>Fruit Cup</div> <div>Fruit Juice</div>	<div>24</div> <div>BREAKFAST</div> <div>Bagel filled w/ Cream Cheese</div> <div>OR</div> <div>Pop Tart &amp; Cereal Raisels</div> <div>Fruit Juice</div> <div>LUNCH</div> <div>Pepperoni Pizza/ Cheese Pizza</div> <div>OR</div> <div>Western BBQ Beef Sandwich</div> <div>Onion Rings</div> <div>Whole Kernel Corn</div> <div>Fresh Vegetable of the Day</div> <div>Fruit Cup</div> <div>Fruit Juice</div>
<div>27</div> <div>BREAKFAST</div> <div>Mini Pancakes</div> <div>OR</div> <div>Pop Tart &amp; Cereal Raisels, Fruit Juice</div> <div>LUNCH</div> <div>Cheese Enchiladas w/ Mexican Rice</div> <div>OR</div> <div>Breaded Chicken Sandwich</div> <div>Ranch Beans</div> <div>French Fries</div> <div>Fresh Vegetable of the Day</div> <div>Fruit Cup</div> <div>Fruit Juice</div>	<div>28</div> <div>BREAKFAST</div> <div>Pull-Apart Donut</div> <div>OR</div> <div>Pop Tart &amp; Cereal</div> <div>Fruit Cup, Fruit Juice</div> <div>LUNCH</div> <div>Pepperoni Pizza/ Cheese Pizza</div> <div>OR</div> <div>Chili Frito Pie</div> <div>Whole Kernel Corn</div> <div>Tater Tots</div> <div>Fresh Vegetable of the Day</div> <div>Fruit Cup</div> <div>Fruit Juice</div>	<div>29</div> <div>BREAKFAST</div> <div>Breakfast Pizza</div> <div>OR</div> <div>Pop Tart &amp; Cereal Raisels, Fruit Juice</div> <div>LUNCH</div> <div>Chicken Tenders</div> <div>OR</div> <div>Chicken Fried Steak Wheat Roll</div> <div>OR</div> <div>Yogurt Meal</div> <div>Mashed Potatoes w/Cream Gravy</div> <div>California Blend</div> <div>Fresh Veg. of the Day</div> <div>Fruit Cup, Fruit Juice</div> <div>Halloween Treat</div>	<div>30</div> <div>BREAKFAST</div> <div>Mini Cinnamon Crumb Loaf</div> <div>OR</div> <div>Pop Tart &amp; Cereal Raisels, Fruit Juice</div> <div>LUNCH</div> <div>Chicken Alfredo w/ Garlic Toast</div> <div>OR</div> <div>Corn Dog</div> <div>OR</div> <div>Yogurt Meal</div> <div>Green Beans</div> <div>Smile Potatoes</div> <div>Fresh Vegetable of the Day</div> <div>Fruit Cup, Fruit Juice</div>	<div>31</div> <div>BREAKFAST</div> <div>*Sausage Roll &amp; String Cheese</div> <div>OR</div> <div>Pop Tart &amp; Cereal Raisels, Fruit Juice</div> <div>Early Release LUNCH</div> <div>Hamburger</div> <div>Cheeseburger</div> <div>OR</div> <div>Grilled Cheese Sandwich</div> <div>Baked Chips</div> <div>Baby Carrots</div> <div>Fresh Veg. of the Day</div> <div>Fruit Cup</div> <div>Wiggles Fruit Juice Gels</div>

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