

october

COLLEGIATE ACADEMY OF HEB ISD

National School Lunch week

October 13-17



BREAKFAST: Student \$2.25 • Adult: a la carte **LUNCH:** Student \$3.75 • Adult: \$5.75

<p>29</p> <p>BREAKFAST Pop Tart & Cereal Raisels Fruit Juice</p> <p>LUNCH Chicken Alfredo w/ Garlic Toast OR Strawberry Yogurt Parfait w/ Muffin Green Beans Fresh Vegetable of the Day Fruit Cup Fruit Juice</p>	<p>30</p> <p>BREAKFAST Chicken -n- Waffles Fresh Fruit Fruit Juice</p> <p>LUNCH Hamburger/ Cheeseburger OR Grilled Cheese Sandwich Smile Potatoes French Fries Whole Kernel Corn Fruit Cup Fruit Juice</p>	<p>1</p> <p>BREAKFAST Mini Cinnis OR Pop Tart & Cereal Fresh Fruit, Fruit Juice</p> <p>LUNCH Chicken Tenders Wheat Roll OR Fruit/Cheese Plate w/ Muffin Mashed Potatoes w/Cream Gravy Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p>2</p> <p>BREAKFAST French Toast & Sausage Link Raisels Fruit Juice</p> <p>LUNCH Soft Beef Tacos w/ Mexican Rice OR Yogurt Meal w/ Grahams Refried Beans Fresh Vegetable of the Day Fruit Cup Fruit Juice</p>	<p>3</p> <p>BREAKFAST Breakfast on a Stick Raisels Fruit Juice</p> <p>LUNCH Crispy Chicken Sandwich OR Blueberry Yogurt Parfait w/Muffin Tater Tots Fresh Vegetable of the Day Fruit Cup Fruit Juice</p>
<p>6</p> <p>BREAKFAST Pop Tart & Cereal Raisels Fruit Juice</p> <p>LUNCH Beef/Cheese Nachos OR Strawberry Yogurt Parfait w/ Muffin Refried Beans Fresh Vegetable of the Day Fruit Cup Fruit Juice</p>	<p>7</p> <p>BREAKFAST Donut Rounds Fresh Fruit Fruit Juice</p> <p>LUNCH State Fair Corn Dogs OR Mango Yogurt Parfait w/ Muffin Tater Tots Fresh Vegetable of the Day Fruit Cup Fruit Juice Fair Day Treat</p>	<p>8</p> <p>BREAKFAST Glazed Donut & String Cheese Raisels, Fruit Juice</p> <p>LUNCH Chicken Nuggets Wheat Roll OR Grilled Cheese Sandwich Mashed Potatoes w/Cream Gravy Fresh Vegetable of the Day Fruit Cup Fruit Juice</p>	<p>9</p> <p>BREAKFAST Waffles w/ *Bacon Strips Raisels Fruit Juice</p> <p>LUNCH Beef Lasagna Wheat Roll OR Blueberry Yogurt Parfait w/ Muffin Green Beans Corn on the Cob Fruit Cup Fruit Juice</p>	<p>10</p> <p>BREAKFAST Sausage/ & Cheese Biscuit Sandwich Raisels Fruit Juice</p> <p>LUNCH Chilli Frito Pie Garlic Toast OR Yogurt Meal w/ Grahams Whole Kernel Corn Tater Tots 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>PROCESSION</div><div>MEXICO</div><div>OCT 2025</div><div>ARRIVAL</div></div><div><div>TIO DE JANEIRO</div><div>OCT 2025</div><div>ARRIVAL</div></div><div><div>your school Lunch</div><div>PASSPORT</div></div><div><div>OKYO</div><div>OCT 2025</div><div>JAPA</div></div><div><div>AUSTRALIA</div><div>SYDNEY</div><div>OCT 2025</div><div>ARRIVE</div></div><div><div><div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div></div></div><div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div></div></div></div>		<div>15 BREAKFAST</div> <div>Pop Tart & Cereal</div> <div>Raisels, Fruit Juice</div> <div>LUNCH</div> <div>Chicken Tenders</div> <div>Wheat Roll</div> <div>OR</div> <div>Strawberry Yogurt</div> <div>Parfait w/ Muffin</div> <div>Mashed Potatoes</div> <div>w/Cream Gravy</div> <div>Fresh Vegetable</div> <div>of the Day</div> <div>Fruit Cup, Fruit Juice</div>	<div>16 BREAKFAST</div> <div>Swirled</div> <div>Breakfast Roll</div> <div>Fresh Fruit, Fruit Juice</div> <div>LUNCH</div> <div>Beef Taco Snack</div> <div>Mexican Rice</div> <div>OR</div> <div>Grilled Cheese</div> <div>Sandwich</div> <div>Refried Beans</div> <div>Fresh Vegetable</div> <div>of the Day</div> <div>Fruit Cup, Fruit Juice</div>	<div>17 BREAKFAST</div> <div>Pancakes w/</div> <div>Sausage Link</div> <div>Raisels</div> <div>Fruit Juice</div> <div>LUNCH</div> <div>Italian Sub</div> <div>Sandwich</div> <div>OR</div> <div>Yogurt Meal</div> <div>w/ Muffin</div> <div>Smile Potatoes</div> <div>Fresh Veg. of the Day</div> <div>Fruit Cup, Fruit Juice</div>
<div>20 BREAKFAST</div> <div>Pop Tart & Cereal</div> <div>Raisels</div> <div>Fruit Juice</div> <div>LUNCH</div> <div>Swt/Sour Chicken</div> <div>w/ Chicken</div> <div>Egg Roll</div> <div>Seasoned Rice</div> <div>OR</div> <div>Strawberry Yogurt</div> <div>Parfait w/ Muffin</div> <div>Green Beans</div> <div>Fresh Vegetable</div> <div>of the Day</div> <div>Fruit Cup, Fruit Juice</div>	<div>21 BREAKFAST</div> <div>* Breakfast Taco w/</div> <div>Eggs/Bacon & Tots</div> <div>Raisels</div> <div>Fruit Juice</div> <div>LUNCH</div> <div>Hamburger/</div> <div>Cheeseburger</div> <div>OR</div> <div>Macaroni & Cheese</div> <div>w/ Hushpuppies</div> <div>Smile Potatoes</div> <div>Fresh Vegetable</div> <div>of the Day</div> <div>Fruit Cup</div> <div>Fruit Juice</div>	<div>22 BREAKFAST</div> <div>Cinnamon Roll &</div> <div>String Cheese</div> <div>Fresh Fruit</div> <div>Fruit Juice</div> <div>LUNCH</div> <div>Chicken Nuggets</div> <div>Wheat Roll</div> <div>OR</div> <div>Fruit/Cheese Plate</div> <div>w/ Muffin</div> <div>Mashed Potatoes</div> <div>w/Cream Gravy</div> <div>Fresh Vegetable</div> <div>of the Day</div> <div>Fruit Cup, Fruit Juice</div>	<div>23 BREAKFAST</div> <div>Pop Tart &</div> <div>Cereal</div> <div>Raisels</div> <div>Fruit Juice</div> <div>LUNCH</div> <div>*Pepperoni</div> <div>Calzone/</div> <div>Cheese Calzone</div> <div>w/ Marinara Dip</div> <div>Whole</div> <div>Kernel Corn</div> <div>Fresh Vegetable</div> <div>of the Day</div> <div>Fruit Cup</div> <div>Fruit Juice</div>	<div>24 BREAKFAST</div> <div>Chicken Biscuit</div> <div>Sandwich</div> <div>Raisels, Fruit Juice</div> <div>LUNCH</div> <div>Ham/Cheese</div> <div>Croissant</div> <div>OR</div> <div>Grilled Cheese</div> <div>Sandwich</div> <div>Baked Beans</div> <div>Tater Tots</div> <div>Fresh Vegetable</div> <div>of the Day</div> <div>Fruit Cup</div> <div>Fruit Juice</div>
<div>27 BREAKFAST</div> <div>Pop Tart & Cereal</div> <div>Raisels</div> <div>Fruit Juice</div> <div>LUNCH</div> <div>Beef/Cheese</div> <div>Nachos</div> <div>OR</div> <div>Strawberry Yogurt</div> <div>Parfait w/ Muffin</div> <div>Refried Beans</div> <div>Fresh Vegetable</div> <div>of the Day</div> <div>Fruit Cup</div> <div>Fruit Juice</div>	<div>28 BREAKFAST</div> <div>Baked Muffin</div> <div>Raisels, Fruit Juice</div> <div>LUNCH</div> <div>Chopped BBQ</div> <div>Beef Sandwich</div> <div>OR</div> <div>Grilled Cheese</div> <div>Sandwich</div> <div>Ranch Beans</div> <div>Tater Tots</div> <div>Fresh Vegetable</div> <div>of the Day</div> <div>Fruit Cup</div> <div>Fruit Juice</div> <div><div><div></div><div></div><div></div><div></div><div></div></div></div>	<div>29 BREAKFAST</div> <div>Breakfast Pizza</div> <div>Raisels, Fruit Juice</div> <div>LUNCH</div> <div>Chicken Tenders</div> <div>Wheat Roll</div> <div>OR</div> <div>Mango Yogurt</div> <div>Parfait w/ Muffin</div> <div>Mashed Potatoes</div> <div>w/Cream Gravy</div> <div>Green Beans</div> <div>Fruit Cup</div> <div>Fruit Juice</div> <div>Halloween Treat</div>	<div>30 BREAKFAST</div> <div>Pop Tart & Cereal</div> <div>Fresh Fruit</div> <div>Fruit Juice</div> <div>LUNCH</div> <div>Crispy Chicken</div> <div>Sandwich</div> <div>OR</div> <div>Grilled Cheese</div> <div>Sandwich</div> <div>Smile Potatoes</div> <div>Fresh Vegetable</div> <div>of the Day</div> <div>Fruit Cup</div> <div>Fruit Juice</div>	<div>31 BREAKFAST</div> <div>*Sausage Rolls</div> <div>Raisels, Fruit Juice</div> <div>LUNCH</div> <div>Hamburger</div> <div>Cheeseburger</div> <div>OR</div> <div>Yogurt Meal</div> <div>w/ Grahams</div> <div>Baked Chips</div> <div>Baby Carrots</div> <div>Fresh Vegetable</div> <div>of the Day</div> <div>Fruit Cup</div> <div>Wiggles Frt. Juice Gels</div> <div><div><div></div><div></div><div></div><div></div><div></div></div></div>

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