



Always Innovating

**South
Texas ISD**

RIO GRANDE VALLEY | GRADES 6-12

BREAKFAST

OCTOBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	BREAKFAST MEAL PRICES: STUDENTS FREE!!!! A LA CARTE ENTREE \$2.50 EXTRA MILK \$1.00 EXTRA FRUIT \$.50 MILK CHOICES: 1% Low Fat Milk Fat Free Chocolate Milk Additional Items Offered Uncrustables Menu subject to change without notice STISD Child Nutrition Dept. (956)514-4230
WEEK 1				1 Tamales Muffins Fresh Fruit Juice Milk Choice	2 Biscuit Sausage/Cheese Cereal Fresh Fruit Juice Milk Choice	
WEEK 2	5 Uncrustable PB&J Cereal Fresh Fruit Juice Milk Choice	6 Kolache-Sausage & Cheese Banana Bread Slice Fresh fruit Juice Milk Choice	7 Pancake on a Stick Snack' n Waffle-Blueberry Fresh Fruit Juice Milk Choice	8 Mini Pancakes w/Sausage patty Muffins Fresh Fruit Juice Milk Choice	9 French Toast Sticks Cereal Fresh Fruit Juice Milk Choice	
WEEK 1	12 Breakfast Bar W/Yogurt Cereal Fresh fruit Juice Milk choice	13 Potato Egg Taco Honey Bun Fresh Fruit Juice Milk Choice	14 Breakfast Ham & Cheese Croissant Pop Tarts Fresh Fruit Juice Milk Choice	15 Tamales Muffins Fresh Fruit Juice Milk Choice	16 Biscuit Sausage/Cheese Cereal Fresh Fruit Juice Milk Choice	
WEEK 2	19 Uncrustable PB&J Cereal Fresh Fruit Juice Milk Choice	20 Kolache-Sausage & Cheese Banana Bread Slice Fresh fruit Juice Milk Choice	21 Pancake on a Stick Snack' n Waffle-Blueberry Fresh Fruit Juice Milk Choice	22 Mini Pancakes w/Sausage patty Muffins Fresh Fruit Juice Milk Choice	23 French Toast Sticks Cereal Fresh Fruit Juice Milk Choice	
WEEK 1	26 Breakfast Bar W/Yogurt Cereal Fresh fruit Juice Milk choice	27 Potato Egg Taco Honey Bun Fresh Fruit Juice Milk Choice	28 Breakfast Ham & Cheese Croissant Pop Tarts Fresh Fruit Juice Milk Choice	29 Tamales Muffins Fresh Fruit Juice Milk Choice	30 Biscuit Sausage/Cheese Cereal Fresh Fruit Juice Milk Choice	

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

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, 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.

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LUNCH

OCTOBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
WEEK 1				1 Chicken Alfredo Broccoli Normandy Romaine Salad Fresh Fruit Applesauce Milk Choice	2 Dorito Bowl Corn Baby Carrots Fresh Fruit Milk Choice	<u>BREAKFAST MEAL</u> <u>PRICES:</u> STUDENTS FREE!!!! <u>A LA CARTE</u> ENTREE \$2.50 EXTRA MILK \$1.00 EXTRA FRUIT \$.50 <u>MILK CHOICES:</u> 1% Low Fat Milk Fat Free Chocolate Milk STISD Child Nutrition Dept. (956)514-4230 <u>Menu subject to change without notice</u>
WEEK 2	5 Tostito Bowl Corn Cooked Carrots Fresh fruit Peach Slices Milk Choice	6 Orange Chicken w/Fried Rice Broccoli Baby Carrots Fresh Fruit Fruit Cocktail Milk Choice	7 Street Tacos Pinto Beans Baby Carrots Rice Banana Mandarins Milk Choice	8 Beef & Cheese Lasagna Twisted Cheese Breadstick Green Beans Romaine Salad Fresh Fruit Apple Sauce Milk Choice	9 Chicken Strip Basket Green Beans Baby Carrots Fresh Fruit Pineapple Tidbits Milk Choice	
WEEK 3	12 Rotini Pasta W/ Sauce Garlic Stick Cooked Carrots Romaine Salad Fresh apple Peach Slices Milk Choice	13 Nachos corn Cucumbers Fresh Fruit Applesauce Milk Choice	14 Crunchy Tacos Pinto Beans Spanish Rice Romaine Salad Fresh Fruit Mandarins Milk Choice	15 Cheeseburger Broccoli Cheddar Soup Tator Tots Romaine Salad Baby Carrots Fresh Fruit Fruit Cocktail Milk Choice	16 Fajita Burrito Bowl Green Beans Baby Carrots Fresh Fruit Milk Choice	
WEEK 1	19 Popcorn Chicken Creamy Mashed Potatoes Cooked Carrots Dinner Roll Fresh fruit Peach Slices Milk Choice	20 Chicken Wings Tator Tots Romaine Salad Baby Carrots Fresh Fruit Fruit Cocktail Milk Choice	21 Cheese Enchiladas Pinto Beans Spanish Rice Romaine Salad Fresh Fruit Diced Pears Milk Choice	22 Chicken Alfredo Broccoli Normandy Romaine Salad Fresh Fruit Applesauce Milk Choice	23 Dorito Bowl Corn Baby Carrots Fresh Fruit Milk Choice	
WEEK 2	26 Tostito Bowl Corn Cooked Carrots Fresh fruit Peach Slices Milk Choice	27 Orange Chicken w/Fried Rice Broccoli Baby Carrots Fresh Fruit Fruit Cocktail Milk Choice	28 Street Tacos Pinto Beans Baby Carrots Rice Banana Mandarins Milk Choice	29 Beef & Cheese Lasagna Twisted Cheese Breadstick Green Beans Romaine Salad Fresh Fruit Apple Sauce Milk Choice	30 Chicken Strip Basket Green Beans Baby Carrots Fresh Fruit Pineapple Tidbits Milk Choice	

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PIZZA & MORE

OCTOBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	BREAKFAST MEAL
W E E K 1				1 Spicy Chicken Sandwich Pizza Chef Salad Broccoli Normandy Romaine Salad Fresh Fruit Applesauce Milk Choice	2 Pizza Buffalo Boneless Wings /Waffle Fries Green Beans Baby Carrots Fresh Fruit Pineapple Tidbits Milk Choice	PRICES: STUDENTS FREE!!!! A LA CARTE ENTREE \$2.50 EXTRA MILK \$1.00 EXTRA FRUIT \$.50 MILK CHOICES: 1% Low Fat Milk Fat Free Chocolate Milk
W E E K 2	5 Chicken Tenders Pizza Creamy Mashed Potatoes Cooked Carrots Dinner Roll Fresh Fruit Peach Slices Milk Choice	6 Cheeseburger Pizza Chef Salad Baby Carrots Tator Tots Fresh Fruit Fruit Cocktail Milk Choice	7 Pizza Burritos Chef Salad Pinto Beans Romaine Salad Fresh Fruit Mandarins Milk Choice	8 Spicy Chicken Sandwich Pizzq Chef Salad Green Beans Romaine Salad Fresh Fruit Applesauce Milk Choice	8 Pizza W/Bufalo Chicken Wings Cheese Sticks Green Beans Baby Carrots Fresh Fruit Pineapple Tidbits Milk Choice	
W E E K 3	12 Mini Corn Dogs Pizza Creamy Mashed Potatoes Cooked Carrots Fresh Fruit Peach Slices Milk Choice	13 Pizza Pizza Cheese Crunchers Chef Salad corn Cucumbers Fresh Fruit Fruit Cocktail Milk Choice	14 Pizza Burritos Chef Salad Pinto Beans Romaine Salad Fresh Fruit Mandarins Milk Choice	15 Spicy Chicken Sandwich Pizza Chef Salad Tator Tots Romaine Salad Fresh Fruit Applesauce Milk Choice	16 Pizza Sub Sandwich Green Beans Baby Carrots Fresh Fruit Pineapple Tidbits Milk Choice	
W E E K 1	19 Chicken Tenders Pizza Creamy Mashed Potatoes Cooked Carrots Dinner Roll Fresh Fruit Peach Slices Milk Choice	20 Cheeseburger Pizza Chef Salad Romaine Salad Tator Tots Fresh Fruit Fruit Cocktail Milk Choice	21 Pizza Burrito Ham & Cheese Wrap Pinto Beans Romaine Salad Fresh Fruit Diced Pears Milk Choice	22 Spicy Chicken Sandwich Pizza Chef Salad Broccoli Normandy Romaine Salad Fresh Fruit Applesauce Milk Choice	23 Pizza Buffalo Boneless Wings /Waffle Fries Green Beans Baby Carrots Fresh Fruit Pineapple Tidbits Milk Choice	STISD Child Nutrition Dept. (956)514-4230
W E E K 2	26 Chicken Tenders Pizza Creamy Mashed Potatoes Cooked Carrots Dinner Roll Fresh Fruit Peach Slices Milk Choice	27 Cheeseburger Pizza Chef Salad Baby Carrots Tator Tots Fresh Fruit Fruit Cocktail Milk Choice	28 Pizza Burritos Chef Salad Pinto Beans Romaine Salad Fresh Fruit Mandarins Milk Choice	29 Spicy Chicken Sandwich Pizzq Chef Salad Green Beans Romaine Salad Fresh Fruit Applesauce Milk Choice	30 Pizza W/Bufalo Chicken Wings Cheese Sticks Green Beans Baby Carrots Fresh Fruit Pineapple Tidbits Milk Choice	Menu subject to change without notice

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