

HEADSTART & PREK MENU

SEPT

MENU 2022

GEAR UP FOR DANCE



ANNOUNCEMENTS:

Breakfast free Pre-K-5th
 \$2.10 grades 6-12th
 Lunch \$3.35 paid, \$.40 reduced
 \$4.50 for non-students & adults.
 Breakfast is served with a choice of milk, juice and fruit. Lunch is served with a choice of milk.
 Menu is subject to change without notice due to weekly deliveries

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5TH
LABOR DAY

6TH Sausage Biscuit
Steak Fingers
 Gravy
 Mashed Potatoes
 Diced Peaches

7TH French Toast Sticks
Mini Corn Dogs
 Tater Tots
 Cinnamon Applesauce

1ST Cereal
Breaded Mozzarella Sticks
 Marinara Sauce
 Garden Salad
 Diced Pears

2ND Waffles
Rolled Taco
 Queso Cheese
 Seasoned Corn
 Rosy Applesauce

8TH Cereal
Grilled Cheese
 Carrot Coins
 Mixed Fruit

9TH Waffles
Hamburger
 Sweet Potato Tots
 Banana

12TH Muffin
Corn Dogs
 Smile Fries
 Fruit Cup

13TH Mini Pancakes
Pepperoni Melt
 Beans
 Apricots

14TH Kolache
Pizza
 Carrot Coins
 Applesauce

15TH Cereal
Chicken Burgers
 Green Beans
 Fruity Jello

16TH
PIONEER REUNION NO SCHOOL

19TH Cinni Minis
Cheeseburgers
 Potato Wedges
 Strawberries

20TH Mini Pancakes
Tex Mex Stack
 Refried Beans
 Hot Cinnamon Apples

21ST PBJ
Hot Dogs
 French Fries
 Snowball Salad

22ND Cereal
Popcorn Chicken
 Seasoned Corn
 Apple Slices

23RD Waffles
French Bread Pizza
 Green Beans
 Diced Peaches

26TH Pancake Wrap
Cheeseburgers
 Curly Fries
 Orange Smiles

27TH Sausage Biscuit
Chicken N Waffles
 Hash Brown
 Strawberries & Bananas

28TH French Toast Sticks
Chicken Nuggets
 Mac N Cheese
 Carrot Coins
 Pineapple Tidbits

29TH Cereal
Breaded Mozzarella Sticks
 Marinara Sauce
 Garden Salad
 Diced Pears

30TH Waffles
Rolled Taco
 Queso Cheese
 Seasoned Corn
 Rosy Applesauce



Food and Nutrition Division
 National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Updated 9/1/2022
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K-5 Menu

SEPT

MENU 2022

GEAR UP FOR DANCE



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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5
LABOR DAY

6 Sausage Biscuit
Steak Fingers
 Gravy Roll
 Mashed Potatoes
 Green Beans
 Diced Peaches

7 French Toast Sticks
Cheesy Breadsticks
 Marinara Sauce
 Cheesy Broccoli
 Cinnamon Applesauce

8 Cereal
Chicken Bites
 Celery Sticks
 Carrot Coins
 Mixed Fruit
 Chips
 Sherbet Cup

9 Chocolate Donuts
Breaded Drumstick
 Biscuit
 Garden Salad
 Sweet Potato Tots
 Bananas

12 Pop Tarts
Corn Dogs
 Smile Fries
 Tiny Tomato Cups
 Fruit Cup

13 Mini Pancakes
Nacho Grande
 Refried Beans
 Cucumbers
 Salsa
 Apricots
 Ice Cream Cup

14 Kolache
Pizza
Carrot Coins
 Fresh Zucchini
 Applesauce
 Chocolate Chip Cookie

15 Cereal
Chicken Burgers
 Green Beans
 Garden Salad
 Fruity Jello

16
PIONEER REUNION NO SCHOOL

19 Cinni Minis
Cheeseburgers
 Potato Wedges
 Okra
 Strawberries

20 Honey Bun
Tex Mex Stack
 Refried Beans
 Baby Carrots
 Salsa
 Hot Cinnamon Apples
 Sherbet Cup

21 PBJ
Hot Dogs
 French Fries
 Tiny Tomato Cups
 Snowball Salad

22 Cereal
Popcorn Chicken Roll
 Seasoned Corn
 Broccoli Salad
 Apple Slices
 Brownie Cookie

23 Waffles
French Bread Pizza
 Green Beans
 Garden Salad
 Diced Peaches

26 Pancake Wrap
Cheeseburgers
 Curly Fries
 Ranch Style Beans
 Orange Smiles
 Pudding

27 Sausage Biscuit
Chicken N Waffles
 Hash Brown
 Fresh Veggie Cup
 Strawberries & Bananas

28 French Toast Sticks
Chicken Nuggets
 Mac N Cheese
 Carrot Coins
 Fresh Squash
 Grapes

29 Cereal
Breaded Mozzarella Sticks
 Marinara Sauce
 Garden Salad
 Tiny Tomato Cup
 Diced Pears

30 Chocolate Donuts
X-Treme Burrito
 Queso Cheese
 Seasoned Corn
 Cucumbers
 Rosy Applesauce
 Carnival Cookie



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SECOND LUNCH OPTION

SEPT

MENU 2022

GEAR UP FOR DANCE



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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Blank

Blank

Blank

1 Nacho Grande

2 Rolled Taco Chips

5
LABOR DAY

6 Turkey Stack

7 Mini Corn Dogs Tater Tots

8 Grilled Cheese & Chips

9 Nacho Dippers

12 Cheeseburgers

13 Pepperoni Melt

14 Texas Basket

15 PBJ Lunchable

16
PIONEER REUNION NO SCHOOL

19 Steak Fingers

20 Hot Ham & Cheese

21 Turkey Stack

22 Walking Taco

23 Meatball Sub

26 Nacho Dippers

27 Chicken Sandwich

28 PBJ Lunchable

29 Nacho Grande

30 Rolled Taco Chips



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JR. HIGH MENU

SEPT

MENU 2022

GEAR UP FOR DANCE



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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5
LABOR DAY

6 French Toast & Sausage
Steak Fingers
 Gravy Roll
 Mashed Potatoes
 Green Beans
 Diced Peaches

7 Power Breakfast
Cheesy Breadsticks
 Marinara Sauce
 Cheesy Broccoli
 Cinnamon Applesauce

8 Pancake Wrap
Chicken Bites
 Celery Sticks
 Carrot Coins
 Mixed Fruit
 Chips
 Sherbet Cup

9 Cinnamon Roll & Sausage
Breaded Drumstick
 Biscuit
 Garden Salad
 Sweet Potato Tots
 Bananas

12 Pancakes & Bacon
Corn Dogs
 Smile Fries
 Tiny Tomato Cups
 Fruit Cup

13 Breakfast Combo
Nacho Grande
 Refried Beans
 Cucumbers
 Salsa
 Apricots
 Ice Cream Cup

14 Dutch Waffle & Sausage
Pizza
Carrot Coins
 Fresh Zucchini
 Applesauce
 Chocolate Chip Cookie

15 Breakfast Pizza
Chicken Burgers
 Green Beans
 Garden Salad
 Fruity Jello

16
PIONEER REUNION NO SCHOOL

19 Kolache
Cheeseburgers
 Potato Wedges
 Okra
 Strawberries

20 Breakfast Burrito
Tex Mex Stack
 Refried Beans
 Baby Carrots
 Salsa
 Hot Cinnamon Apples
 Sherbet Cup

21 Early Bird Sandwich
Hot Dogs
 French Fries
 Tiny Tomato Cups
 Snowball Salad

22 Waffles & Sausage
Popcorn Chicken Roll
 Seasoned Corn
 Broccoli Salad
 Apple Slices
 Brownie Cookie

23 Breakfast Taquitos
French Bread Pizza
 Green Beans
 Garden Salad
 Diced Peaches

26 Breakfast Pizza
Cheeseburgers
 Curly Fries
 Ranch Style Beans
 Orange Smiles
 Pudding

27 French Toast & Sausage
Chicken N Waffles
 Hash Brown
 Fresh Veggie Cup
 Strawberries & Bananas

28 Power Breakfast
Chicken Nuggets
 Mac N Cheese
 Carrot Coins
 Fresh Squash
 Grapes

29 Pancake Wrap
Breaded Mozzarella Sticks
 Marinara Sauce
 Garden Salad
 Tiny Tomato Cup
 Diced Pears

30 Cinnamon Roll & Sausage
X-Treme Burrito
 Queso Cheese
 Seasoned Corn
 Cucumbers
 Rosy Applesauce
 Carnival Cookie



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HIGH SCHOOL MENU

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5
LABOR DAY

6 French Toast & Sausage
Steak Fingers
 Gravy Roll
 Mashed Potatoes
 Green Beans
 Diced Peaches

7 Power Breakfast
Cheesy Breadsticks
 Marinara Sauce
 Cheesy Broccoli
 Cinnamon Applesauce

8 Pancake Wrap
Chicken Bites
 Celery Sticks
 Carrot Coins
 Mixed Fruit
 Chips
 Sherbet Cup

9 Cinnamon Roll & Sausage
Breaded Drumstick
 Biscuit
 Garden Salad
 Sweet Potato Tots
 Bananas

12 Pancakes & Bacon
Corn Dogs
 Smile Fries
 Tiny Tomato Cups
 Fruit Cup

13 Breakfast Combo
Nacho Grande
 Refried Beans
 Cucumbers
 Salsa
 Apricots
 Ice Cream Cup

14 Dutch Waffle & Sausage
Pizza
Carrot Coins
 Fresh Zucchini
 Applesauce
 Chocolate Chip Cookie

15 Breakfast Pizza
Chicken Burgers
 Chips
 Green Beans
 Garden Salad
 Fruity Jello

16
PIONEER REUNION NO SCHOOL

19 Kolache
Cheeseburgers
 Potato Wedges
 Okra
 Strawberries

20 Breakfast Burrito
Tex Mex Stack
 Refried Beans
 Baby Carrots
 Salsa
 Spanish Rice
 Hot Cinnamon Apples
 Sherbet Cup

21 Early Bird Sandwich
Hot Dogs
 French Fries
 Tiny Tomato Cups
 Snowball Salad

22 Waffles & Sausage
Popcorn Chicken Roll
 Seasoned Corn
 Broccoli Salad
 Apple Slices
 Brownie Cookie

23 Breakfast Taquitos
French Bread Pizza
 Green Beans
 Garden Salad
 Diced Peaches

26 Breakfast Pizza
Cheeseburgers
 Curly Fries
 Ranch Style Beans
 Orange Smiles
 Pudding

27 French Toast & Sausage
Chicken N Waffles
 Hash Brown
 Fresh Veggie Cup
 Strawberries & Bananas

28 Power Breakfast
Chicken Nuggets
 Mac N Cheese
 Carrot Coins
 Fresh Squash
 Grapes

29 Pancake Wrap
Breaded Mozzarella Sticks
 Marinara Sauce
 Garden Salad
 Tiny Tomato Cup
 Diced Pears

30 Cinnamon Roll & Sausage
X-Treme Burrito
 Queso Cheese
 Seasoned Corn
 Cucumbers
 Rosy Applesauce
 Carnival Cookie



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