

SEPTEMBER

2018

GOOD EATS AT

The Wildcat
Café
Junior High
High School

SPECIAL ANNOUNCEMENTS

All students are offered a complete meal to include the five (5) food groups. Protein, Dairy, Vegetable, Fruit and Grains. Students must choose three (3) of the five (5) to be considered a full meal, but are encourage to take all five (5). One (1) of the items chosen must be a fruit or vegetable.

A choice of milk is offered daily.

Menus are subject to change due to availability.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



This product was funded by USDA.
This institution is an equal opportunity provider.

M	T	W	TH	F
LABOR DAY NO SCHOOL 3	Chicken Fajitas Beef & Bean Tamale Pie Roasted Peppers & Onions Sante Fe Vegetables Fruit 4	Ham and Cheese Melt on Pretzel Roll Chicken & Noodles Mixed Vegetables Fruit 5	Chicken Strips w/ Waffles Baked Potato w/Beef Tips Seasoned Carrots 6	Mini Corn Dogs Pepperoni Pizza Hot Wings Potato Wedges Fruit Sidekicks 7
Steak Fingers w/Roll Breaded Pork Chop w/Roll Mashed Potatoes w/Gravy Peas Fruit 10	Beefy Nachos Chicken Crisпитos Refried Beans Spanish Rice (HS ONLY) Fruit 11	Lasagna French Bread Pizza Pizza Green Beans Fruit 12	Hawaiian Crispy Wrap Chicken Fried Steak on a Bun Carrot Coins Fruit 13	Popcorn Chicken w/Roll Sloppy Farmer Joes Sweet Potato Fries w/Dipping Sauce Fruit 14
Chicken Fried Steak Country Pot Pie Mashed Potatoes w/Gravy Green Beans Fruit 17	Chicken Alfredo w/Breadstick Italian Turkey & Cheese Panini Italian Vegetables Fruit 18	Taco Soup w/Cornbread Cheesy Enchiladas Charro Beans Fruit 19	Crispy Baked Chicken Stuffed Crust Hamburger Pizza Steamed Broccoli Fruit 20	Pizzaburger on a Bun Chicken Sandwich (Regular or Spicy) Crinkle Cut Fries Fruit Sidekicks 21
Chicken Strips w/Texas Toast BBQ Beef or Pork on a Bun Baked Beans Fruit 24	Beefy Tacos Xtreme Burrito w/White Cheese Sauce Mexicali Corn Fruit 25	Asian Beef Stir-Fry w/Egg Roll General Tso's Chicken w/Egg Roll Fried Rice Oriental Vegetables Fruit 26	Ham & Cheese Melt Chicken & Noodles Mixed Vegetables Fruit 27	Cheesy Pizza Hamburger w/Burger Salad Hot Wings Curly Fries Fruit 28

I'm **SPEEDY CUE** to the rescue!



GET READY

FOR NATIONAL SCHOOL LUNCH WEEK
OCTOBER 8-12
SquareMeals.org/nslw