

# OCTOBER

2018

I'm  
**DOCTOR BROCK**

**GOOD EATS AT**

The Wildcat  
Café  
Headstart –  
Elementary  
Lunch

**NATIONAL SCHOOL LUNCH WEEK**  
OCTOBER 8-12  
[SquareMeals.org/nslw](http://SquareMeals.org/nslw)

**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



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This institution is an equal opportunity provider.

M	T	W	TH	F
Chicken Spaghetti w/Breadstick French Bread Pizza Italian Vegetables Fruit 1	Chicken Fajitas Beef & Bean Tamale Pie Roasted Peppers & Onions Sante Fe Vegetables 2	Chili Cheese Combo Meatball Sub Mixed Vegetables Fruit 3	Chicken Nuggets w/ Waffles Baked Potato w/Beef Tips Seasoned Carrots Fruit 4	Sack Lunch: Corn Dogs Tortilla Chips Apple Milk Early Release Day 5
Superstar Beef Stroganoff Steak Fingers w/Roll Garlic Smashed Potatoes Ranchy Green Beans Fruit 8	Power Up Beef or Pork Soft Taco Chicken Crispitos Country Trio Vegetables Fruit 9	Energizing Beef & Broccoli Stir Fry w/Rice Tangerine Chicken w/Rice Asian Vegetable Medley Fruit 10	High Scoring Roasted Ranch Chicken w/Roll Chicken Fried Steak on a Bun Glazed Carrots Fruit 11	Player One Pizza Pasta Pepperoni Bake Popcorn Chicken w/Roll Firecracker Sweet Potatoes Fruit Sidekicks 12
Chicken Fried Steak Country Pot Pie Mashed Potatoes w/Gravy Green Beans Fruit 15	Chicken Alfredo w/Breadstick Italian Turkey & Cheese Panini Italian Vegetables Fruit 16	Mini Corn Dogs Stuffed Crust Hamburger&Pepperoni Pizza Potato Wedges Fruit 17	Yamboree Celebration  NO SCHOOL 18	Yamboree Celebration  NO SCHOOL 19
Chicken Strips w/Texas Toast BBQ Beef or Pork on a Bun Baked Beans Fruit 22	Beefy Tacos Xtreme Burrito w/White Cheese Sauce Mexicali Corn Fruit 23	Asian Beef Stir-Fry w/Egg Roll General Tso's Chicken w/Egg Roll Fried Rice Oriental Vegetables Fruit 24	Ham & Cheese Melt Chicken & Noodles Mixed Vegetables Fruit 25	Cheesy Pizza Hamburger w/Burger Salad Curly Fries Fruit Sidekicks 26
Chicken Spaghetti w/Breadstick French Bread Pizza Italian Vegetables Fruit 29	Chicken Fajitas Beef & Bean Tamale Pie Roasted Peppers & Onions Sante Fe Vegetables 30	Chili Cheese Combo Meatball Sub Mixed Vegetables Fruit 31		

**NATIONAL FARM TO SCHOOL MONTH**