

# OCTOBER

2018

I'm  
**DOCTOR BROCK**

**GOOD EATS AT**

The Wildcat  
Café  
Junior High  
High School

**NATIONAL SCHOOL LUNCH WEEK**  
OCTOBER 8-12  
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<br>French Bread Pizza<br>Italian Vegetables<br>Fruit 1                         | Chicken Fajitas<br>Beef & Bean Tamale Pie<br>Roasted Peppers & Onions<br>Sante Fe Vegetables 2   | Chili Cheese Combo<br>Meatball Sub<br>Mixed Vegetables<br>Fruit 3   | Chicken Nuggets w/ Waffles<br>Baked Potato w/Beef Tips<br>Seasoned Carrots<br>Fruit 4                   | Sack Lunch:<br>Corn Dogs<br>Tortilla Chips<br>Apple<br>Milk<br>Early Release Day 5                                     |
| Superstar Beef Stroganoff<br>Steak Fingers w/Roll<br>Garlic Smashed Potatoes<br>Ranchy Green Beans<br>Fruit 8 | Power Up Beef or Pork<br>Soft Taco<br>Chicken Crispitos<br>Country Trio Vegetables<br>Fruit 9    | Energizing Beef & Broccoli Stir Fry w/Rice<br>Tangerine Chicken w/Rice<br>Asian Vegetable Medley<br>Fruit 10        | High Scoring Roasted Ranch Chicken w/Roll<br>Chicken Fried Steak on a Bun<br>Glazed Carrots<br>Fruit 11 | Player One Pizza Pasta<br>Pepperoni Bake<br>Popcorn Chicken w/Roll<br>Firecracker Sweet Potatoes<br>Fruit Sidekicks 12 |
| Chicken Fried Steak<br>Country Pot Pie<br>Mashed Potatoes w/Gravy<br>Green Beans<br>Fruit 15                  | Chicken Alfredo w/Breadstick<br>Italian Turkey & Cheese Panini<br>Italian Vegetables<br>Fruit 16 | Mini Corn Dogs<br>Stuffed Crust Hamburger&Pepperoni Pizza<br>Hot Wings<br>Potato Wedges<br>Fruit 17                 | Yamboree Celebration<br>NO SCHOOL 18  | Yamboree Celebration<br>NO SCHOOL 19   |
| Chicken Strips w/Texas Toast<br>BBQ Beef or Pork on a Bun<br>Baked Beans<br>Fruit 22                          | Beefy Tacos<br>Xtreme Burrito w/White Cheese Sauce<br>Mexicali Corn<br>Fruit 23                  | Asian Beef Stir-Fry w/Egg Roll<br>General Tso's Chicken w/Egg Roll<br>Fried Rice<br>Oriental Vegetables<br>Fruit 24 | Ham & Cheese Melt<br>Chicken & Noodles<br>Mixed Vegetables<br>Fruit 25                                  | Cheesy Pizza<br>Hamburger w/Burger<br>Salad<br>Curly Fries<br>Fruit<br>Sidekicks 26                                    |
| Chicken Spaghetti w/Breadstick<br>French Bread Pizza<br>Italian Vegetables<br>Fruit 29                        | Chicken Fajitas<br>Beef & Bean Tamale Pie<br>Roasted Peppers & Onions<br>Sante Fe Vegetables 30  | Chili Cheese Combo<br>Meatball Sub<br>Mixed Vegetables<br>Fruit 31  |   |  |

**NATIONAL FARM TO SCHOOL MONTH**