

# BREAKFAST & LUNCH MENU

ELEMENTARY SCHOOLS

October 2016

**HISD** | Nutrition Services  
IMPROVING LIVES. BUILDING TRUST.

## MENU INFO

Download our Nutrislice Menu App at <http://houstonsid.nutrislice.com> to view daily menus and nutrition information.

- **Vegetarian Entree** - May contain eggs or milk
- No menu items contain pork
- All breads and grains are whole grain
- 1% milk or skim milk is available every meal

## NEW MENU ITEMS!

Try some of our new menu items this month:

- Turkey Ham Mac and Cheese
- Chicken Tacos
- BBQ Chicken Sandwich
- Southwest Salad

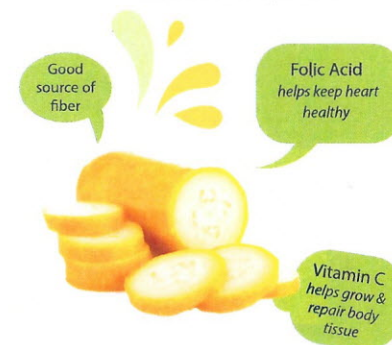
## APPLY ONLINE!

HISD needs a meal application from every household. Please support your school by completing an application. Quickly and easily apply online at <https://mealapps.houstonisd.org>.

Set up a meal account for your child by pre-paying meals, snacks, and beverages at <https://www.schoolcafe.com>, or you can use cash to set up an account at their school.

## HARVEST OF THE MONTH

YELLOW SQUASH



## MENU PRICING

Student Lunch	\$2.25
Reduced Lunch	\$4.00
Adult Breakfast	\$2.25
Adult Lunch	\$3.50

ALL schools serve FREE breakfast everyday!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Texas Cinnamon Toast Strawberry Oatmeal Bar Red Delicious Apple <b>3</b></p> <p><b>Cheese Pizza</b> <b>Wow! Butter &amp; Jelly Sandwich</b> Spinach Side Salad Baby Carrots Chilled Pineapple</p>	<p>Pancake Beef Sausage Sandwich Strawberry Granola &amp; Cinnamon Toast Crunch Cereal Raisins Orange Juice <b>4</b></p> <p><b>Cheeseburger</b> <b>Southwestern Salad w/ Tortilla Strips</b> Charro Beans Baked Fries Applesauce Cup</p>	<p>Mini Blueberry Pancakes Strawberry Yogurt &amp; Strawberry Oatmeal Bar Red Delicious Apple <b>5</b></p> <p><b>Cheesy Mac &amp; Turkey Ham</b> <b>Strawberry Yogurt w/ Granola</b></p> <p>California Blend Vegetables Roasted Sweet Potatoes Fresh Pear</p>	<p>Turkey Sausage Sliders Strawberry Granola &amp; Cinnamon Toast Crunch Cereal Raisins Orange Juice <b>6</b></p> <p><b>Turkey Meatball Sub Sandwich</b> <b>Turkey Ham &amp; Cheese Wrap</b> Celery Sticks Roasted Summer Squash Banana </p>	<p>Beef Sausage Kolache Strawberry Oatmeal Bar Banana Apple Slices <b>7</b></p> <p><b>Chicken Sandwich</b> <b>Chicken BBQ Sandwich</b> Mashed Potatoes &amp; Gravy Glazed Carrots Texas Watermelon Sweet Potato Cake</p>
<p>Southwestern Toast Apple Oatmeal Bar Apple Slices Raisins <b>10</b></p> <p><b>Pepperoni Pizza</b> <b>Wow! Butter &amp; Jelly Sandwich</b> Fresh Broccoli Florets Cooked Carrots Fruit Cocktail</p>	<p>Hawaiian Beef Sausage Roll Strawberry Yogurt &amp; Blueberry Shredded Wheat Cereal Peach Cup Fruit Juice <b>11</b></p> <p><b>Chicken Carnitas</b> <b>Fajita Chicken Salad w/ Roll</b> Black Beans Jicama Mandarin Oranges</p>	<p> <b>12</b></p>	<p>Apple Muffin Strawberry Yogurt &amp; Blueberry Shredded Wheat Cereal Banana Fruit Juice <b>13</b></p> <p><b>BBQ Chicken w/ Roll</b> <b>Turkey Ham &amp; Cheese Wrap</b> Green Beans Peas &amp; Corn Sliced Oranges</p>	<p>Chicken Biscuit Apple Oatmeal Bar Raisins Fruit Juice <b>14</b></p> <p><b>Cheeseburger</b> <b>Chicken BBQ Sandwich</b> Baked Fries Roasted Sweet Potatoes Diced Peaches</p>
<p>Maple Waffles Strawberry Oatmeal Bar Red Delicious Apple <b>17</b></p> <p><b>Pepperoni Pizza</b> <b>Wow! Butter &amp; Jelly Sandwich</b> Steamed Spinach Baby Carrots Chilled Pineapple</p>	<p>Pancake Beef Sausage Sandwich Strawberry Granola &amp; Cinnamon Toast Crunch Cereal Raisins Fruit Juice <b>18</b></p> <p><b>Turkey Hot Dog</b> <b>Fajita Chicken Salad w/ Roll</b> Charro Beans Fresh Broccoli Florets Red Delicious Apple</p>	<p>Texas Cinnamon Toast Strawberry Yogurt &amp; Strawberry Oatmeal Bar Red Delicious Apple Fruit Juice <b>19</b></p> <p><b>Chicken Quesadilla</b> <b>Strawberry Yogurt w/ Granola</b> Green Beans Roasted Sweet Potatoes Fresh Pear</p>	<p>Turkey Sausage Sliders Strawberry Granola &amp; Cinnamon Toast Crunch Cereal Raisins Fruit Juice <b>20</b></p> <p><b>Crispy Wings &amp; Cornmuffin</b> <b>Turkey Ham &amp; Cheese Wrap</b> Celery Sticks Steamed Peas &amp; Carrots Sliced Oranges</p>	<p>Beef Sausage Kolache Strawberry Oatmeal Bar Banana Apple Slices <b>21</b></p> <p><b>Cheeseburger</b> <b>Chicken BBQ Sandwich</b> Baked Fries Glazed Carrots Fresh Pear</p>
<p>Apple Oatmeal Bar Fiesta Egg &amp; Cheese Sandwich Applesauce Orange Juice <b>24</b></p> <p><b>Cheese Pizza</b> <b>Wow! Butter &amp; Jelly Sandwich</b> Romaine Side Salad Cooked Carrots Diced Peaches</p>	<p>Strawberry Yogurt &amp; Frosted Flakes Cereal Turkey Bacon, Egg, &amp; Cheese Toast Raisins Apple Slices <b>25</b></p> <p><b>Sloppy Joe</b> <b>Southwestern Salad w/ Tortilla Strips</b> Black Beans Fresh Cucumber Slices Fresh Pear</p>	<p>Blueberry Waffles Apple Oatmeal Bar &amp; Marble Jack String Cheese Red Delicious Apple Orange Juice <b>26</b></p> <p><b>Chicken &amp; Waffle Sandwich</b> <b>Strawberry Yogurt w/ Granola</b> California Blend Vegetables Baby Carrots Sliced Oranges</p>	<p>Apple Muffin Strawberry Yogurt &amp; Frosted Flakes Cereal Banana Orange Juice <b>27</b></p> <p><b>Cheesy Bread w/ Marinara Sauce</b> <b>Turkey Ham &amp; Cheese Wrap</b> Celery Sticks Sweet Corn Applesauce Cup</p>	<p>Chicken Biscuit Apple Oatmeal Bar Banana Orange Juice <b>28</b></p> <p><b>Chicken Nuggets w/ Roll</b> <b>Chicken BBQ Sandwich</b> Baked Fries Cherry Tomatoes Chillin Bat Frozen Fruit Cup</p>
<p>Texas Cinnamon Toast Strawberry Oatmeal Bar Red Delicious Apple <b>31</b></p> <p><b>Pepperoni Pizza</b> <b>Wow! Butter &amp; Jelly Sandwich</b> Steamed Spinach Roasted Sweet Potatoes Diced Peaches</p>				

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