

SEPT 2022

GEAR UP FOR DANCE



ANNOUNCEMENTS:

Updated 1/1/2022
www.SquareMeals.org

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

HOLIDAY ⁵

FRITO PIE ⁶
CHURRO BEANS
PINEAPPLE TIDBITS
MILK
COOKIE

LASAGNA ⁷
MARINARA SAUCE
BROCCOLI
CINNAMON APPLESAUCE
BREADSTICKS
MILK

BREADED MOZZARELLA ¹
STICKS
TOMATO CUP
GARDEN SALAD
FRUIT MILK

BURGER CHOICE ²
CORN
CHIPS
PUDDING
MILK

FIESTA BOWL ⁸
CELERY
CARROTS
MIXED FRUIT
MILK
SHERBET

CHICKEN PARMESAN ⁹
SAVORY GREEN BEANS
CORN
PEACHES
MILK

CORN DOGS ¹²
POTATOES
TOMATO CUP
MILK

QUESADILLA ¹³
BEANS
CUCUMBERS
MILK
ICE CREAM

SPAGHETTI BOWL ¹⁴
FRESH VEGGIE CUP
BREADSTICKS
MILK

BREADED PORK CHOPS ¹⁵
BROCCOLI
CORN
MILK
BROWN GRAVY

CHEESEBURGER ¹⁶
MACARONI
CARROTS
SAVORY GREEN BEANS
FRUIT
COOKIE

FISH STICKS ¹⁹
POTATOES
BREADED OKRA
ROLL
MILK

CHICKEN FAJITAS ²⁰
BEANS
CARROTS
CINNAMON APPLESAUCE
SPANISH RICE
ICE CREAM MILK

MEATBALL SUB ²¹
SANDWICH
GARDEN SALAD
GREEN BEANS
MILK

TEX-MEX CHOICE ²²
CORN
BROCCOLI SALAD
COOKIE
MILK

POTATO BOWL ²³
TOMATO CUP
ROLL
MILK

TEACHER'S ²⁶
INSERVICE

CHILI CHEESE TOTCHOS ²⁷
FRESH VEGGIE CUP
FRUIT
MILK

CHICKEN NUGGETS ²⁸
MASHED POTATOES
CARROTS
MILK
FRUIT

HAMBURGER OR ²⁹
CHEESEBURGER
GARDEN SALAD
TOMATO CUP
MILK

ROAST BEEF SANDWICH ³⁰
CORN
CUCUMBERS
MILK
COOKIE



Food and Nutrition Division
Nutrition Assistance Programs



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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