

OCT 2022

GEAR UP FOR
**SWIM
CLASS**



ANNOUNCEMENTS:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

FRENCH TOAST
W/ SAUSAGE OR
CEREAL W/ TOAST
JUICE
FRUIT
MILK

3

STRUDEL W/ CHEESE
STICK
OR CEREAL W/TOAST
JUICE
FRUIT
MILK

4

SCRAMBLED EGGS
BACON
BISCUIT OR
CEREAL W/ TOAST
JUICE
FRUIT
MILK

5

BREAKFAST PIZZA
OR CEREAL W/ TOAST
JUICE
FRUIT
MILK

6

SAUSAGE KOLACHE
W / YOGURT OR
CEREAL W/ TOAST
JUICE
FRUIT
MILK

7

NO SCHOOL
STAFF DEVELOPMENT

10

BREAKFAST BURRITO
OR CEREAL W/ TOAST
JUICE
FRUIT
MILK

11

MUFFIN W/ YOGURT
OR CEREAL W/ TOAST
JUICE
FRUIT
MILK

12

STUFFED BAGEL
W/ CHEESE STICK
OR CEREAL W/ TOAST
JUICE
FRUIT
MILK

13

DONUT W/ SAUSAGE
OR CEREAL W/ TOAST
JUICE
FRUIT
MILK

14

FRENCH TOAST
W/ SAUSAGE OR
CEREAL W/ TOAST
JUICE
FRUIT
MILK

17

STRUDEL W/ CHEESE
STICK
OR CEREAL W/TOAST
JUICE
FRUIT
MILK

18

SCRAMBLED EGGS
BACON
BISCUIT OR
CEREAL W/ TOAST
JUICE
FRUIT
MILK

19

BREAKFAST PIZZA
OR CEREAL W/ TOAST
JUICE
FRUIT
MILK

20

SAUSAGE KOLACHE
W / YOGURT OR
CEREAL W/ TOAST
JUICE
FRUIT
MILK

21

PANCAKE W/BACON
OR CEREAL W/TOAST
JUICE
FRUIT
MILK

24

BREAKFAST BURRITO
OR CEREAL W/ TOAST
JUICE
FRUIT
MILK

25

MUFFIN W/ YOGURT
OR CEREAL W/ TOAST
JUICE
FRUIT
MILK

26

STUFFED BAGEL
W/ CHEESE STICK
OR CEREAL W/ TOAST
JUICE
FRUIT
MILK

27

DONUT W/ SAUSAGE
OR CEREAL W/ TOAST
JUICE
FRUIT
MILK

28

NO SCHOOL
STAFF DEVELOPMENT

31



Food and Nutrition Division
Nutrition Assistance Programs



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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