# SANDS CISD

# **MONDAY**

2nd Breakfast Sandwich, Fruit, Fruit Juice, Milk\*\*

Breaded Drumstick, Biscuit, Garden Salad, Sweet Potato Fries, Apple Slices, Cookie, Milk Variety

# 10th

Dutch Waffle, Sausage, Fruit, Fruit Juice, Milk\*\*

TUESDAY

Stuffed Bagel, Cheese Stick Fruit,

Quesadilla, Sliced Cucumbers,

Baby Carrots, Mixed Fruit,

Sherbet, Milk Variety

Fruit Juice, Milk\*\*

Corn Dog, Oven Fries, Tomato Cup, Apple Slices, Milk Variety

Breakfast Sandwich, Fruit, Fruit Juice, Milk\*\*

WEDNESDAY

Burrito, Hashbrowns, Fruit, Fruit

Steak Fingers, Gravy, Roll, Savory

Green Beans, Oven Fries, Diced

Peaches, Milk Variety

Juice, Milk\*\*

Tacos, Salsa, Refried Beans, Green Bell Peppers, Apricots, Ice Cream, Milk Variety

## 12th

Variety

Milk\*\*

Pancake Wrap, Yogurt, Fruit, Fruit Juice, Milk\*\*

THURSDAY

Waffles, Sausage, Fruit, Fruit Juice,

Cheesy Breadstick, Fresh Broccoli,

Marinara Sauce, Fruit Cup, Milk

Pizza Choice, Baby Carrots, Sliced Cucumbers, Diced Pears, Milk Variety

## 13th

6th

Fruit Juice, Milk\*\*

Cookie, Milk Variety

Cinnamon Roll, Sausage, OR Parfait, Fruit, Fruit Juice, Milk\*\*

**FRIDAY** 

Donuts, Sausage, OR Parfait, Fruit,

BBQ Sandwich, Pinto Beans, Fresh

Veggie Cup, Chilled Pineapple,

Crispy Chicken Sandwich, Fresh Veggie Cup, Salad Mix, Apple Sauce, Milk Variety

9th

PB&J Sandwich, Fruit, FruitJuice. Milk\*\*

No School

Pizza, Garden Salad, California Blend Veggies-, Apple Slices, Milk Variety

Pancakes, Bacon, Fruit, Fruit Juice, Milk\*\*

Popcorn Chicken, Roll, Seasoned Corn, Crunchy Broccoli Salad, Mandarin Oranges, Milk Variety

11th

Breakfast Taquito, Fruit, Fruit Juice, Milk\*\*

Country Fried Steak, Savory Green Beans, Mashed Potatoes, Roll, Rosy Applesauce, Milk Variety

## 19th

Breakfast Pizza, Fruit, Fruit Juice, Milk\*\*

Hot Dog, Tater Tots, Tomato Cup, Mixed Fruit, Cookie, Milk Variety

Donuts, Sausage, OR Parfait, Fruit, Fruit Juice, Milk\*\*

Ham & Cheese Melt. Chili Beans, Baby Carrots, Diced Peaches, Milk Variety

### 23rd

Sausage Kolache, Cheese Stick, Fruit, Fruit Juice, Milk\*\*

Hamburger Choice, Salad, Oven Fries, Fruit Cup, Pudding, Milk Variety

### 24th

Breakfast Sandwich, Fruit, Fruit Juice, Milk\*\*

Chili Cheese Tater Tots, Corn Bread, Fresh Bell Pepper Cup, Diced Pears, Milk Variety

## 25th

Cheese Omelet, Biscuit, Fruit, Fruit Juice, Milk\*\*

Tex-Mex Choice, Seasoned Corn, Charro Beans, Mandarin Oranges, Milk Variety

### 26th

French Toast, Sausage, Fruit, Fruit Juice, Milk\*\*

Pizza Choice, Tomato Cup, Fresh Broccoli, Apple Slices, Milk Variety

### 27th

Chicken \*n\* Biscuit, OR Parfait, Fruit, Fruit Juice, Milk\*\*

Burrito, Baby Carrots, Sliced Cucumbers, Orange Smiles, Milk

Breakfast Burrito, Hashbrowns, Fruit, Fruit Juice, Milk\*\*

Boneless Chicken Wings, Chips, Celery Sticks, Baby Carrots, Grapes, Milk Variety

# Oatmeal, Cinnamon Toast. Fruit, Fruit Juice, Milk\*\*

Frito Pie, Pinto Beans, Fresh Veggie Cup, Chilled Pineapple, Milk Variety



ADDITIONAL FRIUIT **CHOICES ARE** AVAILIABLE FOR HIGH SCHOOL AT LUNCH

**ANNOUNCEMENTS:** 

SCHOOL

HOLIDAY

10/9/23

**MENU 2023** 





This product was funded by USDA. This institution is an equal opportunity provider.







Food and Nutrition Division National School Lunch Program

Updated 10/1/2023 www.SquareMeals.org