

SEPTEMBER 2017

MON

TUE

WED

THUR

FRI

Special Announcements

Your child(ren) may qualify for free or reduced price meals. Parent(s) seeking assistance to receive free or reduced meals should submit an application to the Child Nutrition Dept. at 1233 N. Hobart or at any campus.

Good Eats at:
AUSTIN ELEMENTARY

GET READY

FOR NATIONAL SCHOOL LUNCH WEEK!
OCTOBER 9-13
squaremeals.org/nslw

GRILLED CHEESE OR HOT DOG/CHILI DOG
MIXED VEGETABLES
CUCUMBER SLICES
DICED PEARS
FRESH FRUIT 1

9.4

Labor Day

HOLIDAY

4

BBQ SANDWICH OR STEAK FINGERS
VEGETARIAN BEANS
CUCUMBER SLICES
DICED PEACHES
FRUIT JUICE
MILK 5

BUFFALO PULL-APART OR CORNDOG
STEAMED BROCCOLI
BABY CARROTS
DICED PEARS
FRESH FRUIT 6

TACO SALAD OR CHEESE PIZZA
PINTO BEANS
CUCUMBER SLICES
PINEAPPLE
FRUIT JUICE
MILK 7

FISH STRIPS OR HAMBURGER
FRESH FRIES
TOSSED SALAD
MANDARIN ORANGES
FRESH FRUIT
MILK 8

+200



+100

+50



MINI CORNDOGS OR CHICKEN NUGGETS
STEAMED BROCCOLI
SLICED CARROTS
APPLESAUCE
MIXED FRUIT, MTK 11

MINI TWIN BURGER OR PIZZA DIPPERS
MIXED VEGETABLES
CUCUMBER SLICES
PINEAPPLE
FRUIT JUICE
MILK 12

MAC & CHEESE OR POPCORN CHICKEN
VEGETARIAN BEANS
TOSSED SALAD
MANDARIN ORANGES
FRESH FRUIT, MTK 13

FRITO PIE OR PEPPERONI PIZZA
GREEN BEANS
BABY CARROTS
DICED PEACHES
FRUIT JUICE, MTK 14

BEAN & CHEESE BURRITO OR HOT DOG/CHILI DOG
FRENCH FRIES
CUCUMBER SLICES
DICED PEARS
FRESH FRUIT 15

RED BURRITO OR CHICKEN NUGGETS
CORN
STEAMED BROCCOLI
SPICED APPLES
MIXED FRUIT, MTK 18

TURKEY SUB OR STEAK FINGERS
GREEN BEANS
BABY CARROTS
DICED PEACHES
FRUIT JUICE
MILK 19

SPAGHETTI OR CORNDOG
MIXED VEGETABLES
TOSSED SALAD
DICED PEARS
FRESH FRUIT
MILK 20

QUESADILLA OR CHEESE PIZZA
PINTO BEANS
CUCUMBER SLICES
PINEAPPLE
FRUIT JUICE
MILK 21

POPCORN SHRIMP OR HAMBURGER
FRESH FRIES
BABY CARROTS
MANDARIN ORANGES
FRESH FRUIT
MILK 22

CHICKEN FRIED STEAK OR CHICKEN NUGGETS
WHIPPED POTATOES
STEAMED BROCCOLI
ROSIE APPLESAUCE
MIXED FRUIT 25

COMBO SUB OR PIZZA DIPPERS
SLICED CARROTS
TOSSED SALAD
PINEAPPLE
FRUIT JUICE
MILK 26

SOFT TACO OR POPCORN CHICKEN
REFRIED BEANS
CUCUMBER SLICES
MANDARIN ORANGES
FRESH FRUIT, MTK 27

BREAKFAST 4 LUNCH OR PEPPERONI PIZZA
GREEN BEANS
BABY CARROTS
DICED PEACHES
FRUIT JUICE, MTK 28

GRILLED CHEESE OR HOT DOG/CHILI DOG
MIXED VEGETABLES
CUCUMBER SLICES
DICED PEARS
FRESH FRUIT 29

Fun facts on back!



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



SEPTEMBER 2017

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Special Announcements

Parents:

If you are interested in working in the school cafeterias, please apply at www.pampaisd.net.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



Good Eats at:
AUSTIN ELEMENTARY

GET READY
FOR NATIONAL SCHOOL LUNCH WEEK!
OCTOBER 9-13
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MINI DONUTS
OR CEREAL
OR YOGURT
FRESH FRUIT
FRUIT JUICE
MILK 1

9.4

Labor Day

HOLIDAY

4

MINI WAFFLES
OR CEREAL
OR YOGURT
MIXED FRUIT
FRUIT JUICE
MILK 5

PANCAKE STICK
OR CEREAL
OR YOGURT
FRESH FRUIT
FRUIT JUICE
MILK 6

MINI BAGELS
OR CEREAL
OR YOGURT
DICED PEACHES
FRUIT JUICE
MILK 7

MINI DONUTS
OR CEREAL
OR YOGURT
FRESH FRUIT
FRUIT JUICE
MILK 8

+200



+100



+50



SAUSAGE SANDWICH
OR CEREAL
OR YOGURT
DICED PEACHES
FRUIT JUICE
MILK 11

MINI PANCAKES
OR CEREAL
OR YOGURT
MIXED FRUIT
FRUIT JUICE
MILK 12

BREAKFAST PIZZA
OR CEREAL
OR YOGURT
FRESH FRUIT
FRUIT JUICE
MILK 13

FRENCH TOAST
OR CEREAL
OR YOGURT
DICED PEARS
FRUIT JUICE
MILK 14

MINI DONUTS
OR CEREAL
OR YOGURT
FRESH FRUIT
FRUIT JUICE
MILK 15

BISCUIT & SAUSAGE
OR CEREAL
OR YOGURT
DICED PEACHES
FRUIT JUICE
MILK 18

MINI WAFFLES
OR CEREAL
OR YOGURT
MIXED FRUIT
FRUIT JUICE
MILK 19

PANCAKE STICK
OR CEREAL
OR YOGURT
FRESH FRUIT
FRUIT JUICE
MILK 20

MINI BAGELS
OR CEREAL
OR YOGURT
DICED PEACHES
FRUIT JUICE
MILK 21

MINI DONUTS
OR CEREAL
OR YOGURT
FRESH FRUIT
FRUIT JUICE
MILK 22

SAUSAGE SANDWICH
OR CEREAL
OR YOGURT
DICED PEACHES
FRUIT JUICE
MILK 25

MINI PANCAKES
OR CEREAL
OR YOGURT
MIXED FRUIT
FRUIT JUICE
MILK 26

BREAKFAST PIZZA
OR CEREAL
OR YOGURT
FRESH FRUIT
FRUIT JUICE
MILK 27

FRENCH TOAST
OR CEREAL
OR YOGURT
DICED PEARS
FRUIT JUICE
MILK 28

MINI DONUTS
OR CEREAL
OR YOGURT
FRESH FRUIT
FRUIT JUICE
MILK 29

Fun facts on back!