

# 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:  
**LAMAR ELEMENTARY**

## GET READY

FOR NATIONAL SCHOOL LUNCH WEEK!  
OCTOBER 9-13  
[squaremeals.org/nslw](http://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

MON TUE WED THUR FRI

Special Announcements

*Parents:*  
If you are interested in working in the school cafeterias, please apply at [www.pampaisd.net](http://www.pampaisd.net).



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



Good Eats at:  
**LAMAR ELEMENTARY**

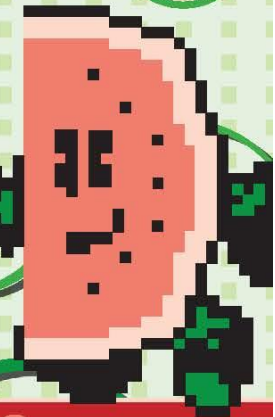
**GET READY**  
FOR NATIONAL SCHOOL LUNCH WEEK!  
OCTOBER 9-13  
[squaremeals.org/nslw](http://squaremeals.org/nslw)

BREAKFAST PIZZA  
DICED PEACH CUP  
FRUIT JUICE  
MILK  
1

9.4  
Labor Day

<b>HOLIDAY</b> 4	MINI DONUTS DICED PEACH CUP FRUIT JUICE MILK 5	PANCAKE STICK APPLESAUCE CUP FRUIT JUICE MILK 6	MINI BAGELS DICED PEACH CUP FRUIT JUICE MILK 7	BREAKFAST PIZZA STRAWBERRY CUP FRUIT JUICE MILK 8
BACON, EGG, & CHEESE STICK DICED PEACH CUP FRUIT JUICE MILK 11	MINI PANCAKES STRAWBERRY CUP FRUIT JUICE MILK 12	EGG & SAUSAGE BURRITO APPLESAUCE CUP FRUIT JUICE MILK 13	CEREAL BAR DICED PEACH CUP FRUIT JUICE MILK 14	BREAKFAST PIZZA DICED PEACH CUP FRUIT JUICE MILK 15
SAUSAGE & BISCUIT DICED PEACH CUP FRUIT JUICE MILK 18	MINI DONUTS DICED PEACH CUP FRUIT JUICE MILK 19	PANCAKE STICK APPLESAUCE CUP FRUIT JUICE MILK 20	MINI BAGELS DICED PEACH CUP FRUIT JUICE MILK 21	BREAKFAST PIZZA STRAWBERRY CUP FRUIT JUICE MILK 22
BACON, EGG, & CHEESE STICK DICED PEACH CUP FRUIT JUICE MILK 25	MINI PANCAKES STRAWBERRY CUP FRUIT JUICE MILK 26	EGG & SAUSAGE BURRITO APPLESAUCE CUP FRUIT JUICE MILK 27	CEREAL BAR DICED PEACH CUP FRUIT JUICE MILK 28	BREAKFAST PIZZA DICED PEACH CUP FRUIT JUICE MILK 29

+200   
+100   
+50 



Fun facts on back!