

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.

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:
PAMPA HIGH SCHOOL

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

HOLIDAY

4

MINI CORNDOGS OR CHICKEN NUGGETS
FRENCH FRIES
TOSSED SALAD
APPLESAUCE
MILK 11

RAVIOLI OR CHICKEN NUGGETS
STEAMED BROCCOLI
SPICED APPLES
MIXED FRUIT
MILK 18

CHICKEN FRIED STEAK OR CHICKEN FAJITAS
WHIPPED POTATOES
TOSSED SALAD
APPLESAUCE
MIXED FRUIT
MILK 25

BBQ SANDWICH OR STEAK FINGERS
VEGETARIAN BEANS
FRENCH FRIES
FRESH FRUIT
FRUIT JUICE
MILK 5

MINI TWIN BURGER OR PIZZA DIPPERS
FRENCH FRIES
CUCUMBER SLICES
PINEAPPLE
FRUIT JUICE
MILK 12

EGG ROLLS OR STEAK FINGERS
FRENCH FRIES
BABY CARROTS
PINEAPPLE TIDBITS
FRUIT JUICE 19

STEAK FINGER BASKET OR FRIED CHICKEN
GLAZED CARROTS
TOSSED SALAD
PINEAPPLE TIDBITS
FRUIT JUICE 26

BUFFALO PULL-APART OR CORNDOG
FRENCH FRIES
BABY CARROTS
PINEAPPLE
FRESH FRUIT 6

MAC & CHEESE OR POPCORN CHICKEN
CORN
FRENCH FRIES
FRESH FRUIT
MILK 13

SPAGHETTI OR TACO STICK
GREEN BEANS
FRENCH FRIES
MANDARIN ORANGES
FRESH FRUIT 20

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

TACO SALAD OR ASIAN CHICKEN
SPANISH RICE
REFRIED BEANS
ORANGES
FRUIT JUICE
MILK 7

FRITO PIE OR ASIAN CHICKEN
GREEN BEANS
BABY CARROTS
DICED PEARS
FRUIT JUICE
MILK 14

QUESADILLA OR ASIAN CHICKEN
CHARRO BEANS
FRESH VEGGIES
FRESH FRUIT
FRUIT JUICE 21

BRUNCH OR ASIAN CHICKEN
GREEN BEANS
BABY CARROTS
DICED PEACHES
FRUIT JUICE 28

GRILLED CHEESE OR HOT DOG/CHILI DOG
OR FRITO PIE
FRENCH FRIES
DICED PEARS
FRESH FRUIT 1

FISH SANDWICH OR CHEESEBURGER
FRESH FRIES
FRESH VEGGIES
DICED PEACHES
FRESH FRUIT
MILK 8

BEAN & CHEESE BURRITO OR HOT DOG/CHILI DOG
FRENCH FRIES
MANDARIN ORANGES
FRESH FRUIT 15

CHEESEBURGERS OR FRITO PIE
FRENCH FRIES
FRESH VEGGIES
DICED PEACHES
FRESH FRUIT 22

GRILLED CHEESE OR HOT DOG/CHILI DOG
OR FRITO PIE
FRENCH FRIES
DICED PEARS
FRESH FRUIT 29

9.4

Labor Day

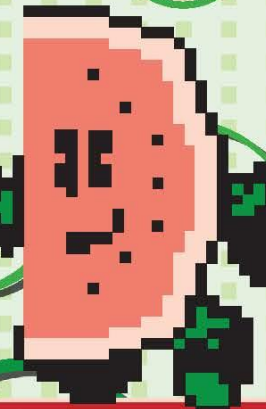
+200



+100



+50



Fun facts on back!

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OATMEAL PLATE
OR PANCAKE SLAMWICH
OR BREAKFAST PIZZA
FRESH FRUIT
FRUIT JUICE
MILK 1

9.4

Labor Day

HOLIDAY

4

MINI BAGELS
OR PANCAKE SLAMWICH
OR YOGURT PARFAIT
FRUIT JUICE
MILK 5

MINI DONUTS
OR BREAKFAST PIZZA
FRESH FRUIT
FRUIT JUICE
MILK 6

WAFFLE PLATE
OR SAUSAGE BISCUIT
OR PANCAKE STICK
FRESH FRUIT
FRUIT JUICE 7

OATMEAL PLATE
OR PANCAKE SLAMWICH
OR BREAKFAST PIZZA
FRESH FRUIT
FRUIT JUICE
MILK 8

+200



+100

+50



PANCAKE PLATE
OR TOASTER SANDWICH
OR YOGURT PARFAIT
FRUIT JUICE
MILK 11

MINI BAGELS
OR PANCAKE SLAMWICH
OR YOGURT PARFAIT
FRUIT JUICE
MILK 12

MINI DONUTS
OR BREAKFAST PIZZA
FRESH FRUIT
FRUIT JUICE
MILK 13

WAFFLE PLATE
OR SAUSAGE BISCUIT
OR PANCAKE STICK
FRESH FRUIT
FRUIT JUICE 14

OATMEAL PLATE
OR PANCAKE SLAMWICH
OR BREAKFAST PIZZA
FRESH FRUIT
FRUIT JUICE
MILK 15

PANCAKE PLATE
OR TOASTER SANDWICH
OR YOGURT PARFAIT
FRUIT JUICE
MILK 18

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

MINI DONUTS
OR BREAKFAST PIZZA
FRESH FRUIT
FRUIT JUICE
MILK 20

WAFFLE PLATE
OR SAUSAGE BISCUIT
OR PANCAKE STICK
FRESH FRUIT
FRUIT JUICE 21

OATMEAL PLATE
OR PANCAKE SLAMWICH
OR BREAKFAST PIZZA
FRESH FRUIT
FRUIT JUICE
MILK 22

PANCAKE PLATE
OR TOASTER SANDWICH
OR YOGURT PARFAIT
FRUIT JUICE
MILK 25

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

MINI DONUTS
OR BREAKFAST PIZZA
FRESH FRUIT
FRUIT JUICE
MILK 27

WAFFLE PLATE
OR SAUSAGE BISCUIT
OR PANCAKE STICK
FRESH FRUIT
FRUIT JUICE 28

OATMEAL PLATE
OR PANCAKE SLAMWICH
OR BREAKFAST PIZZA
FRESH FRUIT
FRUIT JUICE
MILK 29

Fun facts on back!



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