

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 JUNIOR HIGH SCHOOL

GET READY

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

HOLIDAY

 4

MINI CORNDOGS
OR CHICKEN STRIPS
BROCCOLI
GLAZED CARROTS
APPLESAUCE
MILK

11

TURKEY CLUB
OR CHICKEN
NUGGETS
STEAMED BROCCOLI
SPICED APPLES
MIXED FRUIT
MILK

18

CHICKEN FRIED STEAK
OR CHICKEN FAJITAS
WHIPPED POTATOES
STEAMED BROCCOLI
ROSIE APPLESauce
MILK

25

BBQ SANDWICH
OR STEAK FINGERS
VEGETARIAN BEANS
CUCUMBER SLICES
FRESH FRUIT
FRUIT JUICE
MILK

5

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

12

CHICKEN SANDWICH
OR STEAK FINGERS
GREEN BEANS
BABY CARROTS
DICED PEACHES
FRUIT JUICE

19

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

26

BUFFALO PULL-
APART
OR BEEF TACO STK
BROCCOLI
BABY CARROTS
DICED PEARS
FRESH FRUIT

6

MAC & CHEESE
OR POPCORN
CHICKEN
VEGETARIAN BEANS
TOSSED SALAD
FRESH FRUIT
MILK

13

SPAGHETTI
OR TACO STICK
MIXED VEGETABLES
TOSSED SALAD
DICED PEARS
FRESH FRUIT

20

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

27

TACO SALAD
OR ASIAN CHICKEN
SPANISH RICE
CHARRO BEANS
PINEAPPLE
FRUIT JUICE
MILK

7

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

14

QUESADILLA
OR ASIAN CHICKEN
CHARRO BEANS
CUCUMBER SLICES
PINEAPPLE TIDBITS
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 STRIPS
OR CHEESEBURGER
FRESH FRIES
TOSSED SALAD
ORANGES
FRESH FRUIT
MILK

8

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

15

PIZZA DIPPERS
OR FRITO PIE
FRENCH FRIES
BABY CARROTS
MANDARIN ORANGES
FRESH FRUIT

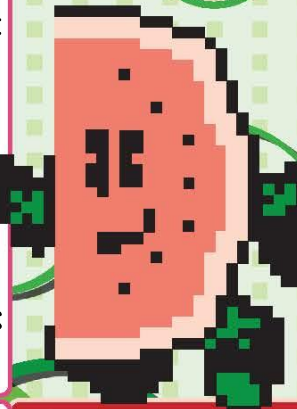
22

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 PLATE
OR YOGURT PARFAIT
FRUIT JUICE
MILK 5

BURRITO
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



MINI DONUTS
OR TOASTER SANDWICH
OR YOGURT PARFAIT
FRUIT JUICE
MILK 11

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

BURRITO
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

MINI DONUTS
OR TOASTER SANDWICH
OR YOGURT PARFAIT
FRUIT JUICE
MILK 18

MINI BAGELS
OR PANCAKE PLATE
OR YOGURT PARFAIT
FRUIT JUICE
MILK 19

BURRITO
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

MINI DONUTS
OR TOASTER SANDWICH
OR YOGURT PARFAIT
FRUIT JUICE
MILK 25

MINI BAGELS
OR PANCAKE PLATE
OR YOGURT PARFAIT
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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