

# SEPTEMBER

# LUNCH

2018

GOOD EATS AT

Austin Elementary

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 online at <https://freeandreducedmeals.com> or come by the Child Nutrition Dept. at 1233 N. Hobart.

M

Chicken Fried Steak  
Or Breaded Drumstick  
Or Lions Special  
Mashed Potatoes  
Green Peas  
Peaches/Pears  
Milk 3

T

Crispy Tacos  
Or Beef & Bean Burrito  
Or Lions Special  
Refried Beans  
Tossed Salad  
Orange Smiles  
Milk 4

W

Burger/  
Cheeseburger  
Or Popcorn Shrimp  
Or Lions Special  
Fries/Carrot Coins  
Fruity Jello  
Juice & Milk 5

TH

Ravioli  
Or Pizza Pocket  
Or Lions Special  
Tuscan Vegetables  
Zesty Cucumbers  
Fresh Fruit  
Milk 6

F

Ranchero Wrap  
Or Frito Pie  
Or Lions Special  
Corn/Bell Pepper  
Pineapple Tidbits  
Juice & Milk  
Brownie Bite 7

I'm **SPEEDY CUE** to the rescue!



Mac & Cheese  
Or Corndog  
Or Lions Special  
SP Fries/Okra  
Spiced Apples  
Mandarin Oranges  
Milk 10

Steakfinger Basket  
Or Grilled Cheese  
Sandwich  
Or Lions Special  
Green Beans  
Snowball Salad  
Milk 11

Nacho Grande  
Or Meat & Cheese  
Chalupa  
Or Lions Special  
Beans/Tossed Salad  
Peaches  
Juice & Milk 12

Hot Dog/Chili Dog  
Or Chili w/Corn Muffin  
Or Lions Special  
Fries/Cucumber Slices  
Fresh Fruit  
Milk 13

Asian Chicken Bowl  
Or Eggrolls  
Or Lions Special  
Crunchy Broccoli Salad  
Pears  
Juice & Milk  
Cookie 14

Pork Chop  
Or Glazed Drumstick  
Or Lions Special  
Au gratin Potatoes  
Broccoli  
Applesauce/Mixed Fruit  
Milk 17

Spaghetti Bowl  
Or Pizza  
Or Lions Special  
Green Beans  
Carrot Coins  
Fresh Fruit  
Milk 18

Mini Twin Burgers  
Or Mini Corndogs  
Or Lions Special  
SP Fries/Zesty  
Cucumbers  
Pears  
Juice & Milk 19

Cheese Enchiladas  
Or Taquitos  
Or Lions Special  
Refried Beans/Salad  
Fresh Fruit  
Milk 20

Pulled Pork Sliders  
Or Turkey & Cheese Wraps  
Or Lions Special  
Fries/Coleslaw  
Peaches  
Juice & Milk  
Crispy Cereal Treat 21

Chicken Strips  
Or Chicken Fried Steak  
Or Lions Special  
Mashed Potatoes  
Okra  
Pears/Peaches  
Milk 24

Mexican Combo Plate  
Or Chicken Quesadilla  
Or Lions Special  
Beans/Street Corn  
Orange Smiles  
Milk 25

Breaded Drumstick  
Or Popcorn Shrimp  
Or Lions Special  
Black-eyed Peas  
Cheesy Broccoli  
Fruity Jello  
Juice & Milk 26

Stuffed Shells  
Or Meatball Pocket  
Or Lions Special  
California Blend Veggies  
Red Bell Pepper  
Fresh Fruit  
Milk 27

Hamburger/Cheeseburger  
Or Sloppy Joes  
Or Lions Special  
Fries/Baby Carrots  
Pineapple Tidbits  
Juice & Milk  
Brownie Bites 28

GET READY

FOR NATIONAL  
SCHOOL LUNCH WEEK  
OCTOBER 8-12  
[SquareMeals.org/nsiw](http://SquareMeals.org/nsiw)



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



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# SEPTEMBER

# BREAKFAST

2018

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Parents:

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

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M	T	W	TH	F
Pancake 'N Sausage Or Cereal w/Toast Mandarin Oranges Juice & Milk 3	Sunrise Sandwich Or Cereal w/Toast Fresh Fruit Juice & Milk 4	Sausage, Egg, & Cheese Croissant Or Cereal w/Toast Pineapple Tidbits Juice & Milk 5	Monte Cristo Sandwich Or Cereal w/Toast Fresh Fruit Juice & Milk 6	Waffles w/Bacon Or Cereal w/Toast Peaches Juice & Milk 7
Muffin w/Yogurt Or Cereal w/Toast Peaches Juice & Milk 10	Power Breakfast Or Cereal w/Toast Fresh Fruit Juice & Milk 11	Early Bird Sandwich Or Cereal w/Toast Pears Juice & Milk 12	Lion Breakfast Pocket Or Cereal w/Toast Fresh Fruit Juice & Milk 13	Glazed Donut Holes Or Cereal w/Toast Pineapple Tidbits Juice & Milk 14
Breakfast Bread w/Yogurt Or Cereal w/Toast Pineapple Tidbits Juice & Milk 17	Morning Griddle Sandwich Or Cereal w/Toast Fresh Fruit Juice & Milk 18	Sausage, Egg, & Cheese Biscuit Or Cereal w/Toast Peaches Juice & Milk 19	Breakfast Pizza Or Cereal w/Toast Fresh Fruit Juice & Milk 20	French Toast Stks Or Cereal w/Toast Mixed Fruit Juice & Milk 21
Waffles w/Bacon Or Cereal w/Toast Mandarin Oranges Juice & Milk 24	Gingerbread Bites w/Yogurt Or Cereal w/Toast Fresh Fruit Juice & Milk 25	Breakfast Burrito w/Tater Smiles Or Cereal w/Toast Pears Juice & Milk 26	Power Breakfast Or Cereal w/Toast Fresh Fruit Juice & Milk 27	Pancake 'N Sausage Or Cereal w/Toast Peaches Juice & Milk 28

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