

SEPTEMBER

LUNCH

2018

GOOD EATS AT

Lamar 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.

GET READY

FOR NATIONAL SCHOOL LUNCH WEEK
OCTOBER 8-12
SquareMeals.org/nsiw


TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

This product was funded by USDA.
This institution is an equal opportunity provider.

M	T	W	TH	F
Chicken Fried Steak Or Breaded Drumstick Or Bobcat Special Mashed Potatoes Green Peas Peaches/Pears Milk 3	Crispy Tacos Or Beef & Bean Burrito Or Bobcat Special Refried Beans Tossed Salad Orange Smiles Milk 4	Burger/ Cheeseburger Or Popcorn Shrimp Or Bobcat Special Fries/Carrot Coins Fruity Jello Juice & Milk 5	Ravioli Or Pizza Pocket Or Bobcat Special Tuscan Vegetables Zesty Cucumbers Fresh Fruit Milk 6	Ranchero Wrap Or Frito Pie Or Bobcat Special Corn/Bell Pepper Pineapple Tidbits Juice & Milk Brownie Bite 7
Mac & Cheese Or Corndog Or Bobcat Special Fries/Okra Spiced Apples Mandarin Oranges Milk 10	Steakfinger Basket Or Grilled Cheese Sandwich Or Bobcat Special Green Beans Snowball Salad Milk 11	Nacho Grande Or Meat & Cheese Chalupa Or Bobcat Special Beans/Salad Peaches Juice & Milk 12	Hot Dog/Chili Dog Or Chili w/Corn Muffin Or Bobcat Special Fries/Cucumbers Fresh Fruit Milk 13	Asian Chicken Bowl Or Eggrolls Or Bobcat Special Crunchy Broccoli Salad Pears Juice & Milk Cookie 14
Pork Chop Or Glazed Drumstick Or Bobcat Special Augratin Potatoes Broccoli Applesauce Milk 17	Spaghetti Bowl Or Pizza Or Bobcat Special Green Beans Carrot Coins Fresh Fruit Milk 18	Mini Twin Burgers Or Mini Corndogs Bobcat Special Fries/Zesty Cucumbers Pears Juice & Milk 19	Cheese Enchiladas Or Taquitos Or Bobcat Special Refried Beans/Salad Fresh Fruit Milk 20	Pulled Pork Sliders Or Turkey & Cheese Wraps Or Bobcat Special Fries/Coleslaw Peaches Juice & Milk Crispy Cereal Treat 21
Chicken Strips Or Chicken Fried Steak Or Bobcat Special Mashed Potatoes Okra Pears/Peaches Milk 24	Mexican Combo Plate Or Chicken Quesadilla Or Bobcat Special Beans/Corn Orange Smiles Milk 25	Breaded Drumstick Or Popcorn Shrimp Or Bobcat Special Black-eyed Peas Broccoli Fruity Jello Juice & Milk 26	Stuffed Shells Or Meatball Pocket Or Bobcat Special California Blend Veggies Bell Pepper Fresh Fruit Milk 27	Hamburger/Cheeseburger Or Sloppy Joes Or Bobcat Special Fries/Baby Carrots Pineapple Tidbits Juice & Milk Brownie Bites 28



SEPTEMBER

BREAKFAST

2018

GOOD EATS AT

Lamar Elementary

SPECIAL ANNOUNCEMENTS

Parents:

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



M	T	W	TH	F
Sausage & Gravy Biscuit Fruit Cup Juice & Milk 3	Pancakes Fruit Cup Juice & Milk 4	Bacon, Egg, & Cheese Croissant Fruit Cup Juice & Milk 5	Breakfast Bread Fruit Cup Juice & Milk 6	Rolled Taco Fruit Cup Juice & Milk 7
French Toast Stks Fruit Cup Juice & Milk 10	Breakfast Pizza Fruit Cup Juice & Milk 11	Pancake 'N Sausage Fruit Cup Juice & Milk 12	Breakfast Burrito Fruit Cup Juice & Milk 13	Breakfast Loaf Fruit Cup Juice & Milk 14
Ham & Cheese Croissant Fruit Cup Juice & Milk 17	Sausage Sandwich Fruit Cup Juice & Milk 18	Muffins Fruit Cup Juice & Milk 19	Egg & Cheese Breakfast Sliders Fruit Cup Juice & Milk 20	Cinnamon Rolls Fruit Cup Juice & Milk 21
Sausage & Gravy Biscuit Fruit Cup Juice & Milk 24	Pancakes Fruit Cup Juice & Milk 25	Bacon, Egg, & Cheese Croissant Fruit Cup Juice & Milk 26	Breakfast Bread Fruit Cup Juice & Milk 27	Rolled Taco Fruit Cup Juice & Milk 28

GET READY

FOR NATIONAL SCHOOL LUNCH WEEK
OCTOBER 8-12
SquareMeals.org/nslw



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



This product was funded by USDA.
This institution is an equal opportunity provider.