

Smyer ISD Elementary Lunch Menu

October
2022

Fresh Vegetable choice and Seasonal Fruit are offered Daily



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Tangerine Chicken Whole Grain Dinner Roll Cheeseburger Ham & Cheese Pinwheel Stir Fry Vegetable Cucumber Slices French Fry Variety Fresh Fruit Basket Pineapple Tidbits</p>	<p>4</p> <p>Walking Taco w/Cheese Sauce</p> <p>Chicken Nuggets/dinner roll/Dinner Roll & Dinner Roll Whole Grain Dinner Roll Ham & Cheese Pinwheel Baby Carrots Celery Sticks Lettuce, Tomato and Cheese Mandarin Oranges</p>	<p>5 No School</p> <p>Creamy Chicken /Mexican RiceEnchiladas/ Mexican Rice Tortilla Chips Crispy Chicken Salad Ham & Cheese Pinwheel Tater Tots Spiced Pinto Beans Cinnamon Apple Slices Fresh Fruit Bar</p>	<p>6</p> <p>Country Fried Steak or Country Gravy Dinner Roll Cheeseburger Ham & Cheese Pinwheel Mashed Potatoes Green Beans Peach Fresh Fruit Basket</p>	<p>7</p> <p>Cheese Pizza Buffalo Chicken Pasta Salad Ham & Cheese Pinwheel Baby Carrots, Green Beans, Fruit Baby Carrots Fresh Fruit Bar Canned Fruit Bar **Ice Cream Cup**</p>
<p>10 No School</p> <p>Columbus Day</p>	<p>11</p> <p>Asian Chicken Noodle Bowl with Lemongrass Cheeseburger Ham Deli Sandwich Garden Salad Mixed Vegetables Peachy Jello Fresh Fruit Basket</p>	<p>12</p> <p>Pepperoni Pizza Cheeseburger Bread Stick French Fry Variety Vegetable Variety Fruit Variety Pineapple Tidbits</p>	<p>13</p> <p>Chicken Nuggets or Steak Fingers Whole Grain Dinner Roll Mashed Potatoes, Gravy & Dinner Roll Cheeseburger Chicken Sandwich Caesar Salad Macaroni & Cheese French Fries Baby Carrots</p>	<p>14</p> <p>Frito Chili Pie Corn Dog Turkey BLT Wrap Fresh Fruit Basket Peaches Spinach Salad Baby Carrots</p>
<p>17</p> <p>Beefy Nachos w/Cheese Sauce</p> <p>Lettuce, Tomato and Cheese Chicken Sandwich Chef Salad Tomato & Cucumber Salad Spiced Pinto Beans Fruit Variety *Ice Cream*</p>	<p>18</p> <p>Wing Bar Bread Stick Cheese & Pepperoni Flatbread Cheeseburger French Fries Vegetable Variety Fruit Variety Diced Peas</p>	<p>19</p> <p>Southwestern Burger Pickle Spears Onions Chips Chicken Sandwich Cucumber Slices Fresh Fruit Basket Mixed Fruit *Churro* Beef Taco Salad</p>	<p>20</p> <p>Chicken Alfredo w/Pasta Garlic Breadstick Hot Turkey & Cheese Sandwich Turkey BLT Salad Baby Carrots Garden Salad Canned Fruit Bar Fresh Fruit Bar</p>	<p>21</p> <p>Salisbury Steak/ Mashed potatoes/Dinner Roll/Mashed potatoes Variety of Hamburgers, Chicken and Other Honey Mustard Ham Wrap Whole Grain Dinner Roll Corn, Carrots and Fruit Steamed Green Beans Fresh Fruit Bar Diced Peaches</p>
<p>24</p> <p>BBQ Rib Sandwich Crispy Chicken Tenders Whole Grain Dinner Roll Yogurt Pak with Bagel Golden French Fries Roasted Corn, Celery sticks, Fruit LCR Lettuce Fresh Fruit Bar Mandarin Oranges</p>	<p>25</p> <p>Meatloaf Mashed Potatoes Whole Grain Dinner Roll Cheeseburger on a Bun Yogurt Pak with Bagel Tater Tots Green Beans Celery Sticks Fresh Mixed Fruit Pineapple Tidbits</p>	<p>26</p> <p>Chicken Tacos Tortilla Chips Corn Dog Golden French Fries Turkey BLT Wrap Mexican Corn Garden Salad Canned Fruit Bar Fresh Fruit Bar</p>	<p>27</p> <p>Baked Potato Bar Whole Grain Dinner Roll Spicy Chicken Patty on Bun Cheeseburger on a Bun Corn Dog Macaroni & Cheese Baby Carrots Banana Cherry Pears</p>	<p>28</p> <p>BBQ Chicken w/ Dinner Roll Creamy Potato Salad Hot Turkey Sandwich Macaroni & Cheese Broccoli Florets Fresh Fruit Basket Sliced Peaches Leafy Green Salad Yogurt Pak with Bagel</p>
<p>31</p> <p>Spook-etti w/Meat Sauce Rip Stick Breadstick Cheeseburger Chef Salad Dill Seasoned Potato Wedges</p> <p>Vegetable Variety Fruit Variety Canned Fruit Bar</p>	<p>This is for Food 4 Thought</p>			

PRICES

Students Lunch FREE
Adult lunch \$2.50

EXTRA INFO

For questions, please contact Food Service
Director Rosy Rivera
rosa.rivera@smyer-isd.com
*Choice of Milk: 1% White or Chocolate
*Entrée Salads served with a Grain.

HARVEST OF THE MONTH

FIG GARLIC LEGUMES

Your MENUS plus more
information on our app
Taher Food4Life®

