



SMYER ISD ELEMENTARY LUNCH MENU

September
2023

Fresh Vegetables and Fruits offered daily!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Lasagna Garlic Toast Fish Sandwich with Cheese Hamburger on a Bun Crispy Chicken Sandwich California Blend Vegetable Baby Carrots Diced Pears Cheese Pizza Banana
4	5 BBQ Pulled Pork Sandwich Coleslaw Cheeseburger on a Bun Turkey BLT Wrap Roasted Corn Cherry Tomato Mixed Canned Fruit Cantaloupe	6 Choice of Burrito Salsa Crispy Chicken Sandwich Turkey BLT Wrap Refried Beans Cherry Tomato Pineapple Tidbits Fresh Orange Homemade Chocolate Chip Cookie	7 Pasta with Meat Sauce Whole Grain Dinner Roll Cheeseburger on a Bun Spicy Chicken Patty on Bun Turkey BLT Wrap Roasted Broccoli Cherry Tomato Applesauce Watermelon Chunks	8 French Toast Sticks Sausage Patty Strawberry Topping Crispy Chicken Sandwich Turkey BLT Wrap Glazed Carrots Cherry Tomato Diced Pears Fresh Grapes
11 Pork Roast Buttered Noodles Whole Grain Dinner Roll Pepperoni Pizza Crispy Chicken Sandwich Roasted Broccoli Baby Carrots Peaches, Diced Cantaloupe	12 Southwestern Burger Quesadilla Salsa Cheeseburger on a Bun Beef Hot Dog on a Bun Black Beans Baby Carrots Mixed Canned Fruit Banana	13 Meatloaf Whole Grain Dinner Roll Chicken Taquito Ham and Cheese Charcuterie Mashed Potatoes Baby Carrots Pineapple Tidbits Watermelon Chunks Gravy Mini Rice Krispie Treat	14 Crispy Chicken Tenders Chicken Fried Rice - Side Cheeseburger on a Bun Spicy Chicken Patty on Bun Ham and Cheese Charcuterie Kung Fu Carrots Baby Carrots Applesauce Banana	15 Choice of Homemade Lasagna Garlic Toast Bacon Cheeseburger on a Bun Fish Sandwich with Cheese California Blend Vegetable Baby Carrots Diced Pears Banana
18 BYO Mac and Cheese Whole Grain Dinner Roll Crispy Chicken Sandwich Corn Dog Steamed Peas Broccoli Florets Peaches, Diced Cantaloupe	19 Breakfast Burrito Salsa Cheeseburger on a Bun Honey Mustard Ham Wrap Refried Beans Broccoli Florets Mixed Canned Fruit Fresh Pear	20 Toasted Italian Cheese Sandwich Marinara Sauce Caesar Salad Hamburger on a Bun Crispy Chicken Sandwich Steamed Carrots Broccoli Florets Pineapple Tidbits Watermelon Chunks Churrn	21 Popcorn Chicken Bowl Dinner Roll Honey Mustard Ham Wrap Cravin Craisin Salad Broccoli Florets Applesauce Fresh Pear	22 Beef Chili Over Corn Bread Hamburger on a Bun Crispy Chicken Tenders Whole Grain Dinner Roll Steamed Green Beans Broccoli Florets Diced Pears Fresh Pear
25 Choice of Flatbread Cucumber Ranch Salad BBQ Chicken Sandwich Corn Dog Steamed Green Beans Red/Orange Bell Pepper Peaches, Diced Cantaloupe	26 Pancakes Easy Egg Bake Beef Hot Dog on a Bun NY Style Buffalo Chicken Dip w/ Flatbread Charcuterie Potato Wedges Red/Orange Bell Pepper Mixed Canned Fruit Fresh Grapes	27 Orange Chicken Brown Rice Hamburger on a Bun NY Style Buffalo Chicken Dip w/ Flatbread Charcuterie Steamed Carrots Red/Orange Bell Pepper Pineapple Tidbits Watermelon Chunks Fortune Cookie	28 Chalupa Cilantro Lime Rice Lettuce, Tomato and Cheese Cheeseburger on a Bun Spicy Chicken Patty on Bun Baked Beans Red/Orange Bell Pepper Applesauce Fresh Apple Salsa	29 Cheese Bosco Stick Dipping sauce Choice of Bake Garlic Toast Popcorn Chicken Dinner Roll Roasted Broccoli Red/Orange Bell Pepper Diced Pears Fresh Grapes

PRICES

Student Lunch FREE
 Adult \$4.50

EXTRA INFO

For questions please contact Food Service
 Director
 Rosy Rivera
 rosa.rivera@smyer-isd.com
 1% White Milk and Skim Chocolate Milk offered
 daily
 Entrée Salads are served with a Grain.

HARVEST OF THE MONTH

PEAR
EGGPLANT
MINT

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