

# OCTOBER

#### **ROBERT LEE ISD**





Special Announcements:



#### **Breakfast Parfait**

Hamburger Steak, brown gravy, roasted potatoes, broccoli salad, biscuit, mandarin oranges,

CM-142 CM-129



#### Cinnamon Rolls and Sausage

Fiesta Bowl, carrot coins, seasonal fruit, brownies

CM-131

#### **Pancakes and Bacon**

Texas Basket(oven fries, steak fingers, roll, gravy) cucumbers, strawberries CM-189

#### Sunrise Sandwich

Tex-Mex Stack(taco meat, corn chips, shredded cheese) refried beans, salsa, hot cinnamon apples, sherbet cup 6. CM-191 CM-143 BRK-120

#### **Breakfast Pizza**

Chicken Alfredo, breadstick. Tuscan vegetable, peaches, crispy treat CM-114 CM-192

#### **Breakfast strudel and Yogurt**

X-Treme burrito(beef and bean burrito covered in cheese sauce) or on side, corn, tomato cup. snowball salad 8. CM-196 CM-181

#### **Cereal Variety and Toast**

Breaded pork chop, mashed potatoes, brown gravy, green beans, apple slices, roll CM-178

#### **COLUMBUS DAY**

#### **Breakfast Taquito**

Meatball sub sandwich, tator tots, fresh veggie cup, strawberries 13. CM-150 CM-133

#### **Cereal Variety and Toast**

Asian Bowl, egg roll, rice, garden salad, grapes

14. CM-102

Ham and Cheese Melt. Soup. chips, corn, tomato cup, fruity iello 15. CM-140

#### **Donuts and Sausage**

Potato Bowl(potato wedges, pulled pork, cheese) celery sticks, carrot coins, cinnamon applesauce CM-164 CM-123

#### **Cereal Variety and Toast**

Breaded Drumstick . Biscuit . Sweet Potatoes, Corn, Grapes

19.

#### **Breakfast Burrito**

Frito Pie, Cucumbers, pinto Beans, Salsa, Orange Smiles

CM-134 CM 102

Power Breakfast

Chicken Nuggets, Mashed Potatoes, Broccoli, Roll, Fruit Cup, fruit crisp 21. BRK-118 CM-135

Sausage Kolache and Yogurt Hamburger, Steak Fries, Carrots, 2/3 c Snowball Salad

22.

#### Morning Griddle Sandwich

Pulled Pork Sliders, Multigrain Chips, Savory Green Beans, Garden Salad, Chilled Pineapple, Brownies 23.

CM-165 CM-175 BRK -114

#### Waffles and Bacon Country Fried Steak, Gravy,

Mashed Potatoes . Okra. Roll. Strawberries

26.

#### Sausage, Egg, and Cheese and biscuit

20.

27.

Meat & Cheese Chalupas, Salsa, Cucumbers, Beans, Rosy Applesauce CM-149 CM-174 BRK-117

#### Breakfast Pizza

Chicken Tenders, Roll, Gravy, Broccoli, Sweet Potatoes, Mixed Fruit, crispy treat 28.

#### Biscuits gravy eggs

Chicken Spaghetti ,Breadsticks, Garden Salad, Carrots, Fresh Apple Slices CM-119 BRK-118

#### **Cinnamon Rolls and Sausage**

BBQ on a Bun, Multigrain Chips, Coleslaw, Savory Green Beans, Orange Smiles , Crispy treat CM-105 CM-124 CM-156 CM-178()



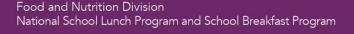
National School Lunch Week Oct. 12-16



TEXAS DEPARTMENT OF AGRICULTURE **COMMISSIONER SID MILLER** 

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## CONSTELLATION CHICKEN



A constellation is a group of visible stars that form a pattern or picture in the sky. The pattern they form may take the shape of an animal, a mythological creature, a man, a woman, or an inanimate object. Astronomers recognize 88 different constellations. The smallest constellation is the Southern Cross, Crux, and the largest constellation is the Water Snake, Hydra.

#### FIND THE DIFFERENCE

One of the chickens is not like the other. Cirle the one you think it could be.

### DID YOU KNOW?

National School Lunch Week is this month! Look for proteins like chicken in your school cafeteria and try new foods from Texas farms and ranches! Milk, lean meat, fruit, vegetables, and whole grains can all be part of a healthy school lunch — and they're all produced right here in Texas.

Chicken is an excellent source of protein. Protein is important because it builds muscles and helps keep your body strong. Chicken is also low in fat, making it a healthy choice for any meal.









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