



OCTOBER

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Cayuga ISD Lunch Menu



Special Announcements:

A variety of 100% juice served daily to 9th thru 12th Grade.

Milk variety served to K-12th Grade daily.

Menu Subject to Change!

Chicken Nuggets
Mashed Potatoes
Fat Free Pepper Gravy
Lemon Garlic Spinach
Dinner Roll
Peaches

5.

Crispy Beef Taco with Cheese
Spanish Rice
Cuban Black Beans
Mexicali Corn
Lettuce and Tomato Garnish
w/Ranch Dressing
Cinnamon Applesauce Cup

6.

Beef Ravioli
With Texas Toast
or
Spaghetti Bowl
California Blend Vegetables
Mixed Fruit Cup

7.

Fish Sticks
or
BBQ on a Bun
Mac and Cheese
Savory Green Beans
Pineapple Tidbits

8.

Cheeseburger
w/Hamburger Garnish
or
Pizza
Garden Salad w/Dressing
Oven French Fries
Orange Smiles

9.

School Holiday

12.

Beef Nacho Grande
or
Crispito (Chicken and Cheese)
Bean Dip
Lettuce & Tomato Garnish
Strawberry Applesauce Cup

13.

Steak Sandwich
Carrot Coins
Sandwich Salad w/Cherry Tomatoes
Chips
Fruit

14.

General Tso's Chicken
or
Orange Chicken
Fried Rice
Garden Salad w/Cherry Tomatoes
Fruity Gelatin

15.

Cheeseburger
w/Hamburger Garnish
or
Pizza
Garden Salad w/Dressing
Oven French Fries
Orange Smiles

16.

Chicken Rings
Mashed Potatoes
Fat Free Pepper Gravy
Broccoli
Rip Stick
Peaches

19.

Chicken Fajitas
w/Onions and Peppers
Charro Beans
Spanish Rice
Lettuce and Tomato Garnish
Strawberry Applesauce Cup

20.

Grilled Cheese Sandwich
Vegetable Soup
Pickle
Chips
Pineapple Chunks

21.

Hot Dog / Chili Cheese Dog
or
Chicken Sandwich
Carrot Sticks w/Ranch Dressing
Baked Beans
Mandarin Oranges

22.

Cheeseburger
w/Hamburger Garnish
or
Pizza
Garden Salad w/Dressing
Oven French Fries
Orange Smiles

23.

Chicken Sticks
Mashed Potatoes
Fat Free Pepper Gravy
Broccoli
Rip Stick
Peaches

26.

Soft Beef Taco
Refried Beans
Lettuce, Tomato, and Cheese
Garnish
w/Ranch Dressing
Cinnamon Applesauce Cup

27.

Max Sticks (Cheese Stick)
w/ Marinara Sauce
or
French Bread Pizza
w/Marinara Sauce
California Blend Vegetables
Apple

28.

Sweet and Sour Chicken
Eggroll
Asian Style Noodles
Oriental Blend Vegetables
Mixed Fruit Cup

29.

Cheeseburger
w/Hamburger Garnish
or
Pizza
Garden Salad w/Dressing
Oven French Fries
Orange Smiles

30.

- National School Lunch Week Oct. 12-16



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
National School Lunch Program and School Breakfast Program



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www.SquareMeals.org