

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Oct

FEED YOUR
CREATIVITY

Announcements:

Cayuga ISD
Lunch MenuMenu Subject to Change!An assortment of Fat Free
or 1% Milk served daily.A variety of 100% juice
served daily ONLY to
High School Students
(9th thru 12th Grade).

4

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

5

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

6

Chicken Sandwich
Sandwich Salad
Carrots Sticks, IW
w/Ranch Dressing
Multigrain Chips
Fresh Granny Smith Apple

7

Fish Sticks
or
BBQ on a Bun
Mac and Cheese
Cole Slaw
Pineapple Tidbits in 100% Fruit Juice

8

Pizza
Garden Salad w/Cherry Tomatoes
Or
Burger
w/Burger Garnish
Ranch Dressing
Oven Seasoned Spiral French Fries
Orange Smiles

School Holiday

National School Lunch Week

11

Beef Nacho Grande
or
Crispito (Chicken and Cheese)
w/Chips and Cheese Sauce
Bean Dip
Lettuce & Tomato Garnish
Applesauce Cup

12

Country Fried Beef Steak
Sandwich
Sandwich Salad
Carrots Sticks, IW
w/Ranch Dressing
Cheetos® Chips
Fresh Red Delicious Apple

13

Mandarin Orange Chicken
Asian Noodles
Oriental Blend Vegetables
Fruity Gelatin

14

Pizza
Garden Salad w/Cherry Tomatoes
Or
Burger
w/Burger Garnish
Ranch Dressing
Fries, Bakeable Thick Crinkle ½"
Orange Smiles

15

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

16

Chicken Fajitas
w/Onions and Peppers
Charro Beans
Mexicali Corn
Spanish Rice
Lettuce and Tomato Garnish
Rosy Applesauce

17

Grilled Cheese Sandwich
Vegetable Soup
Pickle
Chips
Pineapple Chunks

18

Hot Dog / Chili Cheese Dog
or
Chicken Chunks
Carrot Coins
Baked Beans
Mandarin Oranges

19

Pizza
Garden Salad w/Cherry Tomatoes
or
Burger
w/Burger Garnish
Ranch Dressing
Fries, Bakeable Thick Crinkle ½"
Orange Smiles

20

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

21

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

22

Crispy Chicken Sandwich
Sandwich Salad
Carrots Sticks, IW
w/Ranch Dressing
Multigrain Chips
Fresh Granny Smith Apple

23

Max Sticks (Cheese Stick)
w/ Marinara Sauce
or
Beef Ravioli
w/Bread Stick
Italian Blend Vegetables
Pineapple Tidbits in 100% Fruit
Juice

24

Mummy Dog
Cheese Stick
Chili
Carrot Coins
Candy Corn Cup

Food and Nutrition Division
Nutrition Assistance Programs

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER
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www.SquareMeals.org