

# October 2024 | DICKINSON ISD



## Announcements:

Visit FNS website for breakfast menus.

Offered daily: an assortment of fruit choices, choice of milk (1% white and FF chocolate), and cold sandwich.



## WHAT MAKES A LUNCH?

### SELECT 3-5 ITEMS



one must be a

FRUIT or VEGGIE

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Nachos (Beef or Cheese)  Ranchero Beans Fiesta Cup	<b>2</b> Breaded Mozzarella Sticks OR French Bread Pizza  Steamed Broccoli Veggie Dippers	<b>3</b> Chicken Tenders w/ Homemade Roll OR BBQ Pork Sandwich  Roasted Herb Potatoes Baked Beans	<b>4</b> Breaded Chicken Sandwich OR Grilled Cheese  Burger Salad Potato Wedges
<b>7</b> Chicken Smackers w/ Homemade Roll OR Plain Hot Dog  Mashed Potatoes Steamed Broccoli	<b>8</b> Beef & Cheese Gordita OR Chicken Tamale  Refried Beans Cucumber Cup	<b>9</b> Personal Pepperoni Pizza OR Personal Cheese Pizza Buttery Carrot Pennies Fresh Veggie Dippers	<b>10</b> Spaghetti w/ Meat Sauce OR Grilled Cheese Sandwich Seasoned Green Beans Garden Salad	<b>11</b> Cheeseburger OR Hamburger  Burger Salad Crinkle Fries
<b>14</b> 	<b>15</b> Nachos (Beef or Cheese)  Fiesta Salad Ranchero Beans	<b>16</b> Pepperoni Pizza OR Cheese Pizza  Steamed Broccoli Fresh Veggie Dippers	<b>17</b> Chicken Alfredo OR Bosco Sticks w/ Marinara  Romaine Salad Seasoned Green Beans	<b>18</b> Breaded Chicken Sandwich OR Grilled Cheese Sandwich  Burger Salad Tater Tots
<b>21</b> Corn Dog OR Frito Pie  Garden Salad w/ Cherry Tomatoes Seasoned Broccoli	<b>22</b> Macho Chili Cheese Burrito OR Chamoy & Fruit Plate  Refried Beans Mexican Street Corn	<b>23</b> Pepperoni Pizza OR Cheese Pizza  Broccoli Dippers Seasoned Green Beans	<b>24</b> Orange Chicken w/ Fried Rice OR Yogurt Plate  Buttery Carrots Cucumber Cup	<b>25</b> Cheeseburger OR Hamburger  Burger Salad Curly Fries
<b>28</b> Chicken Drumstick OR Steak Fingers w/ Mac & Cheese  Roasted Brussel Sprouts Buttery Carrot Pennies	<b>29</b> Nachos (Beef or Cheese)  Ranchero Beans Fiesta Cup	<b>30</b> Breaded Mozzarella Sticks OR French Bread Pizza  Steamed Broccoli Veggie Dippers	<b>31</b> Chicken Tenders w/ Homemade Roll OR BBQ Pork Sandwich  Roasted Herb Potatoes Baked Beans	



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER

This product was funded by USDA. This institution is an equal opportunity provider.

Menus subject to change due to supply issues.



Food and Nutrition Division  
www.SquareMeals.org



Updated 6/6/2024  
National School Lunch Program



## Apples

Season in Texas: July-November

Did you know?

There are about 2,500 different kinds of apples grown in the United States



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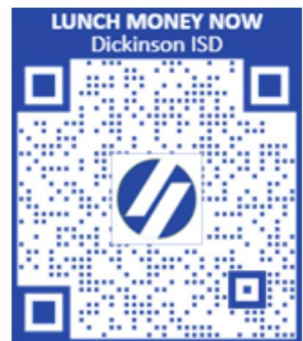




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<div>  <div> <h3>Carrots</h3> <p>Season in Texas: August - May</p> <p>Did you know?</p> <p>You can eat all parts of the carrot; leaves can be made into pesto or added to a salad, carrot flowers can also be added to salads or turned into jelly, the seeds are used to flavor other foods</p> </div>  </div>				
<b>4</b> Chicken Smackers w/ Homemade Roll OR Plain Hot Dog  Mashed Potatoes Steamed Broccoli	<b>5</b> Beef & Cheese Gordita OR Chicken Tamale  Refried Beans Cucumber Cup	<b>6</b> Personal Pepperoni Pizza OR Personal Cheese Pizza Buttery Carrot Pennies Fresh Veggie Dippers	<b>7</b> Spaghetti w/ Meat Sauce OR Grilled Cheese Sandwich  Seasoned Green Beans Garden Salad	<b>8</b> Cheeseburger OR Hamburger  Burger Salad Crinkle Fries
<b>11</b> Chicken & Waffles OR Yogurt Plate  Baby Carrots Emoji Fries	<b>12</b> Nachos (Beef or Cheese)  Fiesta Salad Ranchero Beans	<b>13</b> Pepperoni Pizza OR Cheese Pizza  Steamed Broccoli Fresh Veggie Dippers	<b>14</b> Breaded Chicken Sandwich OR Grilled Cheese Sandwich  Burger Salad Tater Tots	<b>15</b> Fall Feast w/ Homemade Roll  Mashed Potatoes Seasoned Green Beans
<b>18</b> Corn Dog OR Frito Pie  Garden Salad w/ Cherry Tomatoes Seasoned Broccoli	<b>19</b> Macho Chili Cheese Burrito OR Chamoy & Fruit Plate  Refried Beans Mexican Street Corn	<b>20</b> Pepperoni Pizza OR Cheese Pizza  Broccoli Dippers Seasoned Green Beans	<b>21</b> Orange Chicken w/ Fried Rice OR Yogurt Plate  Buttery Carrots Cucumber Cup	<b>22</b> Cheeseburger OR Hamburger  Burger Salad Curly Fries
<b>25</b>  STUDENT HOLIDAY	<b>26</b>  STUDENT HOLIDAY	<b>27</b>  STUDENT HOLIDAY	<b>28</b> HAPPY THANKSGIVING STUDENT HOLIDAY	<b>29</b>  STUDENT HOLIDAY



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