



# OCTOBER 2022

## K-12<sup>th</sup> Breakfast and Lunch Menu Tarrant County

Celebrate  
National School Lunch  
Week (NSLW)  
with New Lunch Menu  
Items!  
Oct 24<sup>th</sup> – Oct 28<sup>th</sup>



### MONDAY

**3**  
B Breakfast Kolache  
L Veggie Pizza  
Crumbly Ranch Cauliflower  
Fresh Garden Salad

### TUESDAY

**4**  
B Fresh Fruit Parfait  
L Texas Tacos  
Street Corn  
Fresh Cilantro & Onion

### WEDNESDAY

**5**  
B Banana Nut Muffin Top  
L Chicken & Vegetable Lo Mein  
Asian Kale Salad

### THURSDAY

**6**  
B Strawberry or Apple Chia Bar  
w/ Greek Yogurt  
L Turkey Hot Dog  
Bean Chili  
Cucumber Slices

### FRIDAY

**7**  
B No School  
L

**10**  
B No School  
L

**11**  
B Mini Maple Chip Waffles  
L Chicken Tamales  
Jicama Sticks w/ Tajin  
Cowboy Caviar

**12**  
B Denver Style Breakfast Burrito  
L Lasagna Rollup, Homemade  
Marinara, Garlic Breadstick,  
Garlic Green Beans

**13**  
B Biscuit & Jelly  
L Toasty Turkey Cheddar  
Flatbread Sandwich, Veggie  
Quinoa Soup, Homemade  
Pickle Chips

**14**  
B Apple Pie Overnight Oats  
L Cheese or Pepperoni Pizza  
Italian Seasoned Veggies  
Veggie Ranch Cup

**17**  
B Pancake Sandwich  
L Cheeseburger or Hamburger,  
Curly Fries  
Deluxe Deli Salad

**18**  
B Sunny Oatmeal Round  
L Spiced Chicken Pita  
Cucumber Feta Tomato Salad  
Hummus Cup

**19**  
B Toast & Strawberry Cream  
Cheese  
L Roasted Chicken, Dinner Roll,  
Rustic Mashed Potatoes w/  
Gravy, Roasted Zucchini

**20**  
B Breakfast Pizza  
L Spaghetti with Meatballs  
Homemade Marinara, Garlic  
Breadstick, Caesar Salad

**21**  
B Sausage, Egg & Cheese English  
Muffin  
L Chicken or Fish Dippers  
Sweet Potato Puffs, White  
Beans & Kale

**24** NSLW  
B Breakfast Kolache  
L Philly Cheese Steak  
Roasted Mushroom & Onion,  
Sweet Potato Puffs

**25** NSLW  
B Fresh Fruit Parfait  
L BBQ Chicken, Dinner Roll,  
Homemade Potato Salad, Baked  
Beans, BBQ Sauce

**26** NSLW  
B Banana Nut Muffin  
L Creamy Chicken Pastalaya,  
Seasoned Corn

**27** NSLW  
B Strawberry or  
Apple Chia Bar w/ Greek Yogurt  
L Chicken Pot Pie  
Garden Salad

**28** NSLW  
B Ham, Egg &  
Cheese Sandwich  
L Beef Nachos, Shredded  
Romaine, Sliced Jalapenos,  
Diced Tomatoes, Sour Cream

**31**  
B Mini Maple Chip Waffles  
L Chicken Tamales  
Jicama Sticks w/ Tajin  
Cowboy Caviar

**Nov 1**  
B Homemade Granola & Vanilla  
Yogurt Cup  
L Crispy Beef Tacos  
Refried Beans, Shredded  
Romaine Tomato Salad

**Nov 2**  
B Denver Style Breakfast Burrito  
L Lasagna Rollup, Homemade  
Marinara, Breadstick, Garlic  
Green Beans

**Nov 3**  
B Biscuit & Jelly  
L Toasty Turkey Cheddar  
Flatbread Sandwich, Veggie  
Quinoa Soup, Homemade  
Pickle Chips

**Nov 4**  
B Apple Pie Overnight Oats  
L Cheese or Pepperoni Pizza  
Italian Seasoned Veggies  
Veggie Ranch Cup



### OFFERED DAILY

#### AT BREAKFAST

- Assorted Fresh Fruit
- FF Milk / 1% Milk
- Fresh Fruit Juice
- Whole Grains
- Assorted Cereal & Cracker Pack

#### AT LUNCH

- Colorful Vegetables
- Assorted Fresh Fruit
- FF Milk & 1% Milk

### LEGEND

B: Breakfast  
L: Lunch



#### NOTICE:

Due to COVID 19, product availability is not stable, and this menu is subject to change without notice based on availability

This institution is an equal opportunity provider.



# OCTOBER 2022 K-12<sup>th</sup> Supper Menu Tarrant County

Celebrate  
National School Lunch  
Week (NSLW)  
with New Lunch Menu  
Items!  
Oct 24<sup>th</sup> – Oct 28<sup>th</sup>



## MONDAY

3

Corn Dog  
Cherry Tomatoes

## TUESDAY

4

Turkey Ham  
Hummus  
Sun Chips  
Baby Carrots

## WEDNESDAY

5

Flatbread  
Hardboiled Egg  
Peanut Butter Cup  
Celery Sticks

## THURSDAY

6

Turkey & Cheddar  
Hoagie  
Mini Deli Salad

## FRIDAY

7

No School



### OFFERED DAILY

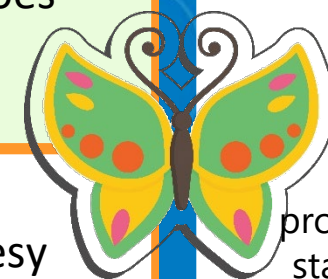
### AT SUPPER

- Colorful Vegetables
- Assorted Fresh Fruit
- FF Milk
- 1% Milk
- Whole Grains

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10

No School

11

Bean & Cheese Burrito  
Cucumber

12

Personal Pizza  
Celery Sticks

13

Cold Ham & Cheese  
Croissant  
Baby Carrots

14

Mozzarella Pearls  
Turkey Cubes  
Sun Chips  
Cherry Tomatoes

17

Pretzel Bites  
Turkey Cubes  
Cheese Cubes  
Celery Sticks

18

Chicken & Cheese  
Quesadilla  
Salsa Cup

19

Chicken Slider  
Mini Deli Salad

20

Flatbread  
Shredded Mozzarella  
Pepperoni  
Cucumber

21

Mac and Cheese  
Cherry Tomatoes

24

Corn Dog  
Cherry Tomatoes

25

Turkey Ham  
Hummus  
Sun Chips  
Baby Carrots

26

Flatbread  
Hardboiled Egg  
Peanut Butter Cup  
Celery Sticks

27

Turkey & Cheddar  
Hoagie  
Mini Deli Salad

28

Twisted Cheesy  
Breadstick  
Marinara Cup

31

Bean & Cheese Burrito  
Cucumber

Nov 1

Turkey Wrap  
Mini Deli Salad

Nov 2

Personal Pizza  
Celery Sticks

Nov 3

Cold Ham & Cheese  
Croissant  
Baby Carrots

Nov 4

Mozzarella Pearls  
Turkey Cubes  
Sun Chips  
Cherry Tomatoes