



Veggie of the Month: Sweet Potatoes
All sweet potatoes served on the menu were grown right here in Henderson, Texas. George Washington, our first president grew sweet potatoes on his farm.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

OVEN FRIED CHICKEN OR FISH STICKS **3**
CHEESY BROCCOLI
TEXAS SWEET POTATOES
ORANGE SLICES
HOMEMADE ROLL
MILK

CHEESE OR CHICKEN QUESADILLA **4**
GARDEN SALAD
STEAMED CORN
PEACH CUPS
MILK

CHEESEBURGER WAFFLE FRIES **5**
BURGER SALAD
BAKED BEANS
RAISELS
MILK

CHICKEN NUGGETS **6**
MASHED POTATOES
ROASTED CARROTS
PINEAPPLE TIDBITS
GARLIC TOAST
MILK

PEPPERONI PIZZA **7**
SEASONED SQUASH
GREEN BEANS
PIZZA SAUCE
TEXAS WATERMELON
MILK

PROFESSIONAL DEVELOPMENT DAY- NO SCHOOL **10**

CHEESEBURGER TATER TOTS **11**
BURGER SALAD
RAISELS
MILK

CHICKEN NUGGETS **12**
MASHED POTATOES
GREEN BEANS
TEXAS APPLE
HOMEMADE ROLL
MILK

CHILI CHEESE HOTDOG **13**
COOKED CARROTS
STEAMED CORN
PEACH CUPS
REDUCED FAT CHIPS
MILK

BEEF OR CHICKEN **14**
CHEESY NACHOS
PINTO BEANS
LETTUCE/ TOMATO
TEXAS WATERMELON
MILK

CHICKEN SANDWICH **17**
BABY CARROTS
BLACK EYED PEAS
FROZEN JUICE BAR
MILK

CHICKEN FRIED STEAK **18**
FISH STICKS
CHEESY BROCCOLI
TEXAS SWEET POTATOES
ROSY APPLESAUCE
COOKIE
MILK

CHEESEBURGER OR CORNDOG **19**
WAFFLE FRIES
BURGER SALAD
BAKED BEANS
RAISELS
MILK

POPCORN CHICKEN **20**
OR CHICKEN SPAGHETTI
MASHED POTATOES
SEASONED SPINACH
TEXAS APPLE
HOMEMADE ROLL
MILK

PEPPERONI PIZZA **21**
OR CHEESE STICKS
GREEN BEANS
SEASONED SQUASH
TEXAS WATERMELON
MILK

ASIAN CHICKEN WITH **24**
HOMEMADE FRIED RICE
OR CORNDOG
GREEN PEAS
COOKED CARROTS
PEACH CUPS
MILK

BBQ OR CHICKEN **25**
SANDWICH
TATER TOTS
LETTUCE/ TOMATO
BABY CARROTS
FROZEN JUICE BAR
MILK

CHICKEN NUGGETS **26**
MASHED POTATOES
GREEN BEANS
ORANGE SLICES
HOMEMADE ROLL
MILK

CHEESEBURGER **27**
WAFFLE FRIES
FRESH BROCCOLI
BURGER SALAD
RAISELS
MILK

BEEF OR CHICKEN **28**
CHEESY NACHOS
PINTO BEANS
STEAMED CABBAGE
WATERMELON CUPS
MILK

OVEN FRIED CHICKEN **31**
OR FISH STICKS
BLACK EYED PEAS
TURNIP GREENS
ORANGE SLIES
MAC N CHEESE
MILK



NATIONAL SCHOOL LUNCH

WEEK:

OCTOBER 10-14

