

OCTOBER

2020

LORAIN ISD K-12



Special Announcements:

NEW MENU ITEM: CHILI CHEESE TOTCHOS...CHILI CHEESE TATER TOTS! YUMMY! HIGH SCHOOL IS OFFERED CHOICE OF 2 FRUITS AND JUICE DAILY. Also offer a sandwich instead of hot entrée!

Pancakes, bacon, cereal, toast
fruit, milk, juice

Cheeseburger, oven fries,
cucumber slices, strawberries,
milk

Kolache, yogurt, cereal, toast,
fruit, milk, juice

Taquito, Queso, salsa, beans, corn,
rice crispy treat, milk

Pancakes, sausage, cereal, toast,
fruit, milk, juice

Hot dogs, sweet potato fries, corn,
grapes, milk

Waffles, bacon, muffin, yogurt,
fruit, milk, juice

Meatloaf, mashed potatoes, okra,
roll, strawberries, milk

Cheesy toast, sausage, cereal bar,
yogurt, fruit, milk, juice

Tex-Mex stack, beans, carrots,
salsa, (HS only: Spanish rice),
apple, sherbet, milk

Cheese omelet, toast, cereal bar,
yogurt, fruit, milk, juice

Chili/cheese totchos, roll, veggie
cup, strawberries, milk

Breakfast burrito, hash brown,
cereal bar, yogurt, fruit, milk, juice

Frito pie, cucumber slices, beans,
salsa, orange smiles, milk

Sausage, egg, cheese biscuit, PBJ,
fruit, milk, juice

Enchiladas, salsa, cucumber slices,
beans, rosy applesauce, milk

Chicken-n-biscuit, muffin, yogurt,
fruit, milk, juice

Pizza pocket, marinara sauce,
Tuscan veggies, peaches, brownie,
milk

Waffles, sausage, cereal, toast,
fruit, milk, juice

Chicken nuggets, mac-n-cheese,
black-eyed peas, salad, grapes,
milk

Scrambled egg, bacon, biscuit,
gravy, muffin, yogurt, fruit, milk,
juice

Chicken nuggets, mashed
potatoes, broccoli, roll, fruit cup,
cookie, milk

Breakfast pizza, cereal, toast, fruit,
milk, juice

Cheeseburger, broccoli, mixed
fruit, cookie, milk

Pancake wrap, cereal bar, yogurt
fruit, milk, juice

Hamburger steak, mashed
potatoes, brown gravy, biscuit,
broccoli salad, mandarin oranges,
milk

Breakfast strudel, yogurt, cereal
bar, yogurt, fruit, milk, juice

Country Pot Pie, tomato cup, sno-
ball salad, milk

Breakfast pizza, cereal, bar, fruit,
milk, juice

Cheeseburger, celery and carrot
sticks, applesauce, cookie, milk

Breakfast sandwich, cereal bar,
yogurt, fruit, milk, juice

Chicken Parmesan, breadstick,
salad, green beans, chilled
pineapple, brownie, milk

Cinnamon roll, sausage, cereal bar,
yogurt, fruit, milk, juice

Pizza, salad, carrots, apple, milk

Cinnamon roll, sausage, muffin,
yogurt, fruit, milk, juice

Pizza, baby carrots, salad, rice
crispy treat, fruit, milk

Breakfast burrito, hash browns,
cereal, toast, fruit, milk, juice

Pork chop, mashed potatoes,
gravy, roll, green beans, apple,
milk

French toast, sausage, muffin,
yogurt, fruit, milk, juice

Pizza, tomato cup, corn, fruity
gelatin, milk

Kolache, yogurt, cereal, toast,
fruit, milk, juice

Pizza, carrots, corn, sno-ball salad,
milk

Biscuit, gravy, scrambled egg,
cereal, toast, fruit, milk, juice

BBQ sandwich, coleslaw, green
beans, orange smiles, rice crispy
treat, milk



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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National School Lunch Week Oct. 12-16



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

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LORAIN ISD PRE-K ONLY

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NEW MENU ITEM: CHILI/CHEESE TOTCHOS IS TATOR TOTS WITH CHILI AND CHEESE. YUMMY!!!

<p>Pancakes, bacon, cereal, toast, fruit, milk, juice</p> <p>Cheeseburger, oven fries, strawberries, milk</p> <p>5.</p>	<p>Cheesy toast, sausage, cereal bar, yogurt, fruit, milk, juice</p> <p>Tex-Mex stack, beans, apple, animal cookie, milk</p> <p>6.</p>	<p>Chicken-n-biscuit, muffin, yogurt, fruit, milk, juice</p> <p>Pizza pocket, salad, peaches, milk</p> <p>7.</p>	<p>Breakfast strudel, yogurt, cereal bar, yogurt, fruit, milk, juice</p> <p>Country pot pie, sno-ball salad, animal cookie, milk</p> <p>8.</p>	<p>Breakfast burrito, hash browns, cereal, toast, fruit, milk, juice</p> <p>Pork chop, gravy, green beans, apples, milk</p> <p>9.</p>
<p>Kolache, yogurt, cereal, toast, fruit, milk, juice</p> <p>Taquito, Queso, beans, animal cookies</p> <p>12.</p>	<p>Cheese omelet, toast, cereal bar, yogurt, fruit, milk, juice</p> <p>Chili/cheese totchos, strawberries, milk</p> <p>13.</p>	<p>Waffles, sausage, cereal, toast, fruit, milk, juice</p> <p>Chicken nuggets, mac-n-cheese, fruit, milk</p> <p>14.</p>	<p>Breakfast pizza, cereal bar, yogurt, fruit, milk, juice</p> <p>Cheeseburger, carrots, applesauce, animal cookies, milk</p> <p>15.</p>	<p>French toast, sausage, muffin, yogurt, fruit, milk, juice</p> <p>Pizza, corn, fruity gelatin, milk</p> <p>16.</p>
<p>Pancake, sausage, cereal, toast, fruit, milk, juice</p> <p>Hot Dogs, sweet potato fries, fruit, milk</p> <p>19.</p>	<p>Breakfast burrito, hash browns, cereal bar, yogurt, fruit, milk, juice</p> <p>Frito pie, beans, orange smiles, milk</p> <p>20.</p>	<p>Scrambled egg, biscuit, gravy, bacon, muffin, yogurt, fruit, milk, juice</p> <p>Chicken nuggets, Tuscan veggies, fruit cup, milk</p> <p>21.</p>	<p>Breakfast sandwich, cereal bar, yogurt, fruit, milk, juice</p> <p>Chicken parmesan, green beans, chilled pineapple, milk</p> <p>22.</p>	<p>Kolache, yogurt, cereal, toast, fruit, milk, juice</p> <p>Pizza, baby carrots, sno-ball salad, milk</p> <p>23.</p>
<p>Waffles, bacon, muffin, yogurt, fruit, milk, juice</p> <p>Meatloaf, mashed potatoes, roll, strawberries, milk</p> <p>26.</p>	<p>Sausage, egg, cheese biscuit, PBJ, fruit, milk, juice</p> <p>Enchiladas, beans, rosy applesauce, milk</p> <p>27.</p>	<p>Breakfast pizza, cereal, toast, fruit, milk, juice</p> <p>Cheeseburger, broccoli, mixed fruit, milk</p> <p>28.</p>	<p>Cinnamon roll, sausage, cereal bar, yogurt, fruit, milk, juice</p> <p>Pizza, baby carrots, apple, milk</p> <p>29.</p>	<p>Biscuit, gravy, scrambled egg, cereal, toast, fruit, milk, juice</p> <p>BBQ sandwich, green beans, orange smiles, milk</p> <p>30.</p>
<p>Pancake wrap, yogurt, cereal bar, yogurt, fruit, milk, juice</p> <p>Hamburger steak, mashed potatoes, mandarin oranges, milk</p> <p>1.</p>	<p>Cinnamon roll, sausage, muffin, yogurt, fruit, milk, juice</p> <p>Pizza, salad, fruit, milk</p> <p>2.</p>			



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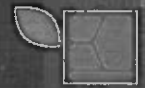
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