

ST. PAUL GB LUNCH K - 8

OCT

2022

GEAR UP FOR
**SWIM
CLASS**



ANNOUNCEMENTS:

Menu is subject to change without notice. Due to price or availability of food

MONDAY

Soft Tacos **3**
Soup, Beans
Salad Mix
Fruit
Choice of Milk

TUESDAY

WG Spaghetti & meatballs **4**
Baby Carrots,
Spinach, Fruit
Dinner Roll
Choice of Milk

WEDNESDAY

Chicken Tenders **5**
Mashed Potatoes
Brown gravy ,Bread
Sl. Cucumber, Ketchup,
Fruit
Choice of Milk

THURSDAY

Hot Dog **6**
Peas, Salad Mix
Sun chips, Fruit
Mustard/ Ketchup
Choice of Milk

FRIDAY

**NO
LUNCH**

Warrior Nachos **10**
Cheese Sauce
Baked Tostito Scoops
Pinto Beans, Baby Carrots
Fruit
Choice of Milk

Hamburger **11**
Corn, Spinach
Tomato/Pickles
Fruit
Mayo/Ketchup
Choice of Milk

Mini Pancakes **12**
Sausage
Diced Potatoes
Ketchup
Fruit
Milk

BBQ chicken **13**
Bread, Soup
Cucumbers, Corn
Fruit
Choice of Milk

**NO
LUNCH**

Cheese Enchiladas **17**
Crackers, Beans
Salad Mix
Fruit
Choice of Milk

Chicken Nuggets **18**
Mashed Potatoes
Brown gravy, Bread, Spinach
Ketchup
Fruit
Choice of Milk

Corn Dog **19**
Green Beans,
Baby Carrots
Fruit
Mustard/ Ketchup
Choice of Milk

Chickenburger **20**
Corn, Spinach
Tomato/Pickles
Fruit
Mayo/Ketchup
Choice of Milk

**NO
LUNCH**

Soft Tacos **24**
Soup, Beans
Salad Mix
Fruit
Choice of Milk

WG Spaghetti & meatballs **25**
Baby Carrots,
Spinach, Fruit
Bread
Choice of Milk

Chicken Tenders **26**
Mashed Potatoes
Brown gravy, ,Bread
Sl. Cucumber, Ketchup, Fruit
Choice of Milk

Hot Dog **27**
Peas, Salad Mix
Sun chips, Fruit
Mustard/ Ketchup
Choice of Milk

**NO
LUNCH**

Warrior Nachos **31**
Cheese Sauce
Baked Tostito Scoops
Pinto Beans, Salad Mix Fruit
Choice of Milk



Food and Nutrition Division
Nutrition Assistance Programs



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER
This product was funded by USDA.
This institution is an equal opportunity provider.



Updated 1/1/2022
www.SquareMeals.org