



SMYER ISD ELEMENTARY LUNCH MENU

October
2023

Fresh Vegetables and Fruits offered daily!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Cubano on a Sub Roll Hamburger on a Bun Chef Salad Choice of Deli Sandwich or Sub</p> <p>Mojo Fries Baby Carrots Peaches, Diced Banana 1% Unflavored Milk</p>	<p>3</p> <p>Choice of Homemade Lasagna Dinner Roll BBQ Chicken Sandwich Ham Deli Sandwich Choice of Deli Sandwich or Sub</p> <p>Roasted Broccoli Baby Carrots Mixed Canned Fruit Banana</p>	<p>4</p> <p>Crispy Chicken Tenders Mashed Potatoes Hamburger on a Bun Chef Salad Chicken Cordon Bleu Sandwich</p> <p>Steamed Peas Baby Carrots Choice of Deli Sandwich or Sub</p>	<p>5</p> <p>Queso Chicken and Spanish Rice Spicy Chicken Patty on Bun Chef Salad Choice of Deli Sandwich or Sub</p> <p>Spiced Pinto Beans Baby Carrots Applesauce Banana</p>	<p>6</p> <p>Toasted Cheese Sandwich Harvest Cheddar Sunchip Choice of Pizza Chef Salad California Blend Vegetable Baby Carrots Choice of Deli Sandwich or Sub</p> <p>Diced Pears Banana</p>
<p>9</p> <p>No School</p>	<p>10</p> <p>BYO Mac and Cheese Spicy Chicken Patty on Bun Pigs in a Blanket Spiced Pinto Beans Cherry Tomato Mixed Canned Fruit Fresh Pear 1% Unflavored Milk Fat Free Chocolate Milk</p>	<p>11</p> <p>Chicken Bacon Ranch Melt Crispy Chicken Tenders Whole Grain Dinner Roll Chicken Caesar Salad Green Beans Cherry Tomato Pineapple Tidbits Fresh Pear 1% Unflavored Milk Fat Free Chocolate Milk</p>	<p>12 HOM Leeks</p> <p>Chicken, Leek & Penne Bake Cheeseburger on a Bun Buffalo Chicken Wrap Green Beans Cherry Tomato Applesauce Fresh Pear 1% Unflavored Milk Fat Free Chocolate Milk</p>	<p>13</p> <p>Chicken Taquito Hamburger on a Bun Crispy Chicken Sandwich Choice of Pizza Chicken Caesar Salad Firenze Corn Salad Black Beans Cherry Tomato Diced Pears Fresh Pear</p>
<p>16</p> <p>Chicken Spaghetti Bread Stick Hamburger on a Bun Corn Dog Turkey BLT Wrap Steamed Green Beans Cherry Tomato Peaches, Diced Fresh Grapes 1% Unflavored Milk Fat Free Chocolate Milk</p>	<p>17</p> <p>BBQ Pulled Pork Sandwich Coleslaw Cheeseburger on a Bun Crispy Chicken Salad Roasted Corn Cherry Tomato Mixed Canned Fruit Fresh Grapes 1% Unflavored Milk Fat Free Chocolate Milk</p>	<p>18</p> <p>Choice of Burrito Salsa Hamburger on a Bun Grilled Ham & Cheese Sandwich Turkey BLT Wrap Crispy Chicken Salad Refried Beans Cherry Tomato Pineapple Tidbits Fresh Grapes</p>	<p>19</p> <p>Pasta with Meat Sauce Whole Grain Dinner Roll Cheeseburger on a Bun Turkey BLT Wrap Roasted Broccoli Cherry Tomato Applesauce Fresh Grapes 1% Unflavored Milk Fat Free Chocolate Milk</p>	<p>20</p> <p>Corn Dog Hamburger on a Bun Crispy Chicken Sandwich Turkey BLT Wrap Glazed Carrots Cherry Tomato Diced Pears Fresh Grapes</p>
<p>23</p> <p>Pork Roast Buttered Noodles Whole Grain Dinner Roll Chicken Bacon Alfredo Flatbread Ham and Cheese Charcuterie</p> <p>Roasted Broccoli Baby Carrots Peaches, Diced Banana</p>	<p>24</p> <p>Southwestern Burger Quesadilla Salsa Rice Krispie Treat Cheeseburger on a Bun Spicy Chicken Patty on Bun Beef Hot Dog on a Bun Cheese Pizza Sausage Pizza BBQ Chicken Pizza Ham and Cheese Charcuterie</p>	<p>25</p> <p>Meatloaf Whole Grain Dinner Roll Beef Hot Dog on a Bun Chef Salad Mashed Potatoes Baby Carrots Pineapple Tidbits Banana Gravy 1% Unflavored Milk Fat Free Chocolate Milk</p>	<p>26</p> <p>Chicken Fried Rice Cheeseburger on a Bun Chef Salad Glazed Carrots Baby Carrots Applesauce Banana</p>	<p>27</p> <p>Choice of Homemade Lasagna Corn Dog Chef Salad California Blend Vegetable Baby Carrots Diced Pears Banana</p>
<p>30 HOM Apple & Pumpkin</p> <p>BYO Mac and Cheese Whole Grain Dinner Roll Crispy Chicken Sandwich Craving Chicken Salad Steamed Peas Broccoli Florets Peaches, Diced Fresh Pear 1% Unflavored Milk Fat Free Chocolate Milk</p>	<p>31</p> <p>Breakfast Burrito Salsa Cheeseburger on a Bun Honey Mustard Ham Wrap Refried Beans Broccoli Florets Mixed Canned Fruit Fresh Pear 1% Unflavored Milk Fat Free Chocolate Milk</p>			

PRICES

Student Lunch FREE
Adult \$4.50

EXTRA INFO

For questions please contact Food Service
Director
Rosy Rivera
rosa.rivera@smyer-isd.com
1% White Milk and Skim Chocolate Milk offered
daily
Entrée Salads are served with a Grain.



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