

SMYER ISD LUNCH MENU

Fresh Vegetable choices and Seasonal Fruit are offered
Daily

October
2023

FOOD4LIFE® APP • All the MENUS and more! • DOWNLOAD NOW

MONDAY

2

- Classic Cafe** Cubano on a Sub Roll
- Diner** Hamburger on a Bun, Crispy Chicken Sandwich, Fish Sandwich with Cheese
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Chicken Bacon Alfredo Flatbread
- Grab & Go** Choice of Deli Sandwich or Sub, Chef Salad
- Fruit & Vegetable** Mojo Fries, Baby Carrots, Peaches, Diced, Banana

TUESDAY

3

- Classic Cafe** Choice of Homemade Lasagna, Garlic Toast
- Diner** Cheeseburger on a Bun, Spicy Chicken Patty on Bun, Buffalo Chicken Fajita Wrap
- Pizza Parlor** Cheese Pizza, Sausage Pizza, BBQ Chicken Pizza
- Grab & Go** Choice of Deli Sandwich or Sub, Chef Salad
- Fruit & Vegetable** Roasted Broccoli, Baby Carrots, Mixed Canned Fruit, Banana, Salsa

WEDNESDAY

4

- Classic Cafe** Chicken Potstickers, Chicken Fried Rice
- Diner** Hamburger on a Bun, Crispy Chicken Sandwich, Chicken Cordon Bleu Sandwich
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Taco Pizza
- Grab & Go** Choice of Deli Sandwich or Sub, Chef Salad
- Fruit & Vegetable** Steamed Peas, Baby Carrots, Pineapple Tidbits, Banana

THURSDAY

5

- Classic Cafe** Queso Chicken and Spanish Rice
- Diner** Cheeseburger on a Bun, Spicy Chicken Patty on Bun, Southwestern Burger
- Pizza Parlor** Cheese Pizza, Sausage Pizza, Meat Lovers Pizza
- Grab & Go** Choice of Deli Sandwich or Sub, Chef Salad
- Fruit & Vegetable** Spiced Pinto Beans, Baby Carrots, Applesauce, Banana

FRIDAY

6

- Classic Cafe** Toasted Cheese Sandwich, Choice of Soup, Harvest Cheddar Sunchip
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Choice of Pizza
- Diner** Hamburger on a Bun, Crispy Chicken Sandwich, BBQ Pulled Pork Sandwich
- Grab & Go** Choice of Deli Sandwich or Sub, Chef Salad
- Fruit & Vegetable** California Blend Vegetable, Baby Carrots, Diced Pears, Banana

EXTRA INFO

Harvest of the Month



For questions, please contact Food Service Director Rosy Rivera
rosa.rivera@smyer-isd.com

*Choice of Milk: 1% White or Chocolate
*Entrée Salads served with a Grain.

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9
MONDAY

- Classic Cafe** Beef Chili, Over Corn Bread, Churro
- Diner** Hamburger on a Bun, Crispy Chicken Sandwich, Ham & Pepperoni Melt
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Chicken Bacon Alfredo Flatbread
- Grab & Go** Buffalo Chicken Wrap, Chicken Caesar Salad
- Fruit & Vegetable** Potato Wedges, Cherry Tomato, Peaches, Diced, Fresh Pear

12
THURSDAY

- Classic Cafe** Chicken, Leek & Penne Bake, Whole Grain Dinner Roll
- Diner** Cheeseburger on a Bun, Spicy Chicken Patty on Bun
- Pizza Parlor** Cheese Pizza, Sausage Pizza, Meat Lovers Pizza
- Grab & Go** Buffalo Chicken Wrap, Chicken Caesar Salad
- Fruit & Vegetable** Green Beans, Cherry Tomato, Applesauce, Fresh Pear

10
TUESDAY

- Classic Cafe** BYO Mac and Cheese, Whole Grain Dinner Roll
- Diner** Cheeseburger on a Bun, Spicy Chicken Patty on Bun, Pigs in a Blanket
- Pizza Parlor** Cheese Pizza, Sausage Pizza, BBQ Chicken Pizza
- Grab & Go** Buffalo Chicken Wrap, Chicken Caesar Salad
- Fruit & Vegetable** Roasted Broccoli, Cherry Tomato, Mixed Canned Fruit, Fresh Pear, Salsa

13
FRIDAY

- Classic Cafe** Chicken Taquito, Firenze Corn Salad
- Diner** Hamburger on a Bun, Crispy Chicken Sandwich
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Choice of Pizza
- Grab & Go** Buffalo Chicken Wrap, Chicken Caesar Salad
- Fruit & Vegetable** Black Beans, Cherry Tomato, Diced Pears, Fresh Pear

11
WEDNESDAY

- Classic Cafe** Chicken Bacon Ranch Melt
- Diner** Hamburger on a Bun, Crispy Chicken Sandwich, Crispy Chicken Tenders, Whole Grain Dinner Roll
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Taco Pizza
- Grab & Go** Buffalo Chicken Wrap, Chicken Caesar Salad
- Fruit & Vegetable** California Blend Vegetable, Cherry Tomato, Pineapple Tidbits, Fresh Pear

EXTRA INFO

Harvest of the Month



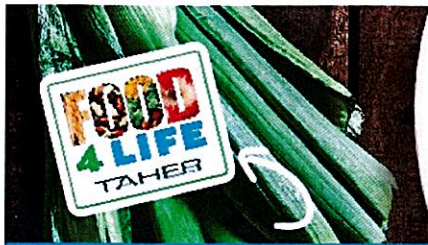
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16 MONDAY

- Classic Cafe** Chicken Spaghetti, Bread Stick
- Diner** Hamburger on a Bun, Crispy Chicken Sandwich, Corn Dog
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Chicken Bacon Alfredo Flatbread
- Grab & Go** Turkey BLT Wrap, Crispy Chicken Salad
- Fruit & Vegetable** Steamed Green Beans, Cherry Tomato, Peaches, Diced, Fresh Grapes

17 TUESDAY

- Classic Cafe** BBQ Pulled Pork Sandwich, Coleslaw
- Diner** Cheeseburger on a Bun, Spicy Chicken Patty on Bun
- Pizza Parlor** Cheese Pizza, Sausage Pizza, BBQ Chicken Pizza
- Grab & Go** Turkey BLT Wrap, Crispy Chicken Salad
- Fruit & Vegetable** Roasted Corn, Cherry Tomato, Mixed Canned Fruit, Fresh Grapes

18 WEDNESDAY

- Classic Cafe** Choice of Burrito, Salsa, Homemade Brownie
- Diner** Hamburger on a Bun, Crispy Chicken Sandwich, Grilled Ham & Cheese Sandwich
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Taco Pizza
- Grab & Go** Turkey BLT Wrap, Crispy Chicken Salad
- Fruit & Vegetable** Refried Beans, Cherry Tomato, Pineapple Tidbits, Fresh Grapes

19 THURSDAY

- Classic Cafe** Pasta with Meat Sauce, Whole Grain Dinner Roll
- Diner** Cheeseburger on a Bun, Spicy Chicken Patty on Bun
- Pizza Parlor** Cheese Pizza, Sausage Pizza, Meat Lovers Pizza
- Grab & Go** Turkey BLT Wrap, Crispy Chicken Salad
- Fruit & Vegetable** Roasted Broccoli, Cherry Tomato, Applesauce, Fresh Grapes

20 FRIDAY

- Classic Cafe** French Toast Sticks, Sausage Patty, Strawberry Topping
- Diner** Hamburger on a Bun, Crispy Chicken Sandwich
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Choice of Pizza
- Grab & Go** Turkey BLT Wrap, Crispy Chicken Salad
- Fruit & Vegetable** Glazed Carrots, Cherry Tomato, Diced Pears, Fresh Grapes

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23
MONDAY

- Classic Cafe** Pork Roast, Buttered Noodles, Whole Grain Dinner Roll
- Diner** Hamburger on a Bun, Crispy Chicken Sandwich
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Chicken Bacon Alfredo Flatbread
- Grab & Go** Ham and Cheese Charcuterie, Chef Salad
- Fruit & Vegetable** Roasted Broccoli, Baby Carrots, Peaches, Diced, Banana

24
TUESDAY

- Classic Cafe** Southwestern Burger Quesadilla, Salsa, Rice Krispie Treat
- Diner** Cheeseburger on a Bun, Spicy Chicken Patty on Bun, Beef Hot Dog on a Bun
- Pizza Parlor** Cheese Pizza, Sausage Pizza, BBQ Chicken Pizza
- Grab & Go** Ham and Cheese Charcuterie, Chef Salad
- Fruit & Vegetable** Black Beans, Baby Carrots, Mixed Canned Fruit, Banana

25
WEDNESDAY

- Classic Cafe** Meatloaf, Whole Grain Dinner Roll
- Diner** Hamburger on a Bun, Chicken Taquito, Crispy Chicken Sandwich
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Taco Pizza
- Grab & Go** Ham and Cheese Charcuterie, Chef Salad
- Fruit & Vegetable** Mashed Potatoes, Baby Carrots, Pineapple Tidbits, Banana, Gravy

26
THURSDAY

- Classic Cafe** Chicken Potstickers, Chicken Fried Rice
- Diner** Cheeseburger on a Bun, Spicy Chicken Patty on Bun
- Pizza Parlor** Cheese Pizza, Sausage Pizza, Meat Lovers Pizza
- Grab & Go** Ham and Cheese Charcuterie, Chef Salad
- Fruit & Vegetable** Kung Fu Carrots, Baby Carrots, Applesauce, Banana

27
FRIDAY

- Classic Cafe** Choice of Homemade Lasagna, Garlic Toast
- Diner** Hamburger on a Bun, Crispy Chicken Sandwich, Fish Sandwich with Cheese
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Choice of Pizza
- Grab & Go** Ham and Cheese Charcuterie, Chef Salad
- Fruit & Vegetable** California Blend Vegetable, Baby Carrots, Diced Pears, Banana

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MONDAY

- Classic Cafe** BYO Mac and Cheese, Whole Grain Dinner Roll
- Diner** Hamburger on a Bun, Crispy Chicken Sandwich, Corn Dog
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Choice of Flatbread
- Grab & Go** Honey Mustard Ham Wrap, Craving Chicken Salad
- Fruit & Vegetable** Pumpkin Apple Muffin, Steamed Peas, Broccoli Florets, Peaches, Diced, Fresh Pear

THURSDAY

31

TUESDAY

- Classic Cafe** Breakfast Burrito, Salsa
- Diner** Cheeseburger on a Bun, Spicy Chicken Patty on Bun
- Pizza Parlor** Cheese Pizza, BBQ Chicken Pizza, Sausage Pizza
- Grab & Go** Honey Mustard Ham Wrap, Craving Chicken Salad
- Fruit & Vegetable** Refried Beans, Broccoli Florets, Mixed Canned Fruit, Fresh Pear

FRIDAY

WEDNESDAY

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