

ROPES PRE-K LUNCH MENU

OCT

MENU 2022

GEAR UP FOR SWIM CLASS



ANNOUNCEMENTS:
PK-8th only are offered one choice.

** indicates items not offered to Pre-K

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 RD Breaded Drumstick, biscuit, garden salad, **tomato cup, fresh fruit and milk variety	4 TH Walking Taco, beans, **fresh veggie cup, chilled pineapple, grain based dessert and milk variety	5 TH Lasagna, breadstick, fresh broccoli, **marinara sauce, cinnamon applesauce and milk variety	6 TH Fiesta Bowl, **celery, carrots, mixed fruit, **sherbet cup and milk variety	7 TH Chicken parmesan, roll, savory green beans, **corn, peaches and milk variety
10 TH Oven fried chicken, roll, potatoes, **tomato cup, fruit cup and milk variety	11 TH Nachos grande, **salsa beans, **cucumbers, apricots, **ice cream cup and milk variety	12 TH Crispy chicken sandwich, **fresh veggie cup, garden salad, fruity gelatin and milk variety	13 TH Breaded pork chop, gravy, roll, broccoli, **corn, mandarin oranges and milk variety	14 TH Pizza choice, **carrots, savory green beans, seasonal fruit, **grain based dessert and milk variety
17 TH Country fried steak, gravy, potatoes, **okra, roll, strawberries and milk variety	18 TH Chicken fajitas, beans, **carrots, **salsa, hot cinnamon apples, **sherbet cup and milk variety	19 TH Chicken alfredo breadstick, **garden salad, savory green beans, peaches and milk variety	20 TH Popcorn chicken, roll, corn, **crunchy broccoli salad, fresh apple slices, grain based dessert and milk variety	21 ST Hot dog, potatoes, **tomato cup, snowball salad and milk variety
24 TH Enchiladas, beans, **salsa, **corn, orange smiles, **pudding and milk variety	25 TH Chicken N Waffles, **fresh veggie cup, Potatoes, strawberries and bananas and milk variety	26 th Chicken nuggets, mac and cheese, **carrots, squash, grapes and milk variety	27 TH Hamburger/Cheeseburger, fries, **tomato cup, garden salad, pears and milk variety	28 TH X-Treme Burrito, carrots, **cucumbers, rosy applesauce, **grain based dessert and milk variety
31 ST Breaded Drumstick, biscuit, garden salad, **tomato cup, fresh fruit and milk variety				



Food and Nutrition Division
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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