

October

BREAKFAST

TXS Breakfast NSLP El Paso K-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Cheesy Egg and Potato Scramble (V) Cinnamon Chex with Educational Snacks (V) Strawberry Pancake Bowl (V)
4 BlueBerry Chex (V) (DF) Zee Zees Cinnamon Crisp Bar (V) (DF)	5 Cheerios (V) Plain Bagel (V)	6 Classic Chicken Sausage & Cheddar Brekwich Corn Chex (V) Vanilla Concha Bread (V)	7 Cheesy Egg and Potato Scramble (V) Cheerios (V) Waffle with Syrup	8 Buttermilk Pancakes (V) Cinnamon Chex with Educational Snacks (V) Strawberry Pancake Bowl (V)
11 Cheerios (V) Plain Bagel (V)	12 Corn Chex (V) French Toast Muffin (V)	13 Buenos Dias Breakfast Burrito (V) Cheerios (V) Yogurt & Educational Snacks (V)	14 Cheddar Cheese & Omelet Gordita (V) Cinnamon Chex with Educational Snacks (V)	15 French Toast Sticks (V) Blueberry Burst Muffin (V) Cheerios (V)
18 Corn Chex (V) Yogurt & Granola (V)	19 Cinnamon Chex (V) (DF) Vanilla Concha Bread (V)	20 Waffle with Syrup Cheerios (V) French Toast Muffin (V)	Zee Zees Cinnamon Crisp Bar (V) (DF) 21 Cinnamon Toast Bagel (V) (DF) Cinnamon Chex (V) Strawberry Pancake Bowl (V)	22 Classic Chicken Sausage & Cheddar Brekwich Blueberry Burst Bagel (V) Corn Chex (V)
25 Cheerios (V) Yogurt & Educational Snacks (V)	26 Cinnamon Chex (V) Plain Bagel (V)	27 Buttermilk Pancakes (V) Cheerios (V) (DF) Lemon Muffin (V)	28 Buenos Dias Breakfast Burrito (V) Corn Chex (V) Waffle with Syrup	29 Waffle with Syrup Cinnamon Chex with Educational Snacks (V)

How was your meal? Take our short survey to let us know! Our chefs use your feedback to improve and develop new recipes. You can use the same link every time you eat our food!

[surveymonkey.com/r/meals-survey](https://www.surveymonkey.com/r/meals-survey)



revolution foods.

This institution is an equal opportunity provider. All grains offered are whole-grain rich.

Choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is served.

Dairy-Free (DF)
Vegetarian (V)

October

LUNCH

TXS Lunch NSLP K-12 Unitized

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Cheese Pizza w/ falafel tots (V) Oven Roasted Chicken Sandwich w/ edamame, carrot, kidney beans (DF) chicken flatbread w/ garbanzo beans
4 Chicken Taco w/garlic lime corn Cheese Tamale w/ corn (V) Chicken Salad Sub Sandwich w/ carrot, corn peas (DF)	5 Cheese pizza w/ salad (V) Red Beans and Rice w/ braised greens (DF) Tuna Sandwich Kit w/ celery (DF)	6 Hot dog w/ green beans (DF) Spaghetti Marinara w/ green beans (V) mighty meaty deli w/ salad	7 BBQ Chicken with Cheesy Rice w/ falafel tots Bean & Cheese Burrito w/ falafel tots (V) Sub Sandwich with Turkey w/ garbanzo beans(DF)	8 Bbq beef rib sandwich w/ sweet potatoes (DF) Fiesta Scoops w/ carrots(V) Chicken Salad Sub Sandwich w/ carrots (DF)
11 Pancakes & Omelet w/ potatoes (V) Chicken Fajita Quesadilla w/ garlic lime corn Chicken Salad Sub Sandwich w/ carrots, corn, peas (DF)	12 Pepperoni Pizza w/ broccoli Greek flatbread w/ broccoli (V) Tuna Sandwich Kit w/ celery (DF)	13 Cheesy Ravioli w/ green beans (V) Pasta with Meat Sauce w/ green beans (DF) honey mustard chicken wrap (DF)	14 Bean & Cheese Burrito w/ falafel tots (V) Oven Roasted Chicken Sandwich w/ black beans (DF) Sunbutter, Jelly kit w/ garbanzo beans (V)	15 Crispy Chicken Sandwich w/ carrots (DF) Veggie Chili w/ carrots (V) cheese sandwich w/ carrots(V)
18 Beef Burger w/ potatoes (DF) Beef Cheeseburger w/ potatoes Sunbutter, Jelly kit w/ corn (V)	19 Teriyaki chicken w/ broccoli (DF) Chicken Enchiladas w/ broccoli Greek flatbread w/ carrots (V)	20 BBQ Beef Rib Sandwich w/ carrots (DF) Spaghetti Marinara w/ green beans (V) Turkey Sandwich (DF)	21 Cheese Pizza w/ falafel tots (V) Chicken Jambalaya w/ pinto beans (DF) Cheddar Cheese Sandwich w/ garbanzo beans (V)	22 Hot dog w/ carrots (DF) Fiesta Scoops w/ carrots (V) Mighty Meaty Deli w/ carrots
25 Burrito Soyrito w/ corn (V) (DF) Chicken Taco w/ garlic lime corn Chicken Salad Sub Sandwich w/ carrot, corn, peas (V)	26 Chicken Gumbo w/ carrots Greek flatbread w/ broccoli (V) turkey cheese sandwich	27 Cheese Pizza w/ salad (V) kickin chicken melt w/ broccoli Honey Mustard Chicken Wrap w/ salad	28 Bean and Cheese Pupusa w/ edamame (V) Chicken Teriyaki w/ edamame(DF) Greek Chicken Flatbread w/ garbanzo beans	29 Creamy Chicken & Biscuit w/ carrots Mozzarella Stuffed Breadsticks (V) Sub Sandwich with Turkey w/ carrots (DF)

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Vegetable of the Day

Dairy-Free (DF) Vegetarian (V) options available daily – if not listed on the menu, available upon request