

# OCTOBER

2018



I'm  
**DOCTOR BROCK**

**M**

CHICKEN TENDERS  
BROCCOLI  
CARROTS  
ROLL  
FRUIT  
MILK

1

**T**

BEEF TACOS  
LETTUCE & TOMATOES  
SPANISH RICE  
FRUIT  
MILK

2

**W**

STEAK FINGERS  
MASHED POTATOES  
SWEET PEAS  
ROLL  
FRUIT  
MILK

3

**TH**

CHILI MAC  
CORN  
CUCUMBER SLICES  
ROLL  
FRUIT  
MILK

4

**F**

HOT DOG  
SWEET POT FRIES  
PINTO BEANS  
FRUIT  
MILK

5

**GOOD EATS AT**

THE  
**VARNETT** SCHOOL

**NATIONAL SCHOOL LUNCH WEEK**  
OCTOBER 8-12  
[SquareMeals.org/nslw](http://SquareMeals.org/nslw)

OVEN BAKED CHIC  
MAC & CHEESE  
WHITE BEANS  
ROLL  
FRUIT  
MILK

8

MANAGER'S CHOICE  
VEGETABLE  
ROLL  
FRUIT  
MILK

9

HAMBURGER  
BROCCOLI  
PICKLE SPEARS  
FRUIT  
MILK

10

SPAGHETTI/MEAT  
GREEN SALAD  
CORN, ROLL  
FRUIT  
MILK

11

TURKEY HAM SAND  
CARROTS  
TOMATOES WEDGES  
FRUIT  
MILK

12

**SPECIAL ANNOUNCEMENTS**

CORNDOG  
PINTO BEANS  
CARROTS  
FRUIT  
MILK

15

MANAGER'S CHOICE  
VEGETABLES  
ROLL  
FRUIT  
MILK

16

CHICKEN TETRAZZINI  
CORN  
SWEET PEAS  
ROLL  
FRUIT  
MILK

17

CHICKEN TENDERS  
MASHED POTATOES  
TOMATO WEDGES  
ROLL  
FRUIT  
MILK

18

BURRITO  
YELLOW RICE  
CHILI BEANS  
FRUIT  
MILK

19



CHICKEN NUGGETS  
BROCCOLI  
WHITE BEANS  
ROLL  
FRUIT  
MILK

22

TACOS  
LETTUCE & TOMATOES  
SPANISH RICE  
FRUIT  
MILK

23

MANAGER'S CHOICE  
VEGETABLES  
ROLL  
FRUIT  
MILK

24

PIZZA  
GREEN SALAD  
CORN  
FRUIT  
MILK

25

SALISBURY STEAK  
MASHED POTATOES  
CARROTS  
ROLL  
FRUIT  
MILK

26

MAC & CHEESE  
BROCCOLI  
YAMS  
ROLL  
FRUIT  
MILK

29

RAVIOLI  
GREEN BEANS  
CORN  
ROLL  
FRUIT  
MILK

30

MANAGER'S CHOICE  
VEGETABLES  
ROLL  
FRUIT  
MILK

31

**NATIONAL FARM TO SCHOOL MONTH**



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



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