



OCTOBER 2025

BREAKFAST

6-12TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPT 29	SEPT 30	Egg & Cheese Bagel or Ham Wrap Fresh Orange/Orange Juice 1	Breakfast Taco & Ranchero Salsa or Apple Cinnamon Oatmeal & Sausage Red Apple/Applesauce 2	2 WG Waffle & Turkey Sausage & Syrup or Pancake Sandwich ½ C Fresh Strawberry/Pear 3
Blueberry Bagel & 1 oz Cream Cheese Cup or 2 Monster Pancakes & Red Sauce Green Apple/ ½ C Grapes 6	Homemade Kolache or Scrambled Egg & Cheese w/ WG Toast & Ranchero Salsa Banana/Apple Juice 7	Ham & Cheese Croissant or Hash Brown & 2 Sausage & Ketchup Fresh Orange/Orange Juice 8	Caramel Pumpkin Parfait w/ Granola or Honeybun w/ String Cheese Red Apple/Apple Juice 9	Staff/Student Holiday 10
Staff Development /Student Holiday 13	Spooky Web Donut w/ Turkey Sausage or Egg, Sausage & Cheese Biscuit Banana/Apple Juice 14	Crispy Chicken Biscuit w/ Hot Honey or 2 WG Toast & (2) 1 oz Strawberry Cream Cheese Fresh Orange/Orange Juice 15	Egg & Cheese Omelette w/ Salsa & WG Toast or Danish & String Cheese Red Apple/Apple Juice 16	2 Monster Pancakes w/ Red Sauce or Blueberry Oatmeal Fresh Orange/Pear 17
Pumpkin Spice Muffin Vanilla Yogurt Cup or Danish & Vanilla Yogurt Cup Green Apple/ ½ C Grapes 20	Ham & Cheese Tater Tot Bake or Cheese Omelette w/ Toast & Salsa Banana/Apple Juice 21	Sausage & Cheese Pancake Sandwich or Breakfast Toaster Fresh Orange/Orange Juice 22	Potato, Egg & Cheese Taco & Ranchero Salsa or Glazed Donut & Bacon Red Apple/Apple Juice 23	2 WG French Toast & Honey w/ 3 Slc Turkey Bacon or Egg Patty and Cheese Melt Fresh Orange/Pear 24
1 WG Toast 1 oz Strawberry Cream Cheese Cup or Banana Loaf & String Cheese Green Apple/ ½ C Grapes 27	Caramel Cinnamon Roll or Crispy Chicken Sandwich Banana/Apple Juice 28	Egg & Cheese Croissant or Chunky Monkey Parfait Fresh Orange/Orange Juice 29	Bean & Cheese Taco & Ranchero Salsa or Sausage & Cheese Bagel Red Apple/Apple Juice 30	2 WG Pancake & Cinnamon Drizzle Choice of Cereal Turkey Sausage Fresh Orange/Pear 31



Menu items are subject to change based on product availability. This menu follows the USDA School Breakfast Program (SBP) meal pattern requirements for grades 6-12. Students will have the option to choose between 1% white milk, fat-free chocolate milk with each breakfast. 6-12th will have choice of parfaits, muffins, and cereals daily.

National School Lunch Week: Oct 13th-Oct 17th



LUNCH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SEPT

SEPT

29

30

1

2

3

Cheeseburger w/ Mayo & Mustard **or** Chicken Burger w/ Sauce **or** Veggie Burger & Bastrop Sauce **or** Chicken Caesar Wrap
Potato Wedges w/ Ketchup
Side Salad w/ Ranch
Fresh orange/Applesauce

Cheesy Penne Pasta **or** Pepperoni Pizza **or** Beef Lasagna **or** Chicken Power Pack
¾ C Basil Tomato Soup/Slc Cucumber & Ranch
Banana/Apple Juice

Fajita Chicken Taco & Salsa **or** Beef & Cheese Taco & Salsa
Cheese Quesadilla **or** Sunbutter & Jelly Sandwich
Garden Salsa Sunchips
Black bean & corn Salad/Seasoned Diced Carrots
½ C Watermelon/ Red Apple

Cheese Pizza **or** Pepperoni Pizza **or** Chicken Ranch Flatbread **or** Turkey Sandwich
Fresh Celery & Ranch/French Fries & Ketchup
Green Apple/Applesauce

6

Beef Enchilada & Salsa **or** Beef & Cheese Nachos w/ salsa **or** Cheese Enchilada **or** Deli power Pack
Refried Beans/Side Salad w/ Ranch
½ C Fresh Grapes/ Fresh Pear

7

Grilled Cheese **or** Deli Melt **or** Macaroni & Cheese **or** Diced Turkey Salad w/ Roll
Seasoned Diced Carrots/ Fresh Broccoli & Ranch
Fresh Orange/Applesauce

8

Meatball Sub w/ Marinara Sauce **or** Pepperoni Pizza **or** Buffalo Chicken Sandwich **or** Chicken Power Pack
Creamed Spinach/ Sweet Potato Fries & Ketchup
Banana/Applesauce
Halloween Sweet Treat

9

Staff/Student Holiday

10

Staff Development /Student Holiday

13

South Texas Plans Spinach Chicken Quesadilla & Pico de Gallo **or** Cheese Quesadilla & Pico **or** Chicken & Cheese nachos w/ Salsa **or** Deli Power Pack
Refried Beans/Slc Green Bell Peppers & Ranch
Small Peach/Applesauce

14

Panhandle Beef and Chimichurri Rice Bowl **or** Sloppy Jo's **or** Cheeseburger w/ mayo & Mustard **or** Buffalo Chicken Wrap
Fresh Broccoli & Ranch/ Coleslaw
Fresh Orange/Applesauce

15

Pineywoods BBQ Chicken Drumstick **or** Hot Dog w/ Ketchup & Mustard **or** Cheese Pizza **or** Chicken Power Pack
Cheddar Sunchips
¾ C mashed Sweet Potatoes & Mushroom Sauce/Side Salad & Ranch
Banana/Applesauce
Sweet Treat

16

Gulf Coast Chile Verde Rice Bowl **or** Chicken Burger w/ Sauce **or** Fajita Chicken & Rice w/ Salsa **or** Sunbutter & Jelly Sandwich
¾ C Seasoned Diced Carrots/French Fries & Ketchup
½ Slc Grapefruit/ Red Apple

17

Cheese Pizza **or** Pepperoni Pizza **or** Buffalo Chicken Flatbread **or** Turkey Sandwich
Sliced Cucumber & Ranch/French Fries & Ketchup
Green Apple/Applesauce

20

Beef, Cheese & Bean Taco **or** Fajita Chicken Taco w/ Salsa **or** Beef and Cheese nachos w/ Salsa **or** Sunbutter & Jelly Sandwich
Black Bean & Corn Salad/ Celery Sticks w/ Ranch
Small Peach/Fresh Pear

21

Chicken Tenders w/ Ketchup **or** Mozzarella Chicken & Sauce **or** Crispy Chicken Burger w/ Sauce **or** Tuna Sandwich
Potato Soup
Fresh Broccoli & Ranch
Fresh Orange/Applesauce

22

Deli Melt **or** Grilled Cheese **or** Loaded Baked Potato **or** Chicken Salad w/ Roll
Broccoli & Cheese Soup/ ¾ C Red Bell Peppers & Ranch
Banana/Applesauce
Sweet Treat

23

Pulled Pork Sandwich **or** Cheeseburger w/ Mayo & mustard **or** Buffalo Chicken Wrap **or** Pork Carnitas w/ Mexican Rice
¾ C Seasoned Diced Carrots/ Potato Wedges & Ketchup
½ C Watermelon/Red Apple

24

Cheese Pizza **or** Pepperoni Pizza **or** Garden Veggie Pizza **or** Turkey Sandwich
Fresh Broccoli & Ranch/French Fries & Ketchup
Green Apple/Applesauce

27

Cheese Enchilada & Salsa **or** Beef Enchilada & Salsa **or** Cheeseburger w/ Mayo & Ketchup **or** Deli Power Pack
½ C Spanish Rice
Refried Beans/ Sliced Cucumber & Ranch
½ C Fresh Cantaloupe/ Pear

28

Chicken Burger w/ Chicken Sauce **or** Chicken Nachos & Cheese & Salsa **or** Meatloaf w/ Rice **or** Chicken Salad w/ Roll
Fresh Celery & Ranch/ ¾ C Seasoned Diced Carrots
Fresh Orange/Applesauce

29

Chicken Pot Pie **or** Cheeseburger w/ Mayo & Mustard **or** Chicken Fajita taco & Salsa w/ Rice **or** Chicken Power Pack
¾ C Sweet Potato Fries/Coleslaw
Banana/Applesauce

30

Mummy Dog w/ Ketchup/Mustard **or** Asian Pork Nachos **or** Bean & Cheese Taco w/ Salsa **or** Tuna Sandwich
Cucumber & Tomato Salad/Pinto Beans
Goblin Grapes/Red Apple

31

Menu items are subject to change based on product availability. This menu follows the USDA National School Lunch Program (NSLP) meal pattern requirements for grades 6-8. Students will have the option to choose between 1% white milk, fat-free chocolate milk, or fat-free strawberry milk with each lunch.

National School Lunch Week: Oct 13th-Oct 17th

