

Carrizo Springs CISD Breakfast PK- 12

October 2-20, 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Oct. 2</p> <p>Chicken/Sausage Biscuit Assorted Cereal w/Graham Crackers Fruit: Fresh Apple 100% Assorted Juice Cup Milk: 1% Low Fat White milk; Fat Free Chocolate Misc. Assorted Jelly</p>	<p>Oct. 3</p> <p>Assorted Muffin Assorted Cereal w/ Graham Crackers Fresh Fruit: Pear 100% Assorted Juice Cup Milk: 1% Low Fat White milk; Fat Free Chocolate</p>	<p>Oct. 4</p> <p>Breakfast Burrito Assorted Cereal w/ Graham Crackers Fresh Fruit: Orange 100% Assorted Juice Cup Milk: 1% Low Fat White milk; Fat Free Chocolate</p>	<p>Oct. 5</p> <p>Assorted Muffin Assorted Cereal w/ Graham Crackers Fresh Fruit: Banana 100% Assorted Juice Cup Milk: 1% Low Fat White milk; Fat Free Chocolate</p>	<p>Oct. 6</p> <p>Waffles Assorted Cereal w/ Graham Crackers Fresh Fruit: Banana 100% Assorted Juice Cup Milk: 1% Low Fat White milk; Fat Free Chocolate Misc. Maple Syrup Cup</p>
<p>Oct. 9</p> <p>Breakfast Pizza Assorted Cereal w/Graham Crackers Fruit: Fresh Pear 100% Assorted Juice Cup Milk: 1% Low Fat White milk; Fat Free Chocolate Misc. Assorted Jelly</p>	<p>Oct. 10</p> <p>Breakfast Taco Assorted Cereal w/ Graham Crackers Fresh Fruit: Orange 100% Assorted Juice Cup Milk: 1% Low Fat White milk; Fat Free Chocolate</p>	<p>Oct. 11</p> <p>French Toast Sticks Assorted Cereal w/ Graham Crackers Fruit: Fresh Apple 100% Assorted Juice Cup Milk: 1% Low Fat White milk; Fat Free Chocolate Misc. Maple Syrup</p>	<p>Oct. 12</p> <p>Assorted Muffin Assorted Cereal w/ Graham Crackers Fruit: Fresh Apple 100% Assorted Juice Cup Milk: 1% Low Fat White milk; Fat Free Chocolate</p>	<p>Oct. 13</p> <p>Scrambled egg & Turkey Sausage patty w/Toast Assorted Cereal w/ Graham Crackers Fresh Fruit: Banana 100% Assorted Juice Cup Milk: 1% Low Fat White milk; Fat Free Chocolate Misc. Assorted Jelly</p>
<p>Oct. 16</p> <p>French Toast Sticks Assorted Cereal w/ Graham Crackers Fruit: Fresh Apple 100% Assorted Juice Cup Milk: 1% Low Fat White milk; Fat Free Chocolate Misc. Maple Syrup Cup</p>	<p>Oct. 17</p> <p>Assorted Muffin Assorted Cereal w/ Graham Crackers Fresh Fruit: Banana 100% Assorted Juice Cup Milk: 1% Low Fat White milk; Fat Free Chocolate</p>	<p>Oct. 18</p> <p>Morning Sausage Roll Assorted Cereal w/ Graham Crackers Fresh Fruit: Orange 100% Assorted Juice Cup Milk: 1% Low Fat White milk; Fat Free Chocolate</p>	<p>Oct. 19</p> <p>Assorted Muffin Assorted Cereal w/ Graham Crackers Fruit: Fresh Banana 100% Assorted Juice Cup Milk: 1% Low Fat White milk; Fat Free Chocolate</p>	<p>Oct. 20</p> <p>Turkey Sausage Bkft Pizza Assorted Cereal w/ Graham Crackers Fruit: Fresh Pear 100% Assorted Juice Cup Milk: 1% Low Fat White milk; Fat Free Chocolate</p>

This institution is an equal opportunity provider.

Menu subject to change.

Karen Marroquin 9/21/23

Monday	Tuesday	Wednesday	Thursday	Friday
Oct. 2 Pop Corn Ckn Mini Corn Dogs Vegetables: Corn & Broccoli Normandy Grain: Roll Fruit: Fresh Fruit Milk: 1% Low Fat White milk; Fat Free Chocolate Ketchup/Mustard pkg	Oct. 3 Carne Guisada Bean & Cheese Burrito Vegetables: Refried Beans / Salad Bar Grain: Spanish Rice Fruit: Grapes Milk: 1% Low Fat White milk; Fat Free Chocolate	Oct. 4 Salisbury Steak Chicken Tenders Vegetables: Steamed Carrots Grain: Roll Fruit: Strawberries Milk: 1% Low Fat White milk; Fat Free Chocolate Ketchup/Mustard pkg	Oct. 5 Fried Chicken Beef Fingers Vegetables: Mashed Potatoes/Letuce & Tomatoes Grain: Rolls Fruit: Fresh Plums Milk: 1% Low Fat White milk; Fat Free Chocolate Ketchup/Mustard pkg	Oct. 6 Cheese Burger Corn Dogs Vegetables: Crinkle Fries /Letuce & Tomatoes Grain: Burger Bun Fruit: Apple Milk: 1% Low Fat White milk; Fat Free Chocolate Ketchup/Mustard pkg
Oct. 9 Chicken Nuggets Boneless Wings: Hot/Lemon Vegetables: Crinkle Fries /Green Beans Grain: Roll Fruit: Mandarin Oranges Milk: 1% Low Fat White milk; Fat Free Chocolate Ketchup/Mustard pkg	Oct. 10 Chicken Alfredo Meatball Sandwich Vegetables: Broccoli or Broccoli w/cheese Grain: Bread Sticks Fruit: Pineapple Chunks Milk: 1% Low Fat White milk; Fat Free Chocolate	Oct. 11 Country Steak Chicken Tenders Vegetables: Mashed Potatoes Grain: Roll Fruit: Sliced Peaches Milk: 1% Low Fat White milk; Fat Free Chocolate Ketchup/Mustard pkg	Oct. 12 Brisket Sandwich Beef Mac Vegetables: Corn / Salad Bar Grain: Rolls Fruit: Diced Pears Milk: 1% Low Fat White milk; Fat Free Chocolate	Oct. 13 Pepperoni Pizza Cheese Pizza Vegetables: Fries Grain: Pizza Bread Fruit: Grapes Milk: 1% Low Fat White milk; Fat Free Chocolate
Oct. 16 Chicken Tender Golden Chicken Corn Dog Vegetables: Fries / Mixed Veggies Grain: Roll Fruit: Fresh Plum Milk: 1% Low Fat White milk; Fat Free Chocolate Milk Ketchup/Mustard pkg	Oct. 17 Pulled Pork Sandwich Ham/Cheese Sandwich Vegetables: Carrots Grain: Sandwich Bread Fruit: Fresh Apple Milk: 1% Low Fat White milk; Fat Free Chocolate Milk	Oct. 18 Breaded Chicken Patty w/Gravy Chicken Sandwich Vegetables: Corn Grain: Sandwich Bread Fruit: Grapes Milk: 1% Low Fat White milk; Fat Free Chocolate Milk	Oct. 19 Cheese Enchiladas Bean & Cheese Burrito Vegetables: Refried Beans / Salad Bar Grain: Spanish Rice Fruit: Whole orange Milk: 1% Low Fat White milk; Fat Free Chocolate Milk Ketchup/Mustard pkg	Oct. 20 Hot/Spicy Ckn Sandwich Savory Pepper Steak Vegetables: Green Beans / Mashed Potatoes Grain: Roll Fruit: Fresh Apple Milk: 1% Low Fat White milk; Fat Free Chocolate Milk Ketchup/Mustard pkg