

MONDAY

TUESDAY

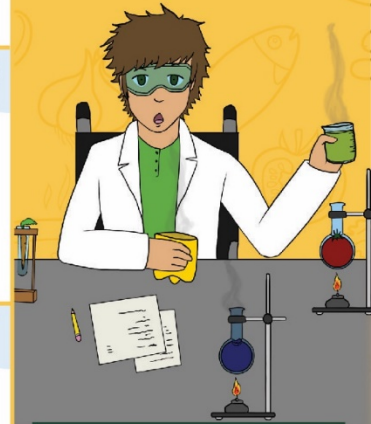
WEDNESDAY

THURSDAY

FRIDAY

Sept

FEED YOUR CREATIVITY



Announcements:

Avery ISD is offering Free meals to all Students for the school year 2021-2022.

Menu is subject to change without notice due to produce availability.

		Breakfast Pizza, Cereal 1 Fruit, Variety of Fruit & Juice Chicken Nuggets or Steak Fingers, Gravy, Mashed Potatoes, Steam Broccoli, Roll Variety of Fruit & Milk	Pigs in Blanket, Cereal 2 Fruit, Variety of Milk Cheeseburger or Chicken on Bun, Baked Beans Fresh Fruit, Cookie Variety of Milk	Biscuit, Chicken Patty 3 Gravy or Cereal Juice, Milk Pepperoni Pizza , Salad Corn on Cob Carrot Sticks Fresh Grapes, Juice, Milk
6 No School Labor Day Holiday	Apple or Cherry Strudel 7 Cereal , Fruit, Juice, Milk Super Nacho, Peanut Butter & Jelly Sandwiches Pinto Beans, Tossed Salad Orange Wedges, Milk	Chocolate or Blueberry Muffins 8 Fruit, Juice, Milk Cheeseburger or BBQ on Bun Baked Beans, Bulldog Fries Fresh Fruit, Cookie Variety of Milk	Sausage in Pancake w/syrup 9 Cereal, Fruit , Milk Lasagna or Pop Corn Chicken Broccoli, Corn, Garlic Bosco Cheese Sticks, Apple, Milk	Biscuit, Sausage, Gravy or Cereal, Fruit, Juice, Milk 10 Pizza or Chicken Quesadilla, Carrot Sticks Tossed Salad w/dressing Fresh Fruit, Milk
Chocolate Chip Pancake 13 Cereal, Fruit, Juice, Milk Italian Spaghetti or Steak Fingers, Steamed Broccoli Garlic Bread, Fruit, Milk	Breakfast Tornado or Cereal 14 Juice, Fruit, Milk Chicken Fajitas or Cony Dog Refried Beans, Spanish rice Pepper & Onions Fruit, Milk	Donuts Holes, Cereal 15 Fruit, Juice, Milk Salisbury Steak or Chicken Legs, Mashed Potatoes Steamed Broccoli, Gravy, Roll Fresh Fruit, Milk	Breakfast Combo, Toast, 16 Oatmeal, Cereal, Juice, Milk Hamburger or Chicken on Bun, Baked Beans, Bulldog Fries, Fresh Fruit, Cookie Variety of Milk	Biscuit, Chicken, Gravy, 17 Cereal, Fruit, Variety of Milk Orange Chicken, or Steak Finger, Fried Rice Stir Fry Vegetables Fruit, Milk
Cinnamon Bun, Cereal 20 Juice, Fruit, Milk Beef Enchiladas or Tamales Green Salad, Corn on Cob Fruit, Milk	Breakfast Tornado or Cereal 21 Juice, Fruit, Milk Super Nacho, or Peanut Butter & Jelly Sandwiches Pinto Beans, Tossed Salad Orange Wedges, Milk	Breakfast Pizza or Cereal 22 Fruit, Variety of Fruit & Juice Chicken Nuggets or Steak Fingers, Gravy, Mashed Potatoes, Steam Broccoli, Roll Variety of Fruit & Milk	Egg Extravaganza, Toast or 23 Cereal, Fruit, Juice, Milk Taco Soup w/Grilled Cheese Sandwich, Steamed Broccoli, Fruit, Milk	No School 24 Fair Day
Dutch Waffles or Cereal 27 Juice, Fruit, Milk Chicken Fajitas or Cony Dog Refried Beans, Pepper & Onions, Spanish Rice, Fruit Milk	Breakfast Tornado or Cereal 28 Fruit, Juice, Milk Taco Tuesday Refried Beans, Corn on Cob Tossed Salad, Fruit, Juice, Milk	Chocolate or Blueberry 29 Muffins, Fruit, Milk Chicken Soup w/grilled cheese sandwich Carrot Sticks & Broccoli w/dressing, Fruit, Milk	Sausage in Pancake, Syrup 30 Fruit, Juice, Milk Cheeseburger or Chicken on Bun, Baked Beans, Bulldog Fries, Fruit, Milk	



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
 Nutrition Assistance Programs



Updated 1/1/2021
 www.SquareMeals.org