

Cayuga I.S.D. Lunch Menu

OCT

MENU 2022

GEAR UP FOR SWIM CLASS



ANNOUNCEMENTS:
10/10 thru 10/14/2022 is
National School Lunch
Week. We will Celebrate
by trying new Recipes
provided by Texas
Department of
Agriculture

Menu Subject to
Change!

An assortment of
Fat Free
Or
1% Milk served daily.

A variety of 100% juice
served daily ONLY to
High School Students
(9th thru 12th Grade).

MONDAY

3RD

Popcorn Chicken
Mashed Potatoes
Fat Free Pepper Gravy
Fresh Broccoli
Dinner Roll
Peaches

10TH

School
Holiday

17TH

Chicken Nuggets
Mashed Potatoes
Fat Free Pepper Gravy
Broccoli
Dinner Roll
Peaches

24TH

Popcorn Chicken
Mashed Potatoes
Fat Free Pepper Gravy
Lemon Garlic Spinach
Rip Stick
Peaches

31ST

Mummy Dog
Cheese Stick
Chili
Carrot Coins
Candy Corn Cup

TUESDAY

4TH

Quesadilla
(Chicken & Cheese)
Refried Beans
Mexicali Corn
Lettuce, Tomato & Cheese
Garnish w/Ranch Dressing
Applesauce Cup

11TH

Chicken Enchiladas
Street Corn
Spicy Black Beans
Cubed Cantaloupe

18TH

Beef Nacho Grande
or
Crispito (Chicken and Cheese)
w/Chips and Cheese Sauce
Bean Dip
Lettuce & Tomato Garnish
Applesauce Cup

25TH

Chicken Fajitas
w/Onions and Peppers
Charro Beans
Mexicali Corn
Spanish Rice
Lettuce and Tomato Garnish
Rosy Applesauce

WEDNESDAY

5TH

Spaghetti Bowl
Garlic Texas Toast
Savory Green Beans
Garden Salad
Pineapple Tidbits

12TH

Classic Chili & Cornbread
Glazed Carrots
Fresh Sliced Cucumbers
Sliced Peaches
Fresh Seedless Grapes

19TH

Country Fried Beef Steak
Sandwich
Sandwich Salad
Carrots Sticks, IW
w/Ranch Dressing
Cheetos® Chips
Fresh Red Delicious Apple

26TH

Grilled Cheese Sandwich
Vegetable Soup
Pickle
Chips
Pineapple Chunks

THURSDAY

6TH

Mini Corndog
Baked Beans
Carrots Coins
Pretzel Goldfish
Sliced Pear

13TH

Paella
Garlic Parmesan Green Beans
Cherry Tomatoes
Fresh Banana
Watermelon Cubes

20TH

Mandarin Orange Chicken
Egg Rolls
Asian Noodles
Oriental Blend Vegetables
Fruity Gelatin

27TH

Hot Dog / Chili Cheese Dog
or
Frito Pie
Carrot Coins
Baked Beans
Mandarin Oranges

FRIDAY

7TH

Burger
w/Burger Garnish
Evercrisp Oven French Fries
Orange Smiles

14TH

Veggie & Cheese Flatbread
or
Spicy Sriracha Tuna Flatbread
Southwest Chickpea Salad
Baked Pears
Fresh Granny Smith Apple

21ST

Burger
w/Burger Garnish
Evercrisp Oven French Fries
Orange Smiles

28TH

Pizza
Garden Salad
w/Cherry Tomatoes
Ranch Dressing
Oven Baked French Fries
Orange Smiles



Food and Nutrition Division
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

This product was funded by USDA.
This institution is an equal opportunity provider.



Updated 10/1/2022
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