

STATE FAIR DALLAS



Key Terms:

WG = Whole Grain
WW = Whole Wheat

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1ST Raspberry Cereal Bar
WW Animal Cracker
Diced Pear Cup
100% Grape Juice
Milk

4TH
CLOSED
LABOR DAY

5TH
Cereal: WG Trix Cereal
Mozzarella String
Cheese
Fresh Banana
Milk

6TH
WW Biscuit
Assorted Jelly
Pineapple Tidbit Cup
100% Grape Juice
Milk

7TH **Fruit & Yogurt Plate**
Vanilla Yogurt
Granola
Mixed Berries
100% Orange Juice
Milk

8TH
WG Blueberry Poptart
Mixed Fruit Cup
100% Apple Juice
Milk

11TH **Breakfast Sandwich**
Egg Patty w/ Cheese
On WW English Muffin
Pineapple Tidbit Cup
100% Apple Juice
Milk

12TH
Cereal: WG Cheerios
Cinnamon Goldfish
Crackers
Fresh Banana
Milk

13TH
Blueberry Cereal Bar
Mozzarella String Cheese
Diced Pear Cup
100% Grape Juice
Milk

14TH **Breakfast Pizza**
WG Turkey Sausage
Pizza
Mixed Fruit Cup
100% Orange Juice
Milk

15TH
WG Waffle
Cinn/Raisin Peaches
100% Apple Juice
Milk
(Syrup)

18TH **Breakfast Sandwich**
Turkey Canadian Bacon
w/ Cheese on WG
Biscuit
Cinn/Raisin Apples
Milk

19TH
Cereal: WG Frosted Flakes
Mozzarella String
Cheese
Fresh Banana
Milk

20TH
WG Waffle
Cinn/Raisin Peaches
100% Grape Juice
Milk
(Syrup)

21ST **Fruit & Yogurt Plate**
Vanilla Yogurt
Cinnamon Granola
Diced Mango
100% Orange Juice
Milk

22ND
WG Strawberry Poptart
Mandarin Orange Cup
100% Apple Juice
Milk

25TH
WW French Toast Sticks
Cinn/Raisin Peaches
Milk
(Syrup)

26TH
Cereal: WG Cinnamon
Toasters
Honey Graham Crackers
Fresh Banana
Milk

27TH **Breakfast Sandwich**
Turkey Sausage Patty
WW English Muffin
Cinn/Raisin Apples
100% Orange Juice
Milk

28TH **Breakfast Tacos – 2**
Bean & Cheese on
WW Tortilla
Mixed Fruit Cup
100% Apple Juice
Milk

29TH Raspberry Cereal Bar
WW Animal Cracker
Diced Pear Cup
100% Grape Juice
Milk



Promesa Academy - Lunch

SEPT

MENU 2023

STATE FAIR DALLAS



Key Terms:

FF = Fat-Free

WG = Whole Grain

WW = Whole Wheat

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1ST **Chicken Parmesan**
Breaded Chicken Patty w/
Cheese & Spaghetti Sauce
WW Spaghetti
Steamed Broccoli
Buttered Yellow Squash
Fresh Whole Fruit
Milk

4TH
CLOSED
LABOR DAY

5TH Breaded Steak Fingers
Mashed Potatoes
Normandy Veggie Blend
Fresh Whole Fruit
Milk
(Ketchup)

6TH Cheeseburger on
WW Hamburger Bun
Tater Tots
Buttered Carrots
Fresh Orange Wedges
Milk
(Ketchup; Mustard)

7TH **Papa John's Pizza**
WW Cheese or Pepperoni Pizza
Baby Carrots
Side Salad
Fresh Whole Fruit
Milk
(FF Ranch Dressing)

8TH Chicken Penne
Alfredo on WG Penne
Steamed Broccoli
Roasted Sweet Potato
Fresh Orange Wedges
Milk

11TH Spaghetti & Beef
Meatballs on WW
Spaghetti
Steamed Broccoli
Buttered Yellow Squash
Fresh Orange Wedges
Milk

12TH **Taco Tuesday**
Ground Turkey & Cheese
w/ WW Tortilla
Lettuce/Tomato Cup
Pinto Beans
Fresh Whole Fruit
Milk

13TH Turkey Hot Dog on
WW Hot Dog Bun
Sweet Potato Tots
Green Beans
Fresh Orange Wedges
Milk
(Ketchup; Mustard)

14TH **Papa John's Pizza**
WW Cheese or Pepperoni Pizza
Baby Carrots
Side Salad
Fresh Whole Fruit
Milk
(FF Ranch Dressing)

15TH WG Mini Corn Dogs
Steamed Corn
Italian Veggie Blend
Fresh Orange Wedges
Milk
(Ketchup; Mustard)

18TH WG Chicken Nuggets
Mashed Potatoes
Broccoli w/ Cheese
Fresh Orange Wedges
Milk
(Ketchup)

19TH Lemon Herb Chicken
WW Roll
Pinto Beans
Buttered Carrots
Fresh Whole Fruit
Milk

20TH **Spaghetti & Meat Sauce**
Ground Turkey & Sauce on
WW Spaghetti
Seasoned Cauliflower
Capri Veggie Blend
Fresh Orange Wedges
Milk

21ST **Papa John's Pizza**
WW Cheese or Pepperoni Pizza
Baby Carrots
Side Salad
Fresh Whole Fruit
Milk
(FF Ranch Dressing)

22ND **Sweet & Sour Chicken**
WG Chicken Nuggets w/ Sweet
& Sour Sauce over
Steamed Brown Rice
Mixed Veggie Blend
Seasoned Zucchini
Fresh Orange Wedges
Milk

25TH
Breaded Chicken Tenders
Green Beans
Potatoes Au Gratin
Fresh Whole Fruit
Milk
(Ketchup)

26TH Turkey Sloppy Joes on
WW Hamburger Bun
Oven Fries
Steamed Carrots
Fresh Orange Wedges
Milk
(Ketchup)

27TH Cheese Enchiladas w/
Ranchero Sauce
Mexicali Corn
Pinto Beans
Fresh Whole Fruit
Milk

28TH **Papa John's Pizza**
WW Cheese or Pepperoni Pizza
Baby Carrots
Side Salad
Fresh Orange Wedges
Milk
(FF Ranch Dressing)

29TH **Chicken Parmesan**
Breaded Chicken Patty w/ Cheese &
Spaghetti Sauce
WW Spaghetti
Steamed Broccoli
Buttered Yellow Squash
Fresh Whole Fruit
Milk



Food and Nutrition Division
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Updated 9/1/2023
www.SquareMeals.org

Promesa Academy - Snack

SEPT

MENU 2023

STATE FAIR DALLAS



Key Terms:

WG = Whole Grain
WW = Whole Wheat

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1ST

Cheddar Rectangle (2)
Cinnamon Goldfish
Crackers

4TH

**CLOSED
LABOR DAY**

5TH

Baby Carrots
Honey Graham
Crackers (2)

6TH

100% Orange Juice
WG Cheddar Goldfish

7TH

Multi-Grain Sun Chips
Fresh Banana

8TH

Fruit Yogurt Cup
Granola Packet

11TH

Multi-Grain Sun Chips
100% Orange Juice

12TH

Mozzarella String
Cheese
Honey Graham
Crackers (2)

13TH

Cheddar Rectangle (2)
WW Animal Crackers

14TH

Fresh Banana
Blueberry Muffin

15TH

Strawberry Chex Mix
100% Orange Juice

18TH

Honey Graham
Crackers (2)
100% Orange Juice

19TH

Banana Muffin
Cheddar Rectangle (2)

20TH

Mozzarella String Cheese
Cinnamon Goldfish
Crackers

21ST

Baby Carrots
Multi-Grain Sun Chips

22ND

WW Animal Cracker
Sunbutter Cup

25TH

Blueberry Muffin
Mozzarella String
Cheese

26TH

Granola Packet
Fruit Yogurt Cup

27TH

WW Animal Crackers
100% Orange Juice

28TH

Strawberry Chex Mix
Fresh Banana

29TH

Cheddar Rectangle (2)
Cinnamon Goldfish
Crackers



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