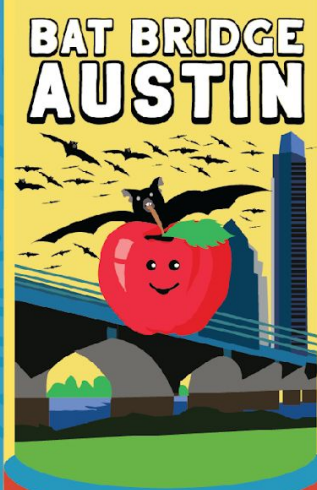


# Promesa Academy - Breakfast

# OCT

**MENU 2023**



**Key Terms:**  
 WG = Whole Grain  
 WW = Whole Wheat

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

2<sup>ND</sup>  
 WW Pancakes  
 Cinn/Raisin Peaches  
 Milk  
 (Syrup)

3<sup>RD</sup>  
 Cereal: WG Trix Cereal  
 Mozzarella String Cheese  
 Fresh Banana  
 Milk

4<sup>TH</sup>  
 WW Biscuit  
 Assorted Jelly  
 Pineapple Tidbit Cup  
 100% Grape Juice  
 Milk

5<sup>TH</sup> **Fruit & Yogurt Plate**  
 Vanilla Yogurt  
 Granola  
 Mixed Berries  
 100% Orange Juice  
 Milk

6<sup>TH</sup>  
 WG Blueberry Poptart  
 Mixed Fruit Cup  
 100% Apple Juice  
 Milk

9<sup>TH</sup>  
**CLOSED**  
**COLUMBUS DAY**

10<sup>TH</sup>  
 Cereal: WG Cheerios  
 Cinnamon Goldfish  
 Crackers  
 Fresh Banana  
 Milk

11<sup>TH</sup>  
 Blueberry Cereal Bar  
 Mozzarella String Cheese  
 Diced Pear Cup  
 100% Grape Juice  
 Milk

12<sup>TH</sup>  
 WG Waffle  
 Cinn/Raisin Peaches  
 100% Apple Juice  
 Milk  
 (Syrup)

13<sup>TH</sup> **Breakfast Pizza**  
 WG Turkey Sausage Pizza  
 Mixed Fruit Cup  
 100% Orange Juice  
 Milk

16<sup>TH</sup> **Breakfast Sandwich**  
 Turkey Canadian Bacon  
 w/ Cheese on WG Biscuit  
 Cinn/Raisin Apples  
 Milk

17<sup>TH</sup>  
 Cereal: WG Frosted Flakes  
 Mozzarella String Cheese  
 Fresh Banana  
 Milk

18<sup>TH</sup>  
 WG Waffle  
 Cinn/Raisin Peaches  
 100% Grape Juice  
 Milk  
 (Syrup)

19<sup>TH</sup> **Fruit & Yogurt Plate**  
 Vanilla Yogurt  
 Cinnamon Granola  
 Diced Mango  
 100% Orange Juice  
 Milk

20<sup>TH</sup>  
 WG Strawberry Poptart  
 Mandarin Orange Cup  
 100% Apple Juice  
 Milk

23<sup>RD</sup>  
 WW French Toast Sticks  
 Cinn/Raisin Peaches  
 Milk  
 (Syrup)

24<sup>TH</sup>  
 Cereal: WG Cinnamon  
 Toasters  
 Honey Graham Crackers  
 Fresh Banana  
 Milk

25<sup>TH</sup> **Breakfast Sandwich**  
 Turkey Sausage Patty  
 WW English Muffin  
 Cinn/Raisin Apples  
 100% Orange Juice  
 Milk

26<sup>TH</sup> **Breakfast Tacos – 2**  
 Bean & Cheese on  
 WW Tortilla  
 Mixed Fruit Cup  
 100% Apple Juice  
 Milk

27<sup>TH</sup>  
 Raspberry Cereal Bar  
 WW Animal Cracker  
 Diced Pear Cup  
 100% Grape Juice  
 Milk

30<sup>TH</sup>  
 WW Pancakes  
 Cinn/Raisin Peaches  
 Milk  
 (Syrup)

31<sup>ST</sup>  
 Cereal: WG Trix Cereal  
 Mozzarella String Cheese  
 Fresh Banana  
 Milk



Food and Nutrition Division  
 National School Lunch Program

TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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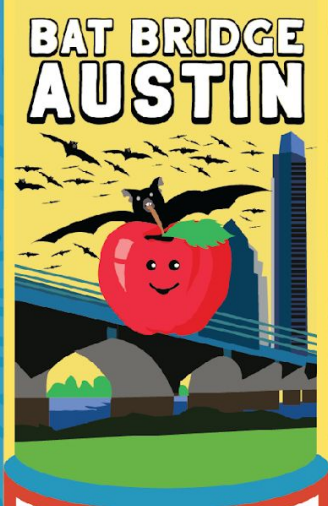


Updated 10/1/2023  
[www.SquareMeals.org](http://www.SquareMeals.org)

# Promesa Academy - Lunch

# OCT

**MENU 2023**



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 WW = Whole Wheat

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

2<sup>ND</sup> WG Cheese Ravioli  
 Spaghetti Sauce  
 WW Roll  
 Green Beans  
 Black-Eyed Peas  
 Fresh Orange Wedges  
 Milk

3<sup>RD</sup> Breaded Steak Fingers  
 Mashed Potatoes  
 Normandy Veggie Blend  
 Fresh Whole Fruit  
 Milk  
 (Ketchup)

4<sup>TH</sup> Cheeseburger on  
 WW Hamburger Bun  
 Tater Tots  
 Buttered Carrots  
 Fresh Orange Wedges  
 Milk  
 (Ketchup; Mustard)

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

6<sup>TH</sup> Chicken Penne  
 Alfredo on WG Penne  
 Steamed Broccoli  
 Roasted Sweet Potato  
 Fresh Orange Wedges  
 Milk

9<sup>TH</sup>  
**CLOSED**  
**COLUMBUS DAY**

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

11<sup>TH</sup> Turkey Hot Dog on  
 WW Hot Dog Bun  
 Sweet Potato Tots  
 Green Beans  
 Fresh Orange Wedges  
 Milk  
 (Ketchup; Mustard)

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

13<sup>TH</sup> WG Mini Corn Dogs  
 Steamed Corn  
 Italian Veggie Blend  
 Fresh Orange Wedges  
 Milk  
 (Ketchup; Mustard)

16<sup>TH</sup> WG Chicken Nuggets  
 Mashed Potatoes  
 Broccoli w/ Cheese  
 Fresh Orange Wedges  
 Milk  
 (Ketchup)

17<sup>TH</sup> Lemon Herb Chicken  
 WW Roll  
 Pinto Beans  
 Buttered Carrots  
 Fresh Whole Fruit  
 Milk

18<sup>TH</sup> **Spaghetti & Meat Sauce**  
 Ground Turkey & Sauce on  
 WW Spaghetti  
 Seasoned Cauliflower  
 Capri Veggie Blend  
 Fresh Orange Wedges  
 Milk

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

20<sup>TH</sup> **Sweet & Sour Chicken**  
 WG Chicken Nuggets w/ Sweet  
 & Sour Sauce over  
 Steamed Brown Rice  
 Mixed Veggie Blend  
 Seasoned Zucchini  
 Fresh Orange Wedges  
 Milk

23<sup>RD</sup> Breaded Chicken  
 Tenders  
 Green Beans  
 Potatoes Au Gratin  
 Fresh Whole Fruit  
 Milk  
 (Ketchup)

24<sup>TH</sup> Turkey Sloppy Joes on  
 WW Hamburger Bun  
 Oven Fries  
 Steamed Carrots  
 Fresh Orange Wedges  
 Milk  
 (Ketchup)

25<sup>TH</sup> Cheese Enchiladas w/  
 Ranchero Sauce  
 Mexicali Corn  
 Pinto Beans  
 Fresh Whole Fruit  
 Milk

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

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

30<sup>TH</sup> WG Cheese Ravioli  
 Spaghetti Sauce  
 WW Roll  
 Green Beans  
 Black-Eyed Peas  
 Fresh Orange Wedges  
 Milk

31<sup>ST</sup> Breaded Steak Fingers  
 Mashed Potatoes  
 Normandy Veggie Blend  
 Fresh Whole Fruit  
 Milk  
 (Ketchup)



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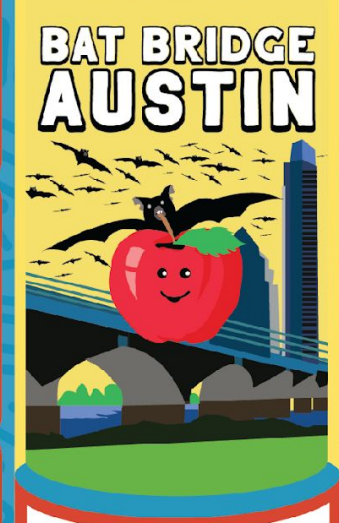


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# Promesa Academy - Snack

# OCT

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**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

2 <sup>ND</sup> Mozzarella String Cheese 100% Orange Juice	3 <sup>RD</sup> Baby Carrots Honey Graham Crackers	4 <sup>TH</sup> 100% Orange Juice WG Cheddar Goldfish	5 <sup>TH</sup> Multi-Grain Sun Chips Fresh Banana	6 <sup>TH</sup> Fruit Yogurt Cup Granola Packet
9 <sup>TH</sup> <b>CLOSED COLUMBUS DAY</b>	10 <sup>TH</sup> Mozzarella String Cheese Honey Graham Crackers (2)	11 <sup>TH</sup> Cheddar Rectangle (2) WW Animal Crackers	12 <sup>TH</sup> Fresh Banana Cinn. Goldfish Crackers	13 <sup>TH</sup> Strawberry Chex Mix 100% Orange Juice
16 <sup>TH</sup> Honey Graham Crackers (2) 100% Orange Juice	17 <sup>TH</sup> WG Cheddar Goldfish Cheddar Rectangle (2)	18 <sup>TH</sup> Mozzarella String Cheese Cinnamon Goldfish Crackers	19 <sup>TH</sup> WW Animal Cracker Sunbutter Cup	20 <sup>TH</sup> Baby Carrots Multi-Grain Sun Chips
23 <sup>RD</sup> WW Animal Cracker Mozzarella String Cheese	24 <sup>TH</sup> Granola Packet Fruit Yogurt Cup	25 <sup>TH</sup> WG Cheddar Goldfish 100% Orange Juice	26 <sup>TH</sup> Strawberry Chex Mix Fresh Banana	27 <sup>TH</sup> Cheddar Rectangle (2) Cinnamon Goldfish Crackers
30 <sup>TH</sup> 100% Orange Juice Mozzarella String Cheese	31 <sup>ST</sup> Baby Carrots Honey Graham Crackers (2)			