



# September 2022

## Houston Classical K-8 Cold Breakfast

			<b>01</b> <b>Entree</b> Graham Crackers & String Cheese <b>Fruit</b> Orange Apple Juice	<b>02</b> <b>Entree</b> Mini Bagels w/ Strawberry Cream Cheese <b>Fruit</b> Mixed Fruit Apple Juice
<b>05</b> <b>Entree</b> Strawberry Yogurt & Graham Crackers <b>Fruit</b> Banana Apple Juice	<b>06</b> <b>Entree</b> Cinnamon Toast Crunch Soft Filled Bar <b>Fruit</b> Craisins Apple Juice	<b>07</b> <b>Entree</b> Blueberry Pop Tart <b>Fruit</b> Orange Apple Juice	<b>08</b> <b>Entree</b> Yogurt & Granola <b>Fruit</b> Mixed Fruit Apple Juice	<b>09</b> <b>Entree</b> Yogurt & Granola <b>Fruit</b> Mixed Fruit Apple Juice
<b>12</b> <b>Entree</b> Apple Jacks Cereal <b>Fruit</b> Red Apple	<b>13</b> <b>Entree</b> Graham Crackers & String Cheese <b>Fruit</b> Banana Apple Juice	<b>14</b> <b>Entree</b> Strawberry Pop Tart <b>Fruit</b> Craisins Apple Juice	<b>15</b> <b>Entree</b> Cinnamon Toast Crunch Cereal Bar <b>Fruit</b> Orange Apple Juice <b>Misc.</b> String Cheese	<b>16</b> <b>Entree</b> Banana Muffin <b>Fruit</b> Mixed Fruit Apple Juice
<b>19</b> <b>Entree</b> Coffee Cake <b>Fruit</b> Red Apple	<b>20</b> <b>Entree</b> Blueberry Muffin <b>Fruit</b> Banana Apple Juice	<b>21</b> <b>Entree</b> Yogurt & Granola <b>Fruit</b> Craisins Apple Juice	<b>22</b> <b>Entree</b> Apple Cinnamon Nutri-Grain Bar <b>Fruit</b> Orange Apple Juice	<b>23</b> <b>Entree</b> Mini Cinnamon Rolls <b>Fruit</b> Mixed Fruit Apple Juice
<b>26</b> <b>Entree</b> Cinnamon Toast Crunch <b>Fruit</b> Red Apple	<b>27</b> <b>Entree</b> Blueberry Muffin <b>Fruit</b> Banana Apple Juice <b>Misc.</b> String Cheese	<b>28</b> <b>Entree</b> Strawberry Pop Tart <b>Fruit</b> Craisins Apple Juice	<b>29</b> <b>Entree</b> Graham Crackers & String Cheese <b>Fruit</b> Orange Apple Juice	<b>30</b> <b>Entree</b> Mini Bagels w/ Strawberry Cream Cheese <b>Fruit</b> Mixed Fruit Apple Juice

This institution is an equal opportunity provider.



# September 2022

## Houston Classical K-8 Lunch

			<b>01</b> <b>Entree</b> Chicken Nuggets <b>Vegetables</b> Mashed Potatoes & Gravy Green Beans <b>Fruit</b> Craisins	<b>02</b> <b>Entree</b> Cheesy Chicken Spaghetti <b>Vegetables</b> Broccoli Carrots <b>Fruit</b> Red Apple Slices <b>Grains</b> Small Garlic Bread
<b>05</b> <b>Entree</b> BBQ Chicken Drumstick <b>Vegetables</b> Baked Beans Potato Salad <b>Fruit</b> Pears <b>Grains</b> Bread	<b>06</b> <b>Entree</b> Salisbury Steak w/ Gravy <b>Vegetables</b> Cucumber Slices Corn <b>Fruit</b> Banana <b>Grains</b> Blended Rice	<b>07</b> <b>Entree</b> Spaghetti & Meatballs <b>Vegetables</b> Green Peas <b>Fruit</b> Craisins	<b>08</b> <b>Entree</b> Mozzarella Cheese Stuffed Breadsticks <b>Vegetables</b> Broccoli Spaghetti Sauce Dip <b>Fruit</b> Red Apple Slices	<b>09</b> <b>Entree</b> Chicken Alfredo <b>Vegetables</b> Diced Carrots Broccoli <b>Fruit</b> Cool Tropics Slush
<b>12</b> <b>Entree</b> WG Battered Corn Dog <b>Vegetables</b> Wedge Cut Fries Sugar Snap Peas <b>Fruit</b> Orange	<b>13</b> <b>Entree</b> Beef & Cheese Taco <b>Vegetables</b> Pinto Beans Salsa <b>Fruit</b> Pears <b>Grains</b> Mexican Rice	<b>14</b> <b>Entree</b> Grilled Chicken <b>Vegetables</b> Green Beans Collard Greens <b>Fruit</b> Banana <b>Grains</b> Mac & Cheese	<b>15</b> <b>Entree</b> Chicken Tenders <b>Vegetables</b> Corn Sweet Potato Fries <b>Fruit</b> Craisins	<b>16</b> <b>Entree</b> Mozzarella Cheese Stuffed Breadsticks <b>Vegetables</b> Green Beans Broccoli <b>Fruit</b> Red Apple Slices
<b>19</b> <b>Entree</b> Cheeseburger <b>Vegetables</b> Crinkle Cut Fries Corn <b>Fruit</b> Orange	<b>20</b> <b>Entree</b> Chicken Fajitas <b>Vegetables</b> Salsa Pinto Beans <b>Fruit</b> Pears <b>Grains</b> Mexican Rice	<b>21</b> <b>Entree</b> Oven Fried Chicken Drumstick <b>Vegetables</b> Collard Greens Glazed Carrots <b>Fruit</b> Banana <b>Grains</b> Cornbread	<b>22</b> <b>Entree</b> Spaghetti & Meatsauce <b>Vegetables</b> Vegetable Blend Broccoli <b>Fruit</b> Craisins	<b>23</b> <b>Entree</b> Chicken Nuggets <b>Vegetables</b> Mashed Potatoes & Gravy Green Beans <b>Fruit</b> Craisins
<b>26</b> <b>Entree</b> Turkey Hot Dog <b>Vegetables</b> Baked Beans Sugar Snap Peas <b>Fruit</b> Orange	<b>27</b> <b>Entree</b> Chicken Fried Rice <b>Vegetables</b> Diced Carrots Green Peas <b>Fruit</b> Pears	<b>28</b> <b>Entree</b> Breakfast for Lunch: Eggs, Turkey Sausage & Pancakes <b>Vegetables</b> Diced Potatoes Salsa <b>Fruit</b> Banana	<b>29</b> <b>Entree</b> Chicken Nuggets <b>Vegetables</b> Mashed Potatoes & Gravy Green Beans <b>Fruit</b> Craisins	<b>30</b> <b>Entree</b> Cheesy Chicken Spaghetti <b>Vegetables</b> Broccoli Carrots <b>Fruit</b> Red Apple Slices <b>Grains</b> Small Garlic Bread