



OCTOBER

2020

Odem- Edroy ISD Lunch Menu for all Campus



Special Announcements:

Curbside meals is only for students that are enrolled in the district. Serving at the High School Cafeteria must have student ID number or school roster. Monday – Friday 11:00 – 1:00

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Chicken Alfredo
Steam Carrots & Hot Roll
Celery w Sun Butter & Fruit
1 % White Milk
Fat Free Chocolate Milk

5.

Chili Dog w Shredded Cheese
Baked Beans
Baby Carrots / Dressing
Fruit
1 % White Milk
Fat Free Chocolate Milk

6.

Chicken Fajita Taco
Pinto Beans
Spanish Macaroni
Romaine & Diced Tomato & Fruit
1% White Milk & Fat Free Chocolate Milk

7.

Chicken Patty Burger
Baked Fries
Baked Beans & Burger Salad
Fruit
1% White Milk
Fat Free Chocolate

1.

Pepperoni Pizza
Whole Kernal Corn
Romaine & Spinach & Tomato
Fruit
1% White Milk
Fat Free Chocolate Milk

2.

Pepperoni Pizza
Whole Kernal Corn
Romaine Spinach Salad / Dressing
Fruit
1 % White Milk
Fat Free Chocolate Milk

12.

Spaghetti / Meat Sauce
Green Beans
Hot Roll & Fruit
Spinach Salad/ Dressing
1% White Milk
Fat Free Chocolate Milk

13.

Beef Taco
Pinto Beans
Spanish Rice
Romaine & Diced Tomato & Fruit
1 % White Milk
Fat Free Chocolate Milk

14.

Baked Chicken
Mashed Potato / Gravy
Steam Carrot & Hot Roll
Fruit
1 % White Milk
Fat Free Chocolate Milk

15.

Hot Hoagie
Baked Fries & Burger Salad
Baked Beans & Baby Carrots
Fruit
1 % White Milk
Fat Free Chocolate Milk

16.

Hamburger
Baked Beans
Baked Fries & Burger Salad
Fruit
1 % White Milk
Fat Free Chocolate Milk

19.

Chicken Nuggets
Mashed Potato / Gravy
Steam Broccoli & Hot Roll
Baby Carrots / Dressing & Fruit
1% White Milk
Fat Free Chocolate Milk

20.

Chicken Fajita Taco
Pinto Beans
Spanish Macaroni
Romaine & Diced Tomato & Fruit
1 % White Milk
Fat Free Chocolate Milk

21.

Frito Pie / Shredded Cheese
Baked Fries
B.B Q Pinto Beans
Baby Carrots/ Dressing & Fruit
1 % White Milk
Fat Free Chocolate Milk

22.

Pepperoni Pizza
Whole Kernal Corn
Romaine & Spinach & Tomato
Fruit
1 % White Milk
Fat Free Chocolate Milk

23.

Chicken Patty Burger
Baked Fries
Baked Beans & Burger Salad
Fruit
1 % White Milk
Fat Free Chocolate Milk

26.

Chicken Alfredo
Steam Carrots & Hot Roll
Celery w Sun Butter & Fruit
1 % White Milk
Fat Free Chocolate Milk

27.

Enchilada Casserole
Pinto Beans
Spanish Rice
Romaine & Diced Tomato & Fruit
1 % White Milk
Fat Free Chocolate Milk

28.

Hot Hoagie
Baked Fries & Fruit
Baked Beans & Burger Salad
Fruit
1 % White Milk
Fat Free Chocolate Milk

29.

No School

30.

- National School Lunch Week Oct. 12-16



Food and Nutrition Division
National School Lunch Program and School Breakfast Program



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CONSTELLATION CHICKEN



A constellation is a group of visible stars that form a pattern or picture in the sky. The pattern they form may take the shape of an animal, a mythological creature, a man, a woman, or an inanimate object. Astronomers recognize 88 different constellations. The smallest constellation is the Southern Cross, Crux, and the largest constellation is the Water Snake, Hydra.

DID YOU KNOW?

National School Lunch Week is this month! Look for proteins like chicken in your school cafeteria and try new foods from Texas farms and ranches! Milk, lean meat, fruit, vegetables, and whole grains can all be part of a healthy school lunch – and they're all produced right here in Texas.

Chicken is an excellent source of protein. Protein is important because it builds muscles and helps keep your body strong. Chicken is also low in fat, making it a healthy choice for any meal.



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FIND THE DIFFERENCE

One of the chickens is not like the other. Circle the one you think it could be.



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