

# October 2024 |



## Announcements:

Please note that all campus at Merkel ISD will now be receiving free breakfast and lunch for the students first tray.



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> French Toast W/ Sausage OR Breakfast Bread W/ Yogurt Choice of Fruit, Juice Milk and Fruit Bowl	<b>2</b> Power Breakfast OR Cereal W/ Toast Choice of Fruit, Juice Milk and Fruit Bowl	<b>3</b> Pancake Wrap W/ Yogurt OR Breakfast Strudel Choice of Fruit, Juice Milk and Fruit Bowl	<b>4</b>
<b>7</b> Waffles W/ Bacon OR Cereal W/ Toast Choice of Fruit, Juice Milk and Fruit Bowl	<b>8</b> Breakfast Taquito OR Breakfast Bread Choice of Fruit, Juice Milk and Fruit Bowl	<b>9</b> Sausage Biscuits OR Cereal W/ Toast Choice of Fruit, Juice Milk and Fruit Bowl	<b>10</b> Morning Griddle Sandwich OR Breakfast Bread W/ Yogurt Choice of Fruit, Juice Milk and Fruit Bowl	<b>11</b>
<b>14</b> Sausage Kolache W/ Yogurt OR Cereal W/ Toast Choice of Fruit, Juice Milk and Fruit Bowl	<b>15</b> Omelet W/ Toast OR Breakfast Bread W/ Yogurt Choice of Fruit, Juice Milk and Fruit Bowl	<b>16</b> Sausage Biscuit Or Cereal W/ Toast Choice of Fruit, Juice Milk and Fruit Bowl	<b>17</b> French Toast W/ Sausage OR Breakfast Strudel Choice of Fruit, Juice Milk and Fruit Bowl	<b>18</b>
<b>21</b> Sausage Biscuit OR Cereal W/ Toast Choice of Fruit, Juice Milk and Fruit Bowl	<b>22</b> Breakfast Burrito W/ Hash Browns OR Breakfast Bread W/ Yogurt Choice of Fruit, Juice Milk and Fruit Bowl	<b>23</b> Waffles W/ Sausage OR Cereal W/ Toast Choice of Fruit, Juice Milk and Fruit Bowl	<b>24</b> Breakfast Sandwich OR Breakfast Bread W/ Yogurt Choice of Fruit, Juice Milk and Fruit Bowl	<b>25</b>
<b>28</b> Breakfast Pizza OR Cereal W/ Toast Choice of Fruit, Juice Milk and Fruit Bowl	<b>29</b> French Toast W/ Sausage OR Breakfast Bread W/ Yogurt Choice of Fruit, Juice Milk and Fruit Bowl	<b>30</b> Power Breakfast OR Cereal W/ Toast Choice of Fruit, Juice Milk and Fruit Bowl	<b>31</b> Pancake Wrap W/ Yogurt OR Breakfast Strudel Choice of Fruit, Juice Milk and Fruit Bowl	

## Apples

Season in Texas: July-November

Did you know?

There are about 2,500 different kinds of apples grown in the United States



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**



Food and Nutrition Division  
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Updated 6/6/2024  
 National School Lunch Program

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Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Nachos Grande OR Chicken Burger Beans, Cucs, Choice of Fruit, Juice, Milk & Fruit bowl	<b>2</b> Asian Bowl W/ Eggroll OR Breaded Pork Chop W/ Roll & Gravy Broccoli, Corn Choice of Fruit, Juice, Milk & Fruit bowl	<b>3</b> Pizza Choice OR Steak Finger Basket Carrots, Green Beans Choice of Fruit, Juice, Milk & Fruit bowl	<b>4</b>
<b>7</b> Chicken Fried Steak W/ Roll & Gravy OR Burger Potatoes, Orka, Tomato Choice of Fruit, Juice, Milk & Fruit bowl	<b>8</b> BBQ on a Bun OR Tex-Mex Stack W/ Rice Beans, Carrots Choice of Fruit, Juice, Milk & Fruit bowl	<b>9</b> Chicken Alfredo W/ Breadstick OR Meatball Sub Salad, Green Beans Choice of Fruit, Juice, Milk & Fruit bowl	<b>10</b> Potatoes Bowl W/ Roll OR Hot Dog W/ Potatoes Broccoli Salad Corn Choice of Fruit, Juice, Milk & Fruit bowl	<b>11</b>
<b>14</b> Enchiladas Or Chalupas W/ Rice Beans Corn Choice of Fruit, Juice, Milk & Fruit bowl	<b>15</b> Chicken Nuggets W Mac & Cheese OR Asian Bowl W/ Eggroll Carrots Squash Choice of Fruit, Juice, Milk & Fruit bowl	<b>16</b> Hamburger W/ Chips OR Pizza Tomato Cups Garden Salad Choice of Fruit, Juice, Milk & Fruit bowl	<b>17</b> Ranchero Wrap W/ Rice OR X-Treme Burrito Corn Cucs Choice of Fruit, Juice, Milk & Fruit bowl	<b>18</b>
<b>21</b> Dumsticks W/ Biscuits OR Chicken Spaghetti W/ Breadstick Salad, SPFF Choice of Fruit, Juice, Milk & Fruit bowl	<b>22</b> Walking Taco Or Sloppy Joe Beans Tomato Cup Choice of Fruit, Juice, Milk & Fruit bowl	<b>23</b> Boneless Chicken Wings W/ Chips OR French Bread Pizza Celery Carrots Choice of Fruit, Juice, Milk & Fruit bowl	<b>24</b> Chicken Parm W/ Breadstick OR Nacho Grande Green Beans Corn Choice of Fruit, Juice, Milk & Fruit bowl	<b>25</b>
<b>28</b> Corn Dog OR Popcorn Chicken W/ Roll Potato, Tomato Choice of Fruit, Juice, Milk & Fruit bowl	<b>29</b> Nachos Grande OR Chicken Burger Beans, Cucs, Choice of Fruit, Juice, Milk & Fruit bowl	<b>30</b> Asian Bowl W/ Eggroll OR Breaded Pork Chop W/ Roll & Gravy Broccoli, Corn Choice of Fruit, Juice, Milk & Fruit bowl	<b>31</b> Pizza Choice OR Steak Finger Basket Carrots, Green Beans Choice of Fruit, Juice, Milk & Fruit bowl	

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