

ROPES ELEMENTARY LUNCH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Sept

FEED YOUR CREATIVITY



Announcements:

Fat free milk is provided to Pre-K on a daily basis. **Indicates items that are not available for Pre-K.

This institution is an equal opportunity provider.

HOLIDAY
Labor Day

Oven fried chicken, roll, potatoes, **tomato cup, fruit cup and milk variety

Teacher
Work Day

Meat and cheese chalupas, beans, **corn, salsa, orange smiles, **pudding and milk variety

Chicken nuggets, mac and cheese, **carrots, squash, grapes and milk variety

Lasagna, breadstick, fresh broccoli, **marinara sauce, cinnamon applesauce and milk variety

Spaghetti bowl, breadstick, **fresh veggie cup, garden salad, fruity gelatin and milk variety

Meatball sub sandwich, **garden salad, savory green beans, peaches and milk variety

Chicken nuggets, mac and cheese, **carrots, squash, grapes and milk variety

Breaded mozzarella sticks, marinara sauce, **tomato cup, garden salad, pears and milk variety

Boneless chicken wings, **chips, **celery, carrots, mixed fruit, **frozen yogurt cup and milk variety

Breaded pork chop, broccoli, **corn, mandarin oranges and milk variety

Popcorn chicken, roll, corn, **crunchy broccoli salad, fresh apple sliced, **grain based dessert and milk variety

Hamburger/Cheeseburger, **chips, **tomato cup, garden salad, pears and milk variety

Roast beef sandwich, corn, cucumbers, rosy applesauce, **grain based dessert and milk variety

Chicken parmesan, roll, savory green beans, **corn, peaches and milk variety

Pizza choice, **carrots, savory green beans, fresh seasonal fruit, **grain based dessert and milk variety

Hot dog, potatoes, **tomato cup, snowball salad and milk variety

Frito pie, beans, **fresh veggie cup, chilled pineapple, grain based dessert and milk variety

Quesadilla, **salsa, pinto beans, cucumbers, apricots, **ice cream cup and milk variety

Chicken fajitas, beans, **salsa, **carrots, cinnamon apples, **sherbet cup and milk variety

Chili cheese totchos, roll, **fresh veggie cup, potatoes, strawberries and bananas and milk variety



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
Nutrition Assistance Programs



Updated 1/1/2021
www.SquareMeals.org

FEED YOUR
CREATIVITY

September

WEEK OF: _____

ANNOUNCEMENTS:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



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TODAY'S MENU:

ANNOUNCEMENTS:



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LUNES

MARTES

MIÉRCOLES

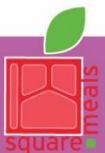
JUEVES

VIERNES

Sept

ALIMENTA TU
CREATIVIDAD

Anuncios:

Food and Nutrition Division
Nutrition Assistance ProgramsDEPARTAMENTO DE AGRICULTURA DE TEXAS
COMISIONADO SID MILLEREste producto fue financiado por USDA.
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www.SquareMeals.org

ALIMENTA TU
CREATIVIDAD

Septiembre

SEMANA DE: _____

ANUNCIOS:

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES



DEPARTAMENTO DE AGRICULTURA DE TEXAS
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ALIMENTA TU
CREATIVIDAD

Septiembre

MENÚ DEL DÍA:

ANUNCIOS:



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