

September 2024 | West Rusk- Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day	3 QUESADILLA OR BEEFY BURRITO SEASONED CORN PINTO BEANS FRESH APPLE MILK CHOICE	4 MINI CORNDOGS OR CORNDOG BAKED BEANS CELERY W/ RANCH APPLESAUCE CUP MILK CHOICE	5 PIZZA CHOICE SEASONED CORN BROCCOLI SALAD PEACHES MILK CHOICE	6 CHEESEBURGER OVEN FRIES BABY CARROTS FRUIT CHOICE MILK CHOICE
9 CHICKEN NUGGETS OR CHK. SPAGHETTI COOKED CARROTS MASHED POTATOES FRESH APPLE FRESH ROLL MILK CHOICE	10 BEEFY NACHOS SEASONED CORN REFRIED BEANS WATERMELON MILK CHOICE	11 STEAKFINGERS GREEN BEANS MASHED POTATOES APPLESAUCE CUP FRESH ROLL MILK CHOICE	12 PIZZA CHOICE CHEESY BROCCOLI BABY CARROTS PEARS OR GRAPES MILK CHOICE	13 CHICKEN SANDWICH OVEN FRIES CELERY W/ RANCH SOUR RAISEL MILK CHOICE
16 BREADED CHICKEN GREEN BEANS MASHED POTATOES FRESH APPLE FRESH ROLL MILK CHOICE	17 SOFT TACO SEASONED CORN REFRIED BEANS TACO FIXINS' WATERMELON MILK CHOICE	18 FISH STICKS OR CORNDOG BAKED BEANS CELERY W/ RANCH APPLESAUCE CUP MILK CHOICE	19 PIZZA CHOICE SEASONED CORN BROCCOLI SALAD PEACHES MILK CHOICE	20 CHEESEBURGER TATER TOTS BABY CARROTS BANANA MILK CHOICE
23 ASIAN CHICKEN OR CHICKEN NUGETS COOKED CARROTS SWEET PEAS BROWN RICE FRESH APPLE MILK CHOICE	24 BEEFY NACHOS SEASONED CORN REFRIED BEANS WATERMELON MILK CHOICE	25 STEAKFINGERS OR CHK. FRIED STEAK GREEN BEANS MASHED POTATOES APPLESAUCE CUP FRESH ROLL MILK CHOICE	26 PIZZA CHOICE CHEESY BROCCOLI BABY CARROTS PEARS OR GRAPES MILK CHOICE	27 CHICKEN SANDWICH OVEN FRIES CELERY W/ RANCH SOUR RAISEL MILK CHOICE
30 CHICKEN STRIPS GREEN BEANS MASHED POTATOES FRESH APPLE FRESH ROLL MILK CHOICE				

Announcements:

**LABOR DAY
SEPT. 2ND**

***FREE COOKIE -
DAY w/ MEAL
SEPT. 18TH**

**EARLY RELEASE
SEPT 20TH**

Watermelon

Season in Texas: May - October

Did you know?

You can eat the entire watermelon; some people make sweet pickles out of the rind



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
www.SquareMeals.org



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