

September 2024 | Anne Frank Inspire 6-8 Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day	3 Chicken Tenders Grilled Cheese Sweet Potato Fries Buttered Corn Chilled Pears	4 Crunchy Beef Tacos Bean & Cheese Tacos Cilantro Rice Seasoned Pinto Beans Lettuce & Tomatoes Sliced Strawberries	5 Meatloaf & Dinner Roll Macaroni & Cheese Mashed Potatoes & Gravy Mixed Vegetables Fresh Apple	6 Cheese Pizza Pepperoni Pizza Seasoned Green Beans Fresh Broccoli Pineapple
9 Cheese Breadsticks Chicken Sandwich Cucumber Coins Steamed Broccoli Fresh Orange	10 Sloppy Joes Yogurt Pack Potato Wedges Seasoned Green Beans Sliced Strawberries	11 Cheese Enchiladas Crunchy Beef Tacos Spanish Rice Pinto Beans, Salsa Lettuce, Tomatoes Berry Cup	12 Baked Potato Bar Pepperoni Pizza Sticks Sweet Potato Fries Corn Apple Slices	13 FOCUS FRIDAY
16 Cheeseburger Yogurt Pack Potato Wedges Seasoned Green Beans Diced Pears	17 Beef Nachos Cheese Nachos Refried Beans Lettuce & Tomatoes Salsa Sliced Strawberries	18 Arroz con Pollo (Chicken & Rice) Yogurt Pack Steamed Broccoli Jicama & Lime Fresh Apple	19 Cheese & Jalapeno Pizza Pepperoni Pizza Cucumber Coins Baby Carrots Oranges	20 FOCUS FRIDAY
23 Chicken Sandwich Sunbutter Sandwich Fries Baby Carrots Peaches	24 Orange Chicken & Brown Rice Yogurt Pack Steamed Broccoli Pears	25 Homemade Chili & WG Roll Grilled Cheese Green beans Baby Carrots Fresh Apple	26 Cheese Pizza Pepperoni Pizza Fresh Cauliflower & Broccoli Mixed Fruit	27 FOCUS FRIDAY
30 Chicken Tenders Yogurt Pack Sweet Potato Fries Green Beans Pears				

Announcements:

Choice of FF Chocolate or 1% White Milk offered daily.

Meal Prices:
 Breakfast: \$2.75
 Reduced price: free

Lunch: \$4.00
 Reduced: \$.40

Any questions contact:

[Josie Cosgrove](#)
 Cafeteria Supervisor
 (210) 638-5906

Watermelon

Season in Texas: May - October
 Did you know?

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



Food and Nutrition Division
www.SquareMeals.org



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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 National School Lunch Program