

# September 2024

# Anne Frank Inspire K-5 Lunch



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



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**



Food and Nutrition Division  
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 National School Lunch Program