

# October 2024 | West Rusk- Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> QUESADILLA OR BEEFY BURRITO SEASONED CORN PINTO BEANS WATERMELON MILK CHOICE	<b>2</b> MINI CORNDOGS OR CORNDOG BAKED BEANS CELERY W/ RANCH APPLESAUCE CUP MILK CHOICE	<b>3</b> PIZZA CHOICE SEASONED CORN BROCCOLI SALAD PEACHES MILK CHOICE	<b>4</b> CHEESEBURGER OVEN FRIES BABY CARROTS GRAPES OR PEARS MILK CHOICE
<b>7</b> CHICKEN NUGGETS OR CHK. SPAGHETTI COOKED CARROTS MASHED POTATOES FRESH APPLE FRESH ROLL MILK CHOICE	<b>8</b> BEEFY NACHOS SEASONED CORN PINTO BEANS WATERMELON MILK CHOICE	<b>9</b> STEAKFINGERS GREEN BEANS MASHED POTATOES APPLESAUCE CUP FRESH ROLL MILK CHOICE	<b>10</b> PIZZA CHOICE CHEESY BROCCOLI BABY CARROTS GRAPES OR PEARS MILK CHOICE	<b>11</b> CHICKEN SANDWICH OVEN FRIES CELERY W/ RANCH CANTALOUPE MILK CHOICE
<b>14</b>  COLUMBUS DAY!!!	<b>15</b> SOFT TACO SEASONED CORN REFRIED BEANS TACO FIXINS WATERMELON MILK CHOICE	<b>16</b> FISH STICKS OR CORNDOG BAKED BEANS CELERY W/ RANCH APPLESAUCE CUP MILK CHOICE	<b>17</b> PIZZA CHOICE SEASONED CORN BROCCOLI SALAD STRAWBERRY CUP MILK CHOICE	<b>18</b> CHEESEBURGER TATER TOTS BABY CARROTS FRESH APPLES MILK CHOICE
<b>21</b> ASIAN CHICKEN OR CHICKEN NUGETS COOKED CARROTS SWEET PEAS BROWN RICE FRESH APPLE MILK CHOICE	<b>22</b> BEEFY NACHOS SEASONED CORN REFRIED BEANS WATERMELON MILK CHOICE	<b>23</b> STEAKFINGERS OR CHK. FRIED STEAK GREEN BEANS MASHED POTATOES APPLESAUCE CUP FRESH ROLL MILK CHOICE	<b>24</b> PIZZA CHOICE CHEESY BROCCOLI BABY CARROTS FRUIT CHOICE MILK CHOICE	<b>25</b> CHICKEN SANDWICH OVEN FRIES CELERY W/ RANCH SOUR RAISEL MILK CHOICE
<b>28</b> CHICKEN STRIPS COOKED CARROTS MASHED POTATOES FRESH APPLE FRESH ROLL MILK CHOICE	<b>29</b> QUESADILLA OR BEEFY BURRITO SEASONED CORN PINTO BEANS WATERMELON MILK CHOICE	<b>30</b> MINI CORNDOGS OR CORNDOG BAKED BEANS CELERY W/ RANCH APPLESAUCE CUP MILK CHOICE	<b>31</b> PIZZA CHOICE SEASONED CORN BROCCOLI SALAD PEACHES MILK CHOICE	

## Announcements:

**COLUMBUS DAY**  
OCT. 17<sup>TH</sup>

**\*\*\*FREE COOKIE DAY w/ MEAL**  
OCT. 16<sup>TH</sup>

## 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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