

Frost ISD BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
			Oct - 1 Morning Sausage Roll Apple Juice Grape Juice Orange Juice Chocolate Milk Strawberry Milk 1% White Milk 1% Jelly	Oct - 2 Sausage Patty BAKING POWDER BI Mandarian Oranges Apple Juice Grape Juice Orange Juice Chocolate Milk Strawberry Milk 1% White Milk 1% Jelly
Oct - 5 Cinnamon Toast Crunc Reese's Puffs Trix Wheat Toast Mandarian Oranges Apple Juice Grape Juice Orange Juice Chocolate Milk Strawberry Milk 1% White Milk 1% Jelly	Oct - 6 Scrambled Eggs Cheese Toast Apple Juice Grape Juice Orange Juice Chocolate Milk Strawberry Milk 1% White Milk 1% Jelly	Oct - 7 French Toast Mandarian Oranges Apple Juice Grape Juice Orange Juice Chocolate Milk Strawberry Milk 1% White Milk 1% Syrup	Oct - 8 Morning Sausage Roll Apple Juice Grape Juice Orange Juice Chocolate Milk Strawberry Milk 1% White Milk 1% Jelly	Oct - 9 Sausage Patty BAKING POWDER BI Mandarian Oranges Apple Juice Grape Juice Orange Juice Chocolate Milk Strawberry Milk 1% White Milk 1% Jelly
Oct - 12 Cinnamon Toast Crunc Reese's Puffs Trix Wheat Toast Mandarian Oranges Apple Juice Grape Juice Orange Juice Chocolate Milk Strawberry Milk 1% White Milk 1% Jelly	Oct - 13 Breakfast Taco Apple Juice Grape Juice Orange Juice Chocolate Milk Strawberry Milk 1% White Milk 1% Picante Sauce	Oct - 14 Breakfast Pizza Mandarian Oranges Apple Juice Grape Juice Orange Juice Chocolate Milk Strawberry Milk 1% White Milk 1%	Oct - 15 Morning Sausage Roll Apple Juice Grape Juice Orange Juice Chocolate Milk Strawberry Milk 1% White Milk 1% Jelly	Oct - 16 Sausage Patty BAKING POWDER BI Mandarian Oranges Apple Juice Grape Juice Orange Juice Chocolate Milk Strawberry Milk 1% White Milk 1% Jelly
Oct - 19 Cinnamon Toast Crunc Reese's Puffs Trix Wheat Toast Mandarian Oranges Apple Juice Grape Juice Orange Juice Chocolate Milk Strawberry Milk 1% White Milk 1% Jelly	Oct - 20 French Toast Mandarian Oranges Apple Juice Grape Juice Orange Juice Chocolate Milk Strawberry Milk 1% White Milk 1% Syrup	Oct - 21 Breakfast Pizza Mandarian Oranges Apple Juice Grape Juice Orange Juice Chocolate Milk Strawberry Milk 1% White Milk 1%	Oct - 22 Morning Sausage Roll Apple Juice Grape Juice Orange Juice Chocolate Milk Strawberry Milk 1% White Milk 1% Jelly	Oct - 23 Sausage Patty BAKING POWDER BI Mandarian Oranges Apple Juice Grape Juice Orange Juice Chocolate Milk Strawberry Milk 1% White Milk 1% Jelly

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Frost ISD BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 26 Cinnamon Toast Crunc Reese's Puffs Trix Wheat Toast Mandarian Oranges Apple Juice Grape Juice Orange Juice Chocolate Milk Strawberry Milk 1% White Milk 1% Jelly	Oct - 27 Cinnamon Roll Apple Juice Grape Juice Orange Juice Chocolate Milk Strawberry Milk 1% White Milk 1%	Oct - 28 Waffles Mandarian Oranges Apple Juice Grape Juice Orange Juice Chocolate Milk Strawberry Milk 1% White Milk 1% Syrup	Oct - 29 Morning Sausage Roll Apple Juice Grape Juice Orange Juice Chocolate Milk Strawberry Milk 1% White Milk 1% Jelly	Oct - 30 Sausage Patty BAKING POWDER BI Mandarian Oranges Apple Juice Grape Juice Orange Juice Chocolate Milk Strawberry Milk 1% White Milk 1% Jelly

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Frost ISD ELEMENTARY LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
			Oct - 1 Beef Taco Pinto Beans Lettuce and Tomato Apricots CHOCOLATE CAKE CHOCOLATE GLAZE Chocolate Milk Strawberry Milk 1% White Milk 1% Picante Sauce	Oct - 2 Chicken Patty on Bun French Fries Burger Salad Fruit Cocktail Rice Krispy Treat Chocolate Milk Strawberry Milk 1% White Milk 1% Ketchup Mustard Salad Dressing
Oct - 5 Pepperoni Pizza Broccoli Baked Beans Orange Crackers Chocolate Milk Strawberry Milk 1% White Milk 1%	Oct - 6 Salisbury Steak Mashed Potatoes Brown Gravy Green Beans Roll Banana Chocolate Milk Strawberry Milk 1% White Milk 1% Ketchup	Oct - 7 Chicken Nuggets Mixed Vegetables Broccoli Rosy Applesauce Breadstick Chocolate Milk Strawberry Milk 1% White Milk 1% Ketchup	Oct - 8 Chicken Fajitas Lettuce and Tomato Pinto Beans Spanish Rice Peach Cobbler Chocolate Milk Strawberry Milk 1% White Milk 1% Picante Sauce	Oct - 9 Cheeseburger Tater Tots Burger Salad Orange Oatmeal Raisin Cookie Chocolate Milk Strawberry Milk 1% White Milk 1% Ketchup Mustard Salad Dressing
Oct - 12 Spaghetti Tossed Salad Peas Breadstick Pineapple Chocolate Milk Strawberry Milk 1% White Milk 1% Ranch Dressing	Oct - 13 Chicken Nuggets Mashed Potatoes Cream Gravy Green Beans Pears Roll Chocolate Milk Strawberry Milk 1% White Milk 1% Ketchup	Oct - 14 Sub Sandwich Baked Potato Chips Ranch Style Beans Burger Salad Applesauce Chocolate Milk Strawberry Milk 1% White Milk 1% Mustard Salad Dressing	Oct - 15 TACO SALAD Pinto Beans Lettuce and Tomato Peach Cobbler Chocolate Milk Strawberry Milk 1% White Milk 1% Picante Sauce	Oct - 16 Hamburger Tater Tots Burger Salad Orange Oatmeal Raisin Cookie Chocolate Milk Strawberry Milk 1% White Milk 1% Ketchup Mustard Salad Dressing
Oct - 19 Pepperoni Pizza Carrot/Celery Sticks Corn Fruit Cocktail Chocolate Milk Strawberry Milk 1% White Milk 1% Ranch Dressing	Oct - 20 Steak Fingers Mashed Potatoes Cream Gravy Mixed Vegetables Roll Apple Chocolate Milk Strawberry Milk 1% White Milk 1%	Oct - 21 Chicken Nuggets Mixed Vegetables Broccoli Rosy Applesauce Breadstick Chocolate Milk Strawberry Milk 1% White Milk 1% Ketchup	Oct - 22 Chicken Fajitas Lettuce and Tomato Pinto Beans Spanish Rice Peach Cobbler Chocolate Milk Strawberry Milk 1% White Milk 1% Picante Sauce	Oct - 23 Barbecue on Bun Baked Potato Chips Baked Beans Orange Chocolate Milk Strawberry Milk 1% White Milk 1%
Oct - 26 Pepperoni Pizza Breadstick Tossed Salad Corn Applesauce Chocolate Milk Strawberry Milk 1% White Milk 1% Ranch Dressing	Oct - 27 Chicken Spaghetti Tossed Salad Green Beans Texas Toast Peaches Chocolate Milk Strawberry Milk 1% White Milk 1% Ranch Dressing	Oct - 28 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Roll Pears Chocolate Milk Strawberry Milk 1% White Milk 1%	Oct - 29 Beef Taco Pinto Beans Lettuce and Tomato Apricots CHOCOLATE CAKE CHOCOLATE GLAZE Chocolate Milk Strawberry Milk 1% White Milk 1% Picante Sauce	Oct - 30 Cheeseburger French Fries Burger Salad Orange Oatmeal Raisin Cookie Chocolate Milk Strawberry Milk 1% White Milk 1% Ketchup Mustard Salad Dressing

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Frost ISD SECONDARY LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
			Oct - 1 Beef Taco Pinto Beans Lettuce and Tomato Apricots CHOCOLATE CAKE CHOCOLATE GLAZE Chocolate Milk Strawberry Milk 1% White Milk 1% Picante Sauce	Oct - 2 Chicken Patty on Bun French Fries Burger Salad Orange Chocolate Milk Strawberry Milk 1% White Milk 1% Ketchup Mustard Salad Dressing Graham Cracker
Oct - 5 Pepperoni Pizza Broccoli Baked Beans Orange Crackers Chocolate Milk Strawberry Milk 1% White Milk 1% Graham Cracker	Oct - 6 Salisbury Steak Mashed Potatoes Brown Gravy Green Beans Roll Banana Chocolate Milk Strawberry Milk 1% White Milk 1% Ketchup Vanilla Pudding	Oct - 7 Chicken Nuggets Mixed Vegetables Broccoli Rosy Applesauce Breadstick Chocolate Milk Strawberry Milk 1% White Milk 1% Ketchup Graham Cracker	Oct - 8 Chicken Fajitas Lettuce and Tomato Pinto Beans Spanish Rice Peach Cobbler Chocolate Milk Strawberry Milk 1% White Milk 1% Picante Sauce	Oct - 9 Cheeseburger Tater Tots Burger Salad Orange Oatmeal Raisin Cookie Chocolate Milk Strawberry Milk 1% White Milk 1% Ketchup Mustard Salad Dressing Graham Cracker
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Oct - 19 Pepperoni Pizza Carrot/Celery Sticks Corn Fruit Cocktail Chocolate Milk Strawberry Milk 1% White Milk 1% Ranch Dressing Graham Cracker	Oct - 20 Steak Fingers Mashed Potatoes Cream Gravy Mixed Vegetables Roll Apple Chocolate Milk Strawberry Milk 1% White Milk 1% Graham Cracker	Oct - 21 Chicken Nuggets Mashed Potatoes Cream Gravy Mixed Vegetables Roll Apple Chocolate Milk Strawberry Milk 1% White Milk 1% Graham Cracker	Oct - 22 Chicken Fajitas Lettuce and Tomato Pinto Beans Spanish Rice Peach Cobbler Chocolate Milk Strawberry Milk 1% White Milk 1% Picante Sauce	Oct - 23 Barbecue on Bun Baked Potato Chips Baked Beans Orange Chocolate Milk Strawberry Milk 1% White Milk 1% Graham Cracker

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