

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**WELCOME BACK
TO SCHOOL**

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14TH Fruit Loops
Cocoa Puffs
Cereal Bar
Cheese Stick
100% Juice

15TH Biscuit & Sausage
Cinnamon Toast Crunch
w/Cheese Stick
100% Juice

16TH Breakfast Pizza
Apple Cinnamon
Cheerios w Cheese
Stick
100% Juice

17TH Mini Pancakes/
Sausage Links
Or Cereal Bar
Cheese Stick
100% Juice

18TH Asst. Cereal
Pop-Tarts
w/ Cheese Stick
100% Juice

21ST Fruit Loops
Cocoa Puffs
Cereal Bar
Cheese Stick
100% Juice

22ND Biscuit & Sausage
Cinnamon Toast Crunch
w/Cheese Stick
100% Juice

23RD Breakfast Pizza
Apple Cinnamon
Cheerios w Cheese
Stick
100% Juice

24TH Mini Pancakes/
Sausage Links
Or Cereal Bar
Cheese Stick
100% Juice

25TH Asst. Cereal
Pop-Tarts
w/ Cheese Stick
100% Juice

28TH Asst. Cereal
Pop-Tarts
Cereal Bars
100% Juice

29TH Biscuit & Sausage
Cereal w/ Cheese Stick
100% Juice

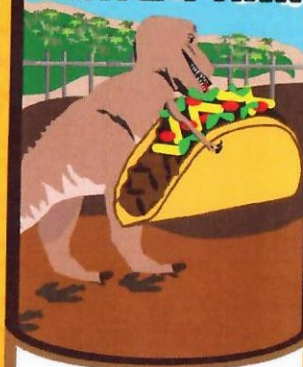
30TH Breakfast Pizza
Cereal w/ Cheese Stick
100% Juice

31ST Mini Pancakes/
Sausage Links
Or Cereal Bar
Cheese Stick

AUG

MENU 2023

**DINOSAUR VALLEY
STATE PARK**



ANNOUNCEMENTS:

- Students must take ½ cup of fruit or vegetable with each meal. Choice of Milk offered with each meal daily.
- **Menus are subject to change due to product availability.**
- **This Institution is an Equal Opportunity Provider.**



Food and Nutrition Division
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Updated 8/1/2023
www.SquareMeals.org

Karnack ISD Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WELCOME BACK TO SCHOOL!

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14TH Hot Wings or
Chicken Bites
Potato Wedges
Celery/Carrot Boat w/
Ranch

15TH Crunchy Tacos
Mexicali Corn
Black Beans
Spanish Rice
Lettuce, Tomato,
Cheese, Taco Sauce

16TH Salisbury Steak
Mashed Potatoes
Brown Gravy
Green Beans
Garden Salad w/Ranch
Roll

17TH Pepperoni Pizza
Oven Roasted Zucchini
Garden Salad w/ Ranch

18TH Cold Cut Sandwich
Baked Chips
Lettuce, Tomato,
Pickles

21ST Beefy Spaghetti
Broccoli w/ Cheese
Garden Salad W/
Ranch
Garlic Breadstick

22ND Chicken Fajita or
Fajita Bowl
Refried Beans/Spanish
Rice
Lettuce, Tomato,
Cheese

23RD Baked Chicken
Macaroni and Cheese
Cabbage
Baked Carrots
Cornbread

24TH Orange Chicken
Or Teriyaki Chicken
Stir Fry Veggies
Asian Fried Brown Rice

25TH BBQ Rib Sandwich
or Fish Sandwich
Crinkle Cut Fries
Baked Beans
Coleslaw
Tarter sauce/ Ketchup

28TH Chicken Pasta
Primavera
Oven Roasted Zucchini
Garlic Bread

29TH Chili Cheese Dog
Potato Wedges
Garden Salad
Broccoli Slaw
Broccoli w/ Dip
Ketchup/ Mustard

30TH Crispy
Chicken/Veggie Wrap
Baked Chips
Baby Carrots/Ranch

31ST Pulled Pork
Sandwich on Bun
Potato Salad
Pinto Beans
Carrots/Broccoli Ranch

AUG

MENU 2023

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STATE PARK**



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