October 2026

Lydia Patterson Institute

ALL MEALS WILL BE SERVED WITH FRUIT, JUICE, AND MILK.

Monday	Tuesday	Wednesday	Thursday	Friday
			01 Egg, ham & cheese breakfast sandwich Grilled cheese & ham sandwich, side salad, w/ yellow corn	02 Strawberry banana smoothie and wheat toast. Pizza w/ Tator tots, & side salad
05 Scrambled eggs & hash browns Chilli cheese hot dog, with Tator tots	06 Egg, ham & cheese breakfast sandwich Steak tacos, side salad, and salsa	07 Molletes Grilled chicken, green beans with yellow corn	08 Pancakes with sausage Pozole, w/ cabbage Lime, and bolio	09 Cereal toast w/ peanut butter and strawberry jam Boneless chicken fritters, Tator tots and side salad
12	13	14	15	16
19 Bean & cheese burrito w/ wheat tortilla Breaded chicken strips w/ mixed veggies & mashed potatoes	20 Rice pudding, w/ toast Peanut butter and strawberry jam Hardshell beef tacos w/ salad topping, beans & rice	21 Whole wheat pancakes, w/ Sugar free syrup & sausage links Poblano penne pasta w/chicken & bread stick w/side salad	22 Egg, ham & cheese breakfast sandwich Grilled cheese & ham sandwich, side salad, w/ yellow corn	23 Quesadillas in wheat tortilla Chicken sandwich w/ L.T. & potato salad
26 Yogurt w/ fruit cocktail & granola bar Boneless chicken fritters, Tator tots and side salad	27 French toast with strawberry slices & sausage patty. w/ sugar free syrup Beef nachos, topped w/ beans & side salsa	28 Cereal w/ toast peanut butter, & strawberry jam Lemon pepper chicken breast w/ mashed potatoes & yellow corn	29 Bean & cheese burrito in flour tortilla Tacos al pastor w/ pineapple, salsa & salad	30 Shredded potatoes w/ beef chorizo & wheat tortilla Bean & guacamole tostadas w/ L.T. cheese & green salsa

NO SCHOOL: FALL INTERSESSION

FARM FRESH
TEXAS DEPARTMENT OF AGRICULTURE

Announcements

Cereal will be an alternative option daily for breakfast.

Lunch will have an alternative option of bean burrito, or grilled chicken salad. (When available).

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This product was funded by USDA. This institution is an equal opportunity provider.