

# October 2015

## RULE ISD

### BREAKFAST



**School Information: MENU**  
SUBJECT TO CHANGE



\*In accordance with the Federal law and U.S. Department of Agriculture policy, this is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866)632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800)877-8339; or (800)845-6163 (Spanish). USDA is an equal opportunity provider and employer.

### Monday



### Tuesday

### Wednesday



### Thursday

### Friday

SAUSAGE KOLACHE  
OR MUFFIN  
YOGURT  
FRUIT JUICE  
MILK

5

CHEESE OMELET  
WRAP OR  
PB&J sandwich  
FRUIT  
JUICE MILK

6

BREAKFAST PIZZA  
FRUIT  
JUICE  
MILK

7

STUFFED BAGEL  
W/ SAUSAGE  
FRUIT  
JUICE  
MILK

1

PANCAKES  
W/ BACON  
FRUIT  
JUICE  
MILK

2

PANCAKES  
FRUIT  
JUICE  
MILK

12

CHEESY TOAST  
FRUIT  
JUICE  
MILK

13

BISCUIT W/ GRAVY  
SCRAMBLED EGGS OR  
MUFFIN W/ YOGURT  
FRUIT  
JUICE MILK

14

WAFFLES W/SAUSAGE  
OR CEREAL W/ TOAST  
FRUIT  
JUICE  
MILK

8

CINNAMON ROLL  
W/ BACON  
FRUIT  
JUICE  
MILK

9

PANCAKE WRAP  
W/YOGURT  
FRUIT  
JUICE  
MILK

19

CHICKEN-N-BISCUIT  
OR PB&J SANDWICH  
FRUIT  
JUICE  
MILK

20

FRENCH TOAST W/  
SAUSAGE OR MUFFIN  
W/ YOGURT  
FRUIT  
JUICE MILK

21

BREAKFAST STRUDEL  
W/ YOGURT  
FRUIT  
JUICE  
MILK

15

BREAKFAST BURRITO  
OR MUFFIN W/ YOGURT  
FRUIT  
JUICE  
MILK

16

CHICKEN-N-WAFFLES  
OR MUFFIN W/ YOGURT  
FRUIT  
JUICE  
MILK

26

BREAKFAST CLUB  
SANDWICH OR PB&J  
SANDWICH  
FRUIT  
JUICE MILK

27

TX TOAST W/SAUSAGE  
SCRAMBLED EGGS OR  
CEREAL W/ TOAST  
FRUIT  
JUICE MILK

28

BREAKFAST POCKET  
OR CEREAL W/ TOAST  
FRUIT  
JUICE  
MILK

22

DUTCH WAFFLE  
FRUIT  
JUICE  
MILK

23

SAUSAGE KOLACHE  
W/YOGURT OR  
PB&J SANDWICH  
FRUIT  
JUICE MILK

29

BREAKFAST PIZZA  
FRUIT  
JUICE  
MILK

30

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## RULE ISD

### LUNCH



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#### Monday



#### Tuesday

#### Wednesday



#### Thursday

#### Friday

**5**  
CHICKEN FRIED STEAK  
MASHED POTATOES  
GRAVY GREEN BEANS  
STRAWBERRY CUPS  
ROLL MILK

**6**  
MEAT & CHEESE  
TOASTADA RICE  
SALSA SALAD  
REFRIED BEANS  
APPLESAUCE MILK

**7**  
PIZZA  
SALAD  
VEGETABLE MEDLEY  
APPLE SLICES  
MILK

**1**  
CHICKEN NUGGETS  
MAC & CHEESE  
SALAD  
APPLE SLICES  
MILK

**2**  
CORN DOG  
FRIES  
CARROTS W/ RANCH  
PEACHES  
RICE CRISPY TREATS MILK

**12**  
BEEF & BEAN BURRITOS  
SALSA CORN  
VEGGIE CUPS  
MANDARIN ORANGES  
MILK

**13**  
GRILLED CHEESE  
SANDWICHES  
TOMATO SOUP  
GREEN SALAD PEARS  
LIME SHERBERT MILK

**14**  
CORN DOG  
BAKED BEANS  
BROCCOLI  
APPLE-PINEAPPLE D'LITE  
MILK

**8**  
SOFT TACOS  
BABY CARROTS  
MEXICALI CORN  
SALSA COOKIE MILK  
ORANGE SMILES

**9**  
CHICKEN STRIPS  
W/ TEXAS TOAST  
ZESTY CUCUMBERS  
SWEET POTATO FRIES  
SLICED PEACHES MILK

**15**  
SALISBURY STEAK  
W/ BROWN GRAVY  
BISCUIT SALAD  
ROASTED POTATOES  
FRUITY GELATIN MILK

**16**  
HOT DOGS  
CHIPS BABY CARROTS  
BROCOLLI SALAD  
GRAPES  
COOKIE MILK

**19**  
CHICKEN FAJITAS  
SALSA SALAD  
VEGGIE CUP  
APPLE SLICES MILK

**20**  
CHICKEN FLATBREAD  
BABY CARROTS COOKIE  
STEAMED BROCCOLI  
PINEAPPLE RINGS MILK

**21**  
PULLED PORK  
SANDWICH CHIPS  
COLESLAW TOMATO CUP  
CINNAMON APPLES MILK

**22**  
HAMBURGERS  
VEGGIES/CHEESE  
FRIES MILK  
WESTERN BEANS PEARS

**23**  
CHICKEN PARMESAN  
BREADSTICK  
GREEN BEANS MILK  
SALAD APPLE SLICES

**26**  
STEAK FINGERS MILK  
BAKED POTATO ROLL  
GLAZED CARROTS  
STRAWBERRIES & BANANA

**27**  
PIZZA SALAD  
CALIFORNIA BLEND VEG.  
PEACHES MILK  
CHOCOLATE PUDDING

**28**  
CHICKEN QUESADILLAS  
MEXICALI CORN SALSA  
CHARRO BEANS MILK  
CINNAMON APPLESAUCE

**29**  
CHILI W/ CORNBREAD  
BROCCOLI BITES  
SALAD  
ORANGE SMILES MILK

**30**  
SLOPPY JOE SANDWICH  
COOKIE  
SWEET POTATO FRIES  
CUC. DIPPERS  
FRUIT CHOICE COOKIE  
MILK