

Cafeteria Menu for South Texas ISD

Menu subject to change without notice

FEBRUARY 2010

REGULAR LINE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Tostitos Frito Pie or Chicken Strips Lettuce/Tomato Salad (Ranch) Mac & Cheese, Roll Broccoli & Fruit Cocktail Fresh Fruit (Banana) Milk Choice	Chicken Fajitas or Beef Fingers (White Gravy) Lettuce/Tomato Salad (Ranch) Corn Peach Slices & Roll Fresh Fruit (Apple) Milk Choice	Beef Lasagna Lettuce/Tomato Salad (Ranch) Seasoned Green Beans Breadstick Pineapple Tidbits Fresh Fruit (Orange) Milk Choice	Baked Chicken, Bread Slice or Cheese Enchiladas/Meat Sauce Spanish Rice, Beans A la Charra Lettuce/Tomato Salad (Ranch) Rosy Applesauce Fresh Fruit (Pear) Milk Choice	Oven Fried Chicken or Fish Patty w/Tater Sauce Mashed Potatoes, Brown Gravy Lettuce/Tomato Salad (Ranch) Roll & Peach Halves Fresh Fruit (Apple) Milk Choice
8	9	10	11	12
Spaghetti with Meatballs Lettuce/Tomato Salad (Ranch) Broccoli w/Cheese Sauce Breadstick Pineapple Tidbits Fresh Fruit (Apple) Milk Choice	Beef Tacos, Cheese Cup or Chicken Envuelto Tater Tots (Ketchup) Lettuce/Tomato Salad (Ranch) Pear Sliced Fresh Fruit (Banana) Milk Choice	Chicken Quesadilla or Cheese Enchiladas/Meat Sauce Spanish Rice, Beans A la Charra Lettuce/Tomato Salad (Ranch) Rosy Applesauce Fresh Fruit (Orange) Milk Choice	Beef Lasagna or Chicken Fried Steak & Roll Seasoned Green Beans Mashed Potatoes, Brown Gravy Lettuce/Tomato Salad (Ranch) Peaches & Fresh Fruit (Pear) Milk Choice	Salisbury Steak or Chicken Tenders Mac & Cheese & Carrot Coins Lettuce/Tomato Salad (Ranch) Fruit Cocktail & Roll Fresh Fruit (Apple) Milk Choice
15	16	17	18	10
PRESIDENT'S DAY	Carne Guisada, Flour Tortillas or Polish Sausage Lettuce/Tomato Salad (Ranch) Spanish Rice, Beans A la Charra Orange Gelatin Fresh Fruit (Banana) Milk Choice	Baked Chicken or Turkey with Noodles Mashed Potatoes, Brown Gravy Corn & Roll Pears Fresh Fruit (Apple) Milk Choice	Beef Lasagna Bread Sticks Lettuce/Tomato Salad (Ranch) Green Beans Peaches Fresh Fruit (Pear) Milk Choice	Chicken Parmesan w/Pasta or Beef Fingers Lettuce/Tomato Salad (Ranch) Broccoli w/Cheese Sauce Roll & Tropical Fruit Fresh Fruit (Apple) Milk Choice
22	23	24	25	26
Tostitos Frito Pie or Chicken Strips Lettuce/Tomato Salad (Ranch) Mac & Cheese, Roll Broccoli & Fruit Cocktail Fresh Fruit (Banana) Milk Choice	Chicken Fajitas or Beef Fingers (White Gravy) Lettuce/Tomato Salad (Ranch) Corn Peach Slices & Roll Fresh Fruit (Apple) Milk Choice	Beef Lasagna Lettuce/Tomato Salad (Ranch) Seasoned Green Beans Breadstick Pineapple Tidbits Fresh Fruit (Orange) Milk Choice	Baked Chicken, Bread Slice or Cheese Enchiladas/Meat Sauce Spanish Rice, Beans A la Charra Lettuce/Tomato Salad (Ranch) Rosy Applesauce Fresh Fruit (Pear) Milk Choice	Oven Fried Chicken or Fish Patty w/Tater Sauce Mashed Potatoes, Brown Gravy Lettuce/Tomato Salad (Ranch) Roll & Peach Halves Fresh Fruit (Apple) Milk Choice

Non-Discrimination Statement: This explains what to do if you believe you have been treated unfairly. In accordance with federal law and U.S. Department of Agriculture policy, this institution 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 Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

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PIZZA AND MORE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Chicken Nuggets or Cheese Pizza or Pepperoni Pizza Lettuce/Tomato Salad (Ranch) Mac & Cheese Broccoli Fruit Cocktail & Fresh Fruit (Banana) Milk Choice	Corn Dog or Beef/Bean Burrito or Chicken Nugget Chef Salad Corn Lettuce/Tomato Salad (Ranch) Peaches, Fresh Fruit (Apple) Milk Choice	Spicy Chicken Sandwich or Ham/Cheese Chef Salad or Pepperoni Pizza Lettuce/Tomato Salad (Ranch) Seasoned Green Beans Pineapple Tidbits Fresh Fruit (Orange), Milk Choice	Chicken Chef Salad or Chicken Fries or Pepperoni Pizza Tater Tot Lettuce/Tomato Salad (Ranch) Rosey Applesauce Fresh Fruit (Pear) Milk Choice	Ham/Cheese Hoagie Sandwich Stuffed Crust Pizza Mashed Potatoes, Brown Gravy Lettuce/Tomato Salad (Ranch) Pears & Fresh Fruit (Apple) Mustard, Ketchup, Mayonnaise Milk Choice
8	9	10	11	12
Hamburger or Stuff Crust Pizza Lettuce/Tomato Salad (Ranch) Broccoli w/Cheese Sauce Pineapple Tidbits Fresh Fruit (Apple) Milk Choice	Cheeseburger or Chicken Nugget Chef Salad or Pepperoni Pizza & Tater Tot Lettuce/Tomato Salad (Ranch) Mustard, Ketchup, Mayonnaise Pears & Fresh Fruit (Banana) Milk Choice	Spicy Chicken Burger or Pepperoni Pizza or Ham/Cheese Chef Salad Baked Sun Chips Lettuce/Tomato Salad (Ranch) Apple Sauce & Fresh Fruit (Orange) Milk Choice	Hot Dog w/Cheese Cup or Chicken Chef Salad Pepperoni Pizza or Cheese Stix Mashed Potatoes, Brown Gravy Lettuce/Tomato Salad (Ranch) Peaches & Fresh Fruit (Pear) Milk Choice	Breaded Chicken Burger or Grill Cheese Texas Toast or Pepperoni Pizza Mac/Cheese & Carrot Coins Lettuce/Tomato Salad (Ranch) Fruit Cocktail, Fresh Fruit (Apple) Milk Choice
15	16	17	18	19
PRESIDENT'S DAY	Breaded Chicken Burger Chicken Nugget Chef Salad or Pepperoni Pizza or Bean/Cheese Burrito Lettuce/Tomato Salad (Ranch) Tater Tot & Orange Gelatin Fresh Fruit (Banana) Milk Choice	Ham/Cheese Chef Salad Cheeseburger or Pepperoni Pizza Mustard, Ketchup, Mayonnaise Mashed Potatoes, Brown Gravy Corn Diced Pears & Fresh Fruit (Apple) Milk Choice	Hot Dog w/Cheese Cup or Pepperoni Pizza or Chicken Chef Salad or Cheese Stix Lettuce/Tomato Salad (Ranch) Seasoned Green Beans Peaches & Fresh Fruit (Pear) Milk Choice	Grill Cheese Texas Toast or Pepperoni Pizza Mustard, Ketchup, Mayonnaise Lettuce/Tomato Salad (Ranch) Broccoli w/Cheese Fruit Cocktail Fresh Fruit (Apple) Milk Choice
22	23	24	25	26
Chicken Nuggets or Cheese Pizza or Pepperoni Pizza Lettuce/Tomato Salad (Ranch) Mac & Cheese Broccoli Fruit Cocktail & Fresh Fruit (Banana) Milk Choice	Corn Dog or Beef/Bean Burrito or Chicken Nugget Chef Salad Corn Lettuce/Tomato Salad (Ranch) Peaches, Fresh Fruit (Apple) Milk Choice	Spicy Chicken Sandwich or Ham/Cheese Chef Salad or Pepperoni Pizza Lettuce/Tomato Salad (Ranch) Seasoned Green Beans Pineapple Tidbits Fresh Fruit (Orange), Milk Choice	Grilled Chicken Chef Salad or Chicken Fries or Pepperoni Pizza Tater Tot Lettuce/Tomato Salad (Ranch) Rosey Applesauce Fresh Fruit (Pear) Milk Choice	Ham/Cheese Hoagie Sandwich Stuffed Crust Pizza Mashed Potatoes, Brown Gravy Lettuce/Tomato Salad (Ranch) Pears & Fresh Fruit (Apple) Mustard, Ketchup, Mayonnaise Milk Choice

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BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Morning Sausage or Pancakes w/Syrup or Assorted Cereal w/Graham Cracker Fresh Fruit Orange Juice Milk Choice	Ham/Cheese Croissant or Cinnamon Roll or Super Donut Fresh Fruit Orange Juice Milk Choice	Potato/Egg Taco or Bageler or Biscuit w/Jelly Fresh Fruit Orange Juice Milk Choice	Bacon/Egg Taco or Pizza Bagel or Assorted Cereal w/Graham Cracker Fresh Fruit Orange Juice Milk Choice	Ham/Egg Taco or Biscuit w/Sausage or Biscuit w/Jelly or Assorted Cereal w/Graham Cracker Fresh Fruit Orange Juice Milk Choice
8	9	10	11	12
Ham & Egg Taco Waffle Sticks w/Maple Syrup Uncrustable PB&J Sandwich Fresh Fruit Orange Juice Milk Choice	Chorizo & Bean Taco or Assorted Cereal w/Graham Cracker or Biscuit or Biscuit & Sausage Fresh Fruit Orange Juice Milk Choice	Yogurt with Toast or Breakfast Pizza or Ham & Cheese Croissant Fresh Fruit Orange Juice Milk Choice	Chicken Biscuit Sandwich or Biscuit (Jelly) Pancakes w/Sausage Fresh Fruit Orange Juice Milk Choice	Chorizo & Egg Taco or Fresh Toast Sticks w/Syrup or Assorted Cereal w/Graham Cracker Fresh Fruit Orange Juice Milk Choice
15	16	17	18	19
PRESIDENT'S DAY	Ham/Cheese Croissant or Cinnamon Roll or Super Donut Fresh Fruit Orange Juice Milk Choice	Potato/Egg Taco or Bageler or Biscuit w/Jelly Fresh Fruit Orange Juice Milk Choice	Bacon/Egg Taco or Pizza Bagel or Assorted Cereal w/Graham Cracker Fresh Fruit Orange Juice Milk Choice	Ham/Egg Taco or Biscuit w/Sausage or Biscuit w/Jelly or Assorted Cereal w/Graham Cracker Fresh Fruit Orange Juice Milk Choice
22	23	24	25	26
Morning Sausage or Pancakes w/Syrup or Assorted Cereal w/Graham Cracker Fresh Fruit Orange Juice Milk Choice	Ham/Cheese Croissant or Cinnamon Roll or Super Donut Fresh Fruit Orange Juice Milk Choice	Potato/Egg Taco or Bageler or Biscuit w/Jelly Fresh Fruit Orange Juice Milk Choice	Bacon/Egg Taco or Pizza Bagel or Assorted Cereal w/Graham Cracker Fresh Fruit Orange Juice Milk Choice	Ham/Egg Taco or Biscuit w/Sausage or Biscuit w/Jelly or Assorted Cereal w/Graham Cracker Fresh Fruit Orange Juice Milk Choice

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