

Cafeteria Menu for South Texas ISD

Menu subject to change without notice

NOVEMBER 2009

REGULAR LINE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Spaghetti with Meatballs Lettuce/Tomato Salad (Ranch) Broccoli w/Cheese Sauce Breadstick Pineapple Tidbits Fresh Fruit (Apple) Milk Choice	Beef Tacos or Chicken Envuelto Tater Tots (Ketchup) Lettuce/Tomato Salad (Ranch) Pears 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 Tuna and Noodles Mac & Cheese & Carrot Coins Lettuce/Tomato Salad (Ranch) Fruit Cocktail Fresh Fruit (Apple) Milk Choice
9	10	11	12	13
Chicken Fried Steak or Oven Fried Chicken Lettuce/Tomato Salad (Ranch) Mashed Potatoes, White Gravy Fruit Cocktail & Ice Cream Cup Fresh Fruit (Orange) Milk Choice	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 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
16	17	18	19	20
Tostitos Frito Pie or Chicken Strips Lettuce/Tomato Salad (Ranch) Mac & Cheese, Roll Broccoli Fresh Fruit (Banana) Milk Choice	Carne Guisada, Flour Tortillas or Beef Fingers Lettuce/Tomato Salad (Ranch) Refried Beans & Spanish Rice Peaches Fresh Fruit (Apple) Milk Choice (THANKSGIVING LUCH EDINBURG)	Beef Lasagna Lettuce/Tomato Salad (Ranch) Seasoned Green Beans Breadstick Pineapple Tidbits Fresh Fruit (Orange) Milk Choice (THANKSGIVING LUCH SAN BENITO)	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 (THANKSGIVING LUCH MERCEDES)	Oven Fried Chicken or Fish Patty w/Tater Sauce Mashed Potatoes, Brown Gravy Lettuce/Tomato Salad (Ranch) Roll Fresh Fruit (Apple) Milk Choice
23	24	25	26	27
Spaghetti with Meatballs Lettuce/Tomato Salad (Ranch) Broccoli w/Cheese Sauce Breadstick Pineapple Tidbits Fresh Fruit (Apple) Milk Choice	Beef Tacos or Chicken Envuelto Tater Tots (Ketchup) Lettuce/Tomato Salad (Ranch) Pears Fresh Fruit (Banana) Milk Choice	THANKSGIVING HOLIDAY	THANKSGIVING HOLIDAY	THANKSGIVING HOLIDAY
30				
Chicken Fried Steak or Oven Fried Chicken Lettuce/Tomato Salad (Ranch) Mashed Potatoes, White Gravy Fruit Cocktail & Ice Cream Cup Fresh Fruit (Orange) 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
2	3	4	5	6
Hamburger Stuff Crust Pizza Lettuce/Tomato Salad (Ranch) Broccoli w/Cheese Sauce Pineapple Tidbits Fresh Fruit (Apple) Milk Choice	Cheeseburger Chicken Nugget Chef Salad Tater Tot Lettuce/Tomato Salad (Ranch) Mustard, Ketchup, Mayonnaise Pears & Fresh Fruit (Banana) Milk Choice	Pepperoni Pizza or Grilled Chicken Burger Ham/Cheese Chef Salad Baby Carrots & Baked Sun Chips Lettuce/Tomato Salad (Ranch) Apple Sauce & Fresh Fruit (Orange) Milk Choice	Hot Dog w/Cheese Cup Grilled Chicken Chef Salad Seasoned Green Beans Mashed Potatoes, Brown Gravy Lettuce/Tomato Salad (Ranch) Peaches & Fresh Fruit (Pear) Milk Choice	Breaded Chicken Burger or Chicken Salad Sandwich or Cheese Pizza Mac/Cheese & Carrot Coins Lettuce/Tomato Salad (Ranch) Fruit Cocktail, Fresh Fruit (Apple) Milk Choice
9	10	11	12	13
Breaded Chicken Burger Oven Fries (Ketchup) Lettuce/Tomato Salad (Ranch) Orange Gelatin Fresh Fruit (Banana) Milk Choice	Hamburger or Stuffed Pizza Chicken Nugget Salad Lettuce/Tomato Salad (Ranch) Mashed Potatoes, White Gravy Mustard, Ketchup, Mayonnaise Fruit Cocktail Fresh Fruit (Orange) Ice Cream Cup & Milk Choice	Ham/Cheese Chef Salad Cheeseburger Mustard, Ketchup, Mayonnaise Mashed Potatoes, Brown Gravy Corn Pears & Fresh Fruit (Apple) Milk Choice	Hot Dog w/Cheese Cup Pepperoni Pizza Grilled Chicken Salad Grilled Chicken Burger Lettuce/Tomato Salad (Ranch) Seasoned Green Beans Peaches & Fresh Fruit (Pear) Milk Choice	Ham/Cheese Sandwich or Cheese Pizza Mustard, Ketchup, Mayonnaise Lettuce/Tomato Salad (Ranch) Broccoli & Baked Potato Chips Tropical Fruit Fresh Fruit (Apple) Milk Choice
16	17	18	19	20
Chicken Nuggets or Cheese Pizza Lettuce/Tomato Salad (Ranch) Mac & Cheese Broccoli Fruit Cocktail & Fresh Fruit (Banana) Milk Choice	Corn Dog or Beef/Bean Burrito Chicken Nugget Chef Salad Corn Lettuce/Tomato Salad (Ranch) Peaches, Fresh Fruit (Apple) Milk Choice (THANKSGIVING LUCH EDINBURG)	Ham/Cheese Sandwich or Ham/Cheese Chef Salad or Pepperoni Pizza Lettuce/Tomato Salad (Ranch) Seasoned Green Beans Pineapple Tidbits Fresh Fruit (Orange), Milk Choice (THANKSGIVING LUCH SAN BENITO)	Grilled Chicken Chef Salad or Chicken Fries Tater Tot Lettuce/Tomato Salad (Ranch) Applesauce Fresh Fruit (Pear) Milk Choice (THANKSGIVING LUCH MERCEDES)	Ham/Cheese Hoagie Sandwich Stuffed Crust Pizza Mashed Potatoes, Brown Gravy Lettuce/Tomato Salad (Ranch) Pears & Fresh Fruit (Apple) Mustard, Ketchup, Mayonnaise Milk Choice
23	24	25	26	27
Hamburger Stuff Crust Pizza Lettuce/Tomato Salad (Ranch) Broccoli w/Cheese Sauce Pineapple Tidbits Fresh Fruit (Apple) Milk Choice	Cheeseburger Chicken Nugget Chef Salad Tater Tot Lettuce/Tomato Salad (Ranch) Mustard, Ketchup, Mayonnaise Pears & Fresh Fruit (Banana) Milk Choice	THANKSGIVING HOLIDAY	THANKSGIVING HOLIDAY	THANKSGIVING HOLIDAY
30				
Breaded Chicken Burger Oven Fries (Ketchup) Lettuce/Tomato Salad (Ranch) Gelatin Fresh Fruit (Banana) Milk Choice				

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BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Ham/Egg Taco Waffle Sticks w/Maple Syrup Uncrestable PB&J Sandwich Fresh Fruit Orange Juice Milk Choice	Chorizo/Bean Taco or Assorted Cereal with Graham Crackers or Biscuit or Biscuit & Sausage Fresh Fruit Orange Juice Milk Choice	Cheese Pizza Stick or Breakfast Pizza or Assorted Cereal with Graham Crackers Yogurt w/Wheat Bread Fresh Fruit Orange Juice & Milk Choice	Chicken Biscuit Sandwich or Toaster Pastry w/Cereal Biscuit (Jelly) Pancakes/Sausage Sandwich Fresh Fruit Orange Juice Milk Choice	Chorizo/Egg Taco or Fresh Toast Sticks w/Syrup Assorted Cereal with Graham Crackers Fresh Fruit Orange Juice Milk Choice
9	10	11	12	13
Morning Sausage Roll or Pancakes w/Syrup Assorted Cereal with Graham Crackers 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 Graham Crackers Fresh Fruit Orange Juice Milk Choice	Ham/Egg Taco or Biscuit w/Sausage or Biscuit w/Jelly Assorted Cereal w/Graham Cracker Fresh Fruit Orange Juice Milk Choice
16	17	18	19	20
Ham/Egg Taco Waffle Sticks w/Maple Syrup Fresh Fruit Orange Juice Milk Choice	Chorizo/Bean Taco or Graham Crackers or Assorted Cereals or Biscuit or Biscuit & Sausage Fresh Fruit Orange Juice Milk Choice	Cheese Pizza Stick or Breakfast Pizza or Assorted Cereal Graham Crackers & Yogurt Fresh Fruit Orange Juice Milk Choice	Chicken Biscuit Sandwich or Toaster Pastry or Assorted Cereal or Biscuit (Jelly) Pancakes w/Sausage Fresh Fruit Orange Juice Milk Choice	Chorizo/Egg Taco or Fresh Toast Sticks w/Syrup Assorted Cereal Zoo Animal Crackers Fresh Fruit Orange Juice Milk Choice
23	24	25	26	27
Morning Sausage Roll or Pancakes w/Syrup Graham Crackers Assorted Cereal Fresh Fruit Orange Juice Milk Choice	Ham/Cheese Croissant or Cinnamon Roll or Super Donut Fresh Fruit Orange Juice Milk Choice	THANKSGIVING HOLIDAY	THANKSGIVING HOLIDAY	THANKSGIVING HOLIDAY
30				
Ham/Egg Taco Waffle Sticks w/Maple Syrup Fresh Fruit Orange Juice Milk Choice				

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