



YOUR SCHOOL NAME HERE

**SERVED DAILY**

Fruit or 100 % Fruit Juice  
1% WHITE

*Pre-K Head  
Start*

# BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>				
Mini Pancakes Fruit Juice Syrup	Breakfast Pizza Chilled Fruit Cup	Waffles Fruit Juice Syrup	Sausage Biscuit Chilled Fruit Cup Jelly	Breakfast Taco Fruit Juice Salsa
<b>WEEK 2</b>				
Pancake on a Stick Fruit Juice	Yogurt Cup W/Cereal Chilled Fruit Cup	Pancakes Fruit Juice Syrup	Cereal/w Cinnamon Toast Chilled Fruit Cup Jelly	French Toast Sticks Fruit Juice Syrup

## WHY EAT SCHOOL BREAKFAST???

School Breakfast really is the most important meal of the day for kids as it provides the necessary fuel to start a day of learning and achievement.

### Higher Academic Scores

Students who eat breakfast earn, on average, a letter grade higher in math than kids who don't

### Improved behavior

Hungry children are more likely to have discipline problems

### Reduced tardiness and absenteeism

Kids who participate in the School Breakfast Program are tardy and/or absent from school less.



*This Product is funded by USDA. This institution is an equal opportunity provider.*



YOUR SCHOOL NAME HERE

**SERVED DAILY**  
 Fruit or 100 % Fruit Juice  
 1% WHITE OR FAT FREE FLAVORED MILK

K-12<sup>th</sup>

# BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>				
Mini Pancakes Blueberry Muffin Cereal w/Buttered Toast Fruit Juice/Fresh Fruit Jelly/Syrup	Breakfast Pizza Glazed Donut Holes Cereal W/Cinnamon Toast Fresh Fruit Chilled Mandarin Oranges Jelly	<u>Waffle Bar</u> <small>Fruit Toppings            Strawberry Or Blueberry</small> Sausage Links Oatmeal W/Buttered Toast Fruit Juice/Fresh Fruit Jelly/Syrup	Sausage Biscuit Fruity Strudel Cereal W/Cinnamon Toast Fresh Fruit Blushing Pears Jelly	Breakfast Taco Smoothie W Graham Crackers Cereal W/Buttered Toast Fruit Juice/Fresh Fruit Jelly/Salsa
<b>WEEK 2</b>				
Pancake On Stick Pop Tart & Cereal Cereal w/Buttered Toast Fruit Juice Fresh Fruit Jelly/Syrup	Breakfast On Bun Cocoa Puff Parfait Cereal W/Cinnamon Toast Fresh Fruit Chilled Peaches Jelly	<u>Pancake Bar</u> <small>Fruit Toppings            Strawberry Or Blueberry</small> Crispy Bacon Oatmeal W/Buttered Toast Fruit Juice/Fresh Fruit Jelly/Syrup	Scrambled Omelet W/Bagel Yogurt Cup W/ Graham Crackers Cereal W/Cinnamon Toast Fresh Fruit Baked Cinnamon Apples Jelly/Salsa	French Toast Sticks Cinnamon Roll Cereal W/Buttered Toast Fruit Juice/Fresh Fruit Jelly/ Syrup

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<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<u><b>Steak Fingers</b></u> Mashed Potatoes Chilled Mixed Fruit Wg Roll/Cream Gravy	<u><b>Grilled Cheese Sandwich</b></u> Baked Cheetos Italian Green Beans 100% Fruit Slush Cup	<u><b>Personal Pan Pizza</b></u> Cheesy Broccoli Mandarin Oranges	<u><b>Beefy Nacho</b></u> Charro Beans 100% Fruit Slush Cup	<u><b>Bbq Rodeo Cheeseburger</b></u> Crispy Tator Tots Chilled Pineapple Tidbits Ketchup/Mustard/Mayo
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<u><b>Tator Tot Casserole</b></u> Hopin' Green Peas Chilled Pineapples Wg Rolls	<u><b>Sweet-N-Sour Meatballs</b></u> Steamed Rice Asian Stir-Fry Vegetables 100% Fruit Slush Cup Wg Roll	<u><b>Restaurant Style Pizza</b></u> Green Beans Seasoned Corn Chilled Peaches	<u><b>Burrito</b></u> Spanish Rice Lettuce & Tomato Salad 100% Fruit Slush Cup Salsa	<u><b>Crispy Corn Dog</b></u> Bbq Baked Beans Seasoned Fries Rosy Peaches Ketchup/Mustard/Mayo
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<u><b>Oven Fried Chicken Leg</b></u> Home-Style Mashed Potatoes Chilled Mixed Fruit Corn Bread	<u><b>Grilled Cheese Soup</b></u> Carrot Sticks W/ Ranch Baked Cheetos 100% Fruit Slush Cup	<u><b>Personal Pan Pizza</b></u> Seasoned Corn Chilled Mandarin	<u><b>Chicken Fajita Nachos</b></u> Santa Fe Blend Veggies 100% Fruit Slush Cup	<u><b>Popcorn Chicken w/Roll</b></u> Crispy French Fries Seasoned Pinto Beans Chilled Pineapple Tidbits

## Menu Prices

### Breakfast

Student \$

Adult \$

### Lunch

Student \$

Adult \$

## Daily Offerings

**1% White Or Fat Free  
Flavored Milk  
Romaine Garden Salads  
Fresh Fruit**

MENU SUBJECT TO CHANGE

# DECEMBER 2019

## Pre-K/Head Start



# HAPPY HOLIDAY'S!!!



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# DECEMBER 2019

## K-5th

### Menu Prices

<b>Breakfast</b>	<b>Lunch</b>
Student \$	Student \$
Adult \$	Adult \$

### Daily Offerings

**1% White Or Fat Free  
Flavored Milk  
Romaine Garden Salads  
Fresh Fruit**

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>Steak Fingers</b> Mashed Potatoes Green Beans Chilled Mixed Fruit Wg Roll/Cream Gravy	3 <b>Grilled Cheese Sandwich</b> Baked Cheetos Tomato Soup Italian Green Beans 100% Fruit Slush Cup	4 <b>Personal Pan Pizza</b> (Cheese/Pepperoni) Cheesy Broccoli Fruit Of The Month Mandarin Oranges	5 <b>Beefy Nacho</b> \Charro Beans Lettuce & Tomato Salad 100% Fruit Slush Cup Jalapeno /Salsa	6 <b>Bbq Rodeo Cheeseburger</b> Crispy Tator Tots Burger Salad Chilled Pineapple Tidbits Ketchup/Mustard/Mayo
9 <b>Tator Tot Casserole</b> Glazed Orange Carrots Hopin' Green Peas Chilled Pineapples Wg Rolls	10 <b>Sweet-N-Sour Meatballs</b> Steamed Rice Asian Stir-Fry Vegetables 100% Fruit Slush Cup Wg Roll	11 <b>Restaurant Style Pizza</b> (Cheese/Pepperoni) Green Beans Seasoned Corn Chilled Peaches	12 <b>Burrito</b> Spanish Rice Lettuce & Tomato Salad 100% Fruit Slush Cup Salsa	13 <b>Crispy Corn Dog</b> Bbq Baked Beans Seasoned Fries Rosy Peaches Ketchup/Mustard/Mayo
16 <b>Oven Fried Chicken Leg</b> Home-Style Mashed Potatoes Green Beans Chilled Mixed Fruit Corn Bread	17 <b>Grilled Cheese Soup</b> Beef Vegetable Soup Carrot Sticks W/ Ranch 100% Fruit Slush Cup	18 <b>Personal Pan Pizza</b> (Cheese/Pepperoni) Seasoned Corn Chilled Mandarin	19 <b>Chicken Fajita Nachos</b> Spanish Rice Santa Fe Blend Veggies Lettuce & Tomato Salad 100% Fruit Slush Cup Jalapeno /Salsa	20 <b>Popcorn Chicken w/Roll</b> Crispy French Fries Seasoned Pinto Beans Burger Salad Chilled Pineapple Tidbits

MENU SUBJECT TO CHANGE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>FUN LUNCH</b>	Ham & Cheese Sub Baked Chips	Hot N Spicy Chicken Sandwich W/ Tots	Boneless Wings W/Fries & Roll	Hamburger w/ Baked Chips	Double Trouble 2 cereal 2 Sausage Patties
<b>SALADS</b>	Chef's Salad w/Diced Turkey	Chef Salad W/Tuna	Crispy Chicken Salad	Beefy Taco Salad	Ham & Cheese Chef's Salad



# HAPPY HOLIDAY'S!!!



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# DECEMBER 2019

## 6th-8th

### Menu Prices

<b>Breakfast</b>	<b>Lunch</b>
Student \$	Student \$
Adult \$	Adult \$

### Daily Offerings

- 1% White Or Fat Free Flavored Milk
- Romaine Garden Salads
- Fresh Fruit

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <u>Golden Crispy Chicken Tenders</u> <u>Country Steak Fingers</u> Mashed Potatoes Peas & Carrots Chilled Apricots Wg Rolls/Cream Gravy	<b>3</b> <u>Grilled Cheese Sandwich</u> <u>Italian Meatball Sub</u> Tomato Soup Baked Cheeto's Italian Green Beans Romaine Garden Salad	<b>4</b> <u>Restaurant Style Pizza</u> (Cheese/Pepperoni/Bufalo) <u>Baked Potato Bar</u> Diced Ham/ Fajita Chicken Cheesy Broccoli Corn On Cobb Chilled Mixed Fruit Green Onions/ Shredded Cheese	<b>5</b> <u>Beefy Nachos</u> <u>Green Chile Chicken Tacos</u> Spanish Rice/ Charro Beans Lettuce & Tomato Salad 100% Fruit Slush Cup Jalapeno /Salsa/ Shredded Cheese	<b>6</b> <u>Shrimp Po Boy</u> <u>Rodeo Cheeseburger</u> Crispy Tator Tots Cucumber Chips Chilled Pineapple Tidbits Ketchup/Mustard/Mayo
<b>9</b> <u>Momma's Chicken Spaghetti</u> <u>Tator Tot Casserole</u> Glazed Orange Carrots Green Peas Chilled Pineapples Rolls	<b>10</b> <u>Sweet-N-Sour Meatballs</u> <u>Teriyaki Chicken Stir-Fry</u> Rice (Steamed) Brown Asian Stir-Fry Vegetables Romaine Garden Salad 100% Fruit Slush Cup Roll	<b>11</b> <u>Restaurant Style Pizza</u> (Cheese/Pepperoni/Spicy Pep) <u>Italian Calzone Pocket w/Chips</u> Green Beans Seasoned Corn Romaine Garden Salad Chilled Peaches	<b>12</b> <u>Smothered Burrito</u> <u>Chicken Taco Soup</u> Spanish Rice / Refried Beans Lettuce & Tomato Salad 100% Fruit Slush Cup Salsa /Jalapeno	<b>13</b> <u>Classic Hamburger</u> <u>Crispy Corn Dog</u> Bbq Baked Beans Seasoned French Fries Burger Salad Rosy Peaches Ketchup/Mustard/Mayo
<b>16</b> <u>Oven Fried Chicken</u> <u>Meatloaf W/ Tomato Sauce</u> Home-Style Mashed Potatoes Green Beans Chilled Mixed Fruit Corn Bread	<b>17</b> <u>Italian Baked Ravioli</u> <u>Grilled Cheese Sandwich</u> Beef Vegetable Soup Carrot Sticks W/ Ranch 100% Fruit Slush Cup Garlic Bread Stick	<b>18</b> <u>Personal Pan Pizza</u> (Cheese/Pepperoni) <u>Frito Pie</u> Seasoned Corn Chilled Mandarin Green Onions/ Shredded Cheese	<b>19</b> <u>Chicken Fajita Nachos</u> <u>Beef Enchiladas</u> Spanish Rice Santa Fe Blend Veggies Lettuce & Tomato Salad 100% Fruit Slush Cup Jalapeno /Salsa/ Pico de Gallo	<b>20</b> <u>Cajun Chicken Po Boy</u> <u>Popcorn Chicken Po Boy</u> Crispy French Fries Seasoned Pinto Beans Burger Salad Chilled Pineapple Tidbits

MENU SUBJECT TO CHANGE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BASKETS</b>	Ham & Cheese Sub Baked Chips	Hot N Spicy Chicken Sandwich W/ Tots	Boneless Wings W/Fries & Roll	Cheeseburger w/ Baked Chips	Double Trouble 2 cereal 2 Sausage Patties
<b>SALADS</b>	Chef's Salad w/Diced Turkey	Chef Salad W/Tuna	Crispy Chicken Salad	Beefy Taco Salad	Ham & Cheese Chef's Salad



# HAPPY HOLIDAY'S!!!



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# DECEMBER 2019

## 9th-12th

### Menu Prices

<b>Breakfast</b>	<b>Lunch</b>
Student \$	Student \$
Adult \$	Adult \$

### Daily Offerings

- 1% White Or Fat Free Flavored Milk
- Romaine Garden Salads
- Fresh Fruit

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <u>Golden Crispy Chicken Tenders</u> <u>Country Steak Fingers</u> Mashed Potatoes Peas & Carrots Chilled Apricots Wg Rolls/Cream Gravy Chocolate Chip Cookies	<b>3</b> <u>Grilled Cheese Sandwich</u> <u>Italian Meatball Sub</u>  Tomato Soup Baked Cheeto's Italian Green Beans Romaine Garden Salad	<b>4</b> <u>Restaurant Style Pizza</u> (Cheese/Peppercori/Buffalo) <u>Baked Potato Bar</u> Diced Ham/ Fajita Chicken Cheesy Broccoli Corn On Cobb Chilled Mixed Fruit Green Onions/ Shredded Cheese/ Sour Cream	<b>5</b> <u>Beefy Nachos</u> <u>Green Chile Chicken Tacos (2)</u> Spanish Rice / Charro Beans Lettuce & Tomato Salad 100% Fruit Slush Cup Jalapeno /Salsa/ Shredded Cheese/ Sour Cream	<b>6</b> <u>Shrimp Po Boy</u> <u>Rodeo Cheeseburger</u> Crispy Tator Tots Cucumber Chips Chilled Pineapple Tidbits Ketchup/Mustard/Mayo
<b>9</b> <u>Momma's Chicken Spaghetti</u> <u>Tator Tot Casserole</u> Glazed Orange Carrots Green Peas Chilled Pineapples Rolls	<b>10</b> <u>Sweet-N-Sour Meatballs</u> <u>Teriyaki Chicken Stir-Fry</u> Rice (Steamed) Brown Asian Stir-Fry Vegetables Romaine Garden Salad 100% Fruit Slush Cup Wg Roll	<b>11</b> <u>Restaurant Style Pizza</u> (Cheese/Peppercori/Spicy Pep) <u>Italian Calzone Pocket w/Chips</u> Green Beans Seasoned Corn Romaine Garden Salad Chilled Peaches	<b>12</b> <u>Smothered Burrito</u> <u>Chicken Taco Soup</u> Spanish Rice / Refried Beans Lettuce & Tomato Salad 100% Fruit Slush Cup Salsa /Jalapeno	<b>13</b> <u>Classic Hamburger</u> <u>Crispy Corn Dog</u> Bbq Baked Beans Seasoned French Fries Burger Salad Rosy Peaches Ketchup/Mustard/Mayo Strawberry Shortcake
<b>16</b> <u>Oven Fried Chicken</u> <u>Meatloaf W/ Tomato Sauce</u> Home-Style Mashed Potatoes Green Beans Chilled Mixed Fruit Corn Bread Peach Crisp	<b>17</b> <u>Italian Baked Ravioli</u> <u>Grilled Cheese Sandwich</u>  Beef Vegetable Soup Carrot Sticks W/ Ranch 100% Fruit Slush Cup Garlic Bread Stick	<b>18</b> <u>Personal Pan Pizza</u> (Cheese/Peppercori) <u>Frito Pie</u> Seasoned Corn Chilled Mandarin Green Onions/ Shredded Cheese	<b>19</b> <u>Chicken Fajita Nachos</u> <u>Beef Enchiladas</u> Spanish Rice Santa Fe Blend Veggies Lettuce & Tomato Salad 100% Fruit Slush Cup Jalapeno /Salsa/ Pico de Gallo/Sour Cream	<b>20</b> <u>Cajun Chicken Po Boy</u> <u>Popcorn Chicken Po Boy</u> Crispy French Fries Seasoned Pinto Beans Burger Salad Chilled Pineapple Tidbits

MENU SUBJECT TO CHANGE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BASKETS</b>	Ham & Cheese Sub Baked Chips	Hot N Spicy Chicken Sandwich W/ Tots	Boneless Wings W/Fries & Roll	Cheeseburger w/ Baked Chips	Double Trouble 2 cereal 2 Sausage Patties
<b>SALADS</b>	Chef's Salad w/Diced Turkey	Chef Salad W/Tuna	Crispy Chicken Salad	Beefy Taco Salad	Ham & Cheese Chef's Salad



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