




**NOVEMBER
2009**

CYPRESS-FAIRBANKS INDEPENDENT SCHOOL DISTRICT

Excellence in Nutrition = An Investment in the Future

**ELEMENTARY
PRE-DISH
LUNCH MENU**

DAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Popcorn Chicken / Macaroni & Cheese / Seasoned Peas Baby Carrots / Diced Pears Wheat Roll Cold Milk <i>Hamburger or Cheeseburger</i>	3 Whole Wheat Mini Corn Dogs / Diced Carrots / Spiced Apples Tossed Salad / Pineapple Tidbits Wheat Roll Cold Milk <i>Chicken Patty on Bun</i>	4 Hamburger / Cheeseburger Lettuce / Tomato / Pickle Baked Chips Peach Cup Banana Bread Cold Milk <i>Chef's Salad</i>	5 Cheese / Beef Nachos Seasoned Pinto Beans Tossed Salad / Fresh Mixed Fruit Cornbread Cold Milk <i>Chicken Patty on Bun</i>	6 Cheese Pizza / Whole Kernel Corn / Fruit Cobbler Tossed Salad / Red Grapes Wheat Roll Cold Milk <i>Hamburger or Cheeseburger</i>
9 Popcorn Chicken / Macaroni & Cheese / Seasoned Peas Baby Carrots / Fruit Cocktail Wheat Roll Cold Milk <i>Hot Dog or Chili Cheese Dog</i>	10 Cheese Pizza / Whole Kernel Corn / Fruit Cobbler Tossed Salad / Pineapple Tidbits Wheat Roll Cold Milk <i>Hamburger or Cheeseburger</i>	11 Seasoned Breaded Chicken Breast on Wheat Bun Lettuce/Tomato/Pickle Baked Chips Peach Cup Banana Bread Cold Milk <i>Chef's Salad</i>	12 Cheese / Beef Nachos Seasoned Pinto Beans Tossed Salad / Orange Smiles Cornbread Cold Milk <i>Hamburger or Cheeseburger</i>	13 Cheese Sticks / Marinara Sauce / Diced Carrots Tossed Salad / Applesauce Wheat Roll Cold Milk <i>Chicken Patty on Bun</i>
16 Cheese / Beef Nachos Seasoned Pinto Beans Baby Carrots / Pineapple Tidbits Cornbread Cold Milk <i>Hamburger or Cheeseburger</i>	17 Steak Fingers / Mashed Potatoes / Fat Free Country Gravy Green Beans Tossed Salad / Applesauce Wheat Roll Cold Milk <i>Chicken Patty on Bun</i>	18 Popcorn Chicken / Macaroni & Cheese / Diced Carrots Tossed Salad / Fresh Mixed Fruit Wheat Roll Cold Milk <i>Hot Dog or Chili Cheese Dog</i>	19 THANKSGIVING DINNER Turkey/Bread Dressing/Gravy/ Peas / Sweet Potatoes Cranberry Sauce Peach Cup Frozen Yogurt Cup Wheat Roll Cold Milk <i>Chicken Patty on Bun</i>	20 Cheese Pizza / Mixed Vegetables / Fruit Cobbler Tossed Salad / Red Grapes Wheat Roll Cold Milk <i>Hamburger or Cheeseburger</i>
23 Chicken Nuggets / Mashed Potatoes / Fat Free Country Gravy Seasoned Green Beans Baby Carrots / Fruit Cocktail Wheat Roll Cold Milk <i>Hot Dog or Chili Cheese Dog</i>	24 Cheese / Beef Nachos Seasoned Pinto Beans Tossed Salad / Applesauce Cornbread Cold Milk <i>Hamburger or Cheeseburger</i>	25	26 	27
30 Hamburger / Cheeseburger Lettuce / Tomato / Pickle Baked Chips Mandarin Oranges Banana Bread Cold Milk <i>Chef's Salad</i>	<ul style="list-style-type: none"> Sweet Potatoes are very nutritious, they are a great source of vitamin A. Vitamin A is good for our eyes and skin. It also protects our body from damage. Sweet Potatoes are seen more than ever around Thanksgiving and Christmas time. They are seen in a variety of forms such as: candied yams, pies, and casseroles. 			

"Menu is subject to change without notice due to price and availability of food."

AVAILABLE DAILY: Cold Box Lunches, Bun Sandwich, Grilled Chicken Caesar Salad & Vegetarian Spinach Salad
AVAILABLE ON MONDAY/WEDNESDAY/FRIDAY: Chef's Salad AVAILABLE ON TUESDAY/THURSDAY: Southwest Chicken Salad

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