



**NOVEMBER  
2009**

**CYPRESS-FAIRBANKS INDEPENDENT SCHOOL DISTRICT**

*Excellence in Nutrition = An Investment in the Future*

**ELEMENTARY  
TRADITIONAL  
LUNCH MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Popcorn Chicken Tossed Salad Macaroni & Cheese Seasoned Peas Fruit Cocktail Wheat Roll Cold Milk  <i>Hamburger or Cheeseburger</i>	3 Steak Fingers Tossed Salad Mashed Potatoes /Fat Free Country Gravy Seasoned Green Beans Applesauce Wheat Roll Cold Milk  <i>Chicken Patty on Bun</i>	4 Hamburger/Cheeseburger Lettuce/Tomato/Pickle Baked Chips Fresh Mixed Fruit Banana Bread Cold Milk  <i>Chef's Salad</i>	5 Cheese/Beef Nachos Tossed Salad Whole Kernel Corn Orange Smiles Cornbread Cold Milk  <i>Chicken Patty on Bun</i>	6 Pizza Tossed Salad Glazed Carrots Watermelon Wheat Roll Cold Milk  <i>Hamburger or Cheeseburger</i>
9 Popcorn Chicken Macaroni & Cheese Tossed Salad Seasoned Peas Fruit Cocktail Wheat Roll Cold Milk  <i>Hot Dog or Chili Cheese Dog</i>	10 Pizza Tossed Salad Glazed Carrots Pineapple Tidbits Wheat Roll Cold Milk  <i>Hamburger or Cheeseburger</i>	11 Seasoned Breaded Chicken Breast on Wheat Bun Lettuce/Tomato/Pickle Baked Potato Wedges Sliced Peaches Wheat Roll Cold Milk  <i>Chef's Salad</i>	12 Cheese/Beef Nachos Tossed Salad Whole Kernel Corn Mandarin Oranges Cornbread Cold Milk  <i>Hamburger or Cheeseburger</i>	13 Fish Sticks Tossed Salad Seasoned Green Beans Applesauce Wheat Roll Cold Milk  <i>Chicken Patty on Bun</i>
16 Whole Wheat Mini Corn Dogs Tossed Salad Macaroni & Cheese Baked Beans Applesauce Wheat Roll Cold Milk  <i>Hamburger or Cheeseburger</i>	17 Cheese/Beef Nachos Tossed Salad Whole Kernel Corn Fruit Cocktail Cornbread Cold Milk  <i>Chicken Patty on Bun</i>	18 Chicken Nuggets Tossed Salad Mashed Potatoes / Fat Free Country Gravy Green Beans Pineapple Tidbits Wheat Roll Cold Milk  <i>Hot Dog or Chili Cheese Dog</i>	19 <b>THANKSGIVING DINNER</b> Sliced Turkey Bread Dressing / Gravy Sweet Potatoes Seasoned Peas Cranberry Sauce Peach Cup Frozen Yogurt Cup Whole Wheat Roll Cold Milk <i>Chicken Patty on Bun</i>	20 Pizza Tossed Salad Whole Kernel Corn Red Grapes Wheat Roll Cold Milk  <i>Hamburger or Cheeseburger</i>
23 Popcorn Chicken Tossed Salad Macaroni & Cheese Seasoned Green Beans Fruit Cocktail Wheat Roll Cold Milk  <i>Hot Dog or Chili Cheese Dog</i>	24 Grilled Cheese Sandwich Tossed Salad Baked Potato Wedges Applesauce Banana Bread Cold Milk  <i>Southwest Chicken Salad</i>	25 <b>HOLIDAY</b>	26 	27 <b>HOLIDAY</b>
30 Ravioli Tossed Salad Seasoned Mixed Vegetables Fruit Cocktail Texas Toast Cold Milk  <i>Hot Dog or Chili Cheese Dog</i>	<ul style="list-style-type: none"> <li>Sweet Potatoes are very nutritious providing a great source of vitamin A.</li> <li>Vitamin A is good for our eyes and skin. It also protects our body from damage.</li> <li>Sweet Potatoes are seen more than ever around Thanksgiving and Christmas time.</li> <li>They are seen in a variety of forms such as: candied yams, pies, and casseroles.</li> </ul>			
<i>"Menu is subject to change without notice due to price and availability of food."</i>				
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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