

CYPRESS-FAIRBANKS INDEPENDENT SCHOOL DISTRICT
Excellence in Nutrition = An Investment in the Future

**MIDDLE SCHOOL &
HIGH SCHOOL
LUNCH MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Lasagna Italian Blend Vegetables Tossed Salad Mandarin Oranges & or Assorted Fresh Fruit Wheat Roll Cold Milk Spicy Chicken Sandwich	3 Popcorn Chicken Macaroni & Cheese Mixed Vegetables Tossed Salad Applesauce & or Assorted Fresh Fruit Banana Bread Cold Milk Mini Corn Dogs	4 Spicy Chicken Tenders Spanish Rice Seasoned Pinto Beans Tossed Salad Fresh Mixed Fruit or Fruit Cocktail & or Assorted Fresh Fruit Cornbread Cold Milk Beef / Cheese Nachos	5 Steak Fingers Mashed Potatoes w/Fat Free Country Gravy Whole Kernel Corn Tossed Salad Pineapple Tidbits & or Assorted Fresh Fruit Wheat Roll Cold Milk Chicken Nuggets	6 Chicken Soft Tacos Seasoned Green Beans Tossed Salad Fruit Cobbler or Watermelon & or Assorted Fresh Fruit Wheat Roll Cold Milk Popcorn Shrimp
9 Whole Wheat Mini Corn Dogs Macaroni & Cheese Seasoned Peas Tossed Salad Pineapple Tidbits & or Assorted Fresh Fruit Banana Bread Cold Milk Chicken Nuggets	10 Ravioli Italian Blend Vegetables Tossed Salad Mandarin Oranges or Orange Wedges & or Assorted Fresh Fruit Texas Toast Cold Milk Spicy Chicken Tenders	11 Taco Tenders Spanish Rice Seasoned Pinto Beans Tossed Salad Fresh Mixed Fruit or Fruit Cocktail & or Assorted Fresh Fruit Cornbread Cold Milk Beef / Cheese Nachos	12 Popcorn Chicken Mashed Potatoes w/Fat Free Country Gravy Whole Kernel Corn Tossed Salad Spiced Apples & or Assorted Fresh Fruit Wheat Roll Cold Milk Steak Fingers	13 Fish Nuggets Glazed Carrots Baked Fries Tossed Salad Fruit Cobbler or Watermelon & or Assorted Fresh Fruit Wheat Roll Cold Milk Cheese Sticks
16 Baked Potato Bar BBQ Beef Broccoli with Cheese Sauce Tossed Salad Diced Pears & or Assorted Fresh Fruit Wheat Roll Cold Milk Spicy Chicken Sandwich	17 Chicken Fried Steak Mashed Potatoes w/Fat Free Country Gravy Whole Kernel Corn Tossed Salad Pineapple Tidbits & or Assorted Fresh Fruit Wheat Roll Cold Milk Popcorn Chicken	18 Spicy Chicken Tenders Spanish Rice Seasoned Pinto Beans Tossed Salad Fresh Mixed Fruit or Fruit Cocktail & or Assorted Fresh Fruit Cornbread Cold Milk Beef / Cheese Nachos	19 Thanksgiving Dinner Sliced Turkey Bread Dressing / Poultry Gravy Sweet Potatoes Tossed Salad Seasoned Peas Cranberry Sauce Peach Cup Assorted Fresh Fruit Wheat Roll Cold Milk	20 Chicken Soft Tacos Macaroni & Cheese California Mixed Vegetables Tossed Salad Fruit Cobbler or Watermelon & or Assorted Fresh Fruit Wheat Roll Cold Milk Popcorn Shrimp
23 Oven Baked Chicken Mashed Potatoes w/Fat Free Country Gravy Whole Kernel Corn Tossed Salad Spiced Apples & or Assorted Fresh Fruit Wheat Roll Cold Milk Steak Fingers	24 Whole Wheat Mini Corn Dogs Macaroni & Cheese Seasoned Peas Tossed Salad Diced Pears & or Assorted Fresh Fruit Banana Bread Cold Milk Popcorn Chicken	25 HOLIDAY	26 HOLIDAY	27 HOLIDAY
30 Whole Wheat Mini Corn Dogs Macaroni & Cheese Mixed Vegetables Tossed Salad Applesauce & or Assorted Fresh Fruit Banana Bread Cold Milk Fish Nuggets				

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

AVAILABLE DAILY: CHEF'S SALAD, GRILLED CHICKEN SALAD, VEGETARIAN SPINACH SALAD, CHICKEN CAESAR SALAD