

**NOVEMBER
2009**

CYPRESS-FAIRBANKS INDEPENDENT SCHOOL DISTRICT

**THORNTON
MIDDLE SCHOOL
ALL AMERICAN MENU**

Excellence in Nutrition = An Investment in the Future

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Egg Roll Bun Sandwiches Chicken Nuggets Whole Wheat Mini Corn Dogs Rice Pilaf Seasoned Peas Garden Salad Peaches & or Assorted Fresh Fruit Wheat Roll Cold Milk	3 Steak Fingers Bun Sandwiches Chicken Nuggets Whole Wheat Mini Corn Dogs Mashed Potatoes/Fat Free Country Gravy Green Beans Garden Salad Applesauce & or Assorted Fresh Fruit Wheat Roll Cold Milk	4 Popcorn Chicken Bun Sandwiches Chicken Nuggets Whole Wheat Mini Corn Dogs Corn Garden Salad Fruit Cocktail & or Assorted Fresh Fruit Wheat Roll Cold Milk	5 Tamales Bun Sandwiches Chicken Nuggets Whole Wheat Mini Corn Dogs Spanish Rice Seasoned Pinto Beans Garden Salad Pineapple & or Assorted Fresh Fruit Wheat Roll Cold Milk	6 Popcorn Shrimp Bun Sandwiches Chicken Nuggets Whole Wheat Mini Corn Dogs Macaroni & Cheese Broccoli Garden Salad Spiced Apples & or Assorted Fresh Fruit Wheat Roll Cold Milk
9 Chicken Egg Roll Bun Sandwiches Chicken Nuggets Whole Wheat Mini Corn Dogs Rice Pilaf Seasoned Peas Garden Salad Peaches & or Assorted Fresh Fruit Wheat Roll Cold Milk	10 Steak Fingers Bun Sandwiches Chicken Nuggets Whole Wheat Mini Corn Dogs Mashed Potatoes/Fat Free Country Gravy Green Beans Garden Salad Applesauce & or Assorted Fresh Fruit Wheat Roll Cold Milk	11 Popcorn Chicken Bun Sandwiches Chicken Nuggets Whole Wheat Mini Corn Dogs Corn Garden Salad Fruit Cocktail & or Assorted Fresh Fruit Wheat Roll Cold Milk	12 Tamales Bun Sandwiches Chicken Nuggets Whole Wheat Mini Corn Dogs Spanish Rice Seasoned Pinto Beans Garden Salad Pineapple & or Assorted Fresh Fruit Wheat Roll Cold Milk	13 Popcorn Shrimp Bun Sandwiches Chicken Nuggets Whole Wheat Mini Corn Dogs Macaroni & Cheese Broccoli Garden Salad Spiced Apples & or Assorted Fresh Fruit Wheat Roll Cold Milk
16 Oven Fried Chicken Bun Sandwiches Chicken Nuggets Whole Wheat Mini Corn Dogs Mashed Potatoes/Fat Free Country Gravy Green Beans Garden Salad Applesauce & or Assorted Fresh Fruit Wheat Roll Cold Milk	17 Chicken Teriyaki Bun Sandwiches Chicken Nuggets Whole Wheat Mini Corn Dogs Steamed Rice Mixed Vegetables Garden Salad Chilled Pears & or Assorted Fresh Fruit Wheat Roll Cold Milk	18 Chicken Fajita Bun Sandwiches Chicken Nuggets Whole Wheat Mini Corn Dogs Rice Pilaf Seasoned Pinto Beans Garden Salad Fruit Cocktail & or Assorted Fresh Fruit Wheat Roll Cold Milk	19 Thanksgiving Dinner Sliced Turkey Bread Dressing / Poultry Gravy Sweet Potatoes Seasoned Peas Cranberry Sauce Peach Cup Assorted Fresh Fruit Wheat Roll Cold Milk	20 Cheese Sticks Bun Sandwiches Chicken Nuggets Whole Wheat Mini Corn Dogs Corn Garden Salad Peach Cobbler & or Assorted Fresh Fruit Wheat Roll Cold Milk
23 Chicken Fried Steak Bun Sandwiches Chicken Nuggets Whole Wheat Mini Corn Dogs Mashed Potatoes/Fat Free Country Gravy Green Beans Garden Salad Peaches & or Assorted Fresh Fruit Wheat Roll Cold Milk	24 BBQ Beef on Bun Bun Sandwiches Chicken Nuggets Whole Wheat Mini Corn Dogs Macaroni/Cheese Peas Garden Salad Applesauce & or Assorted Fresh Fruit Wheat Roll Cold Milk	25 HOLIDAY	26 HOLIDAY	27 HOLIDAY
30 Asian Popcorn Chicken Bun Sandwiches Chicken Nuggets Whole Wheat Mini Corn Dogs Stir Fried Rice Peas Garden Salad Mandarin Oranges & or Assorted Fresh Fruit Wheat Roll Cold Milk		#13	#14	#15

"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, TACO BAR & POTATO BAR