

**NOVEMBER
2009**

CYPRESS-FAIRBANKS INDEPENDENT SCHOOL DISTRICT

**THORNTON
MIDDLE SCHOOL
PATRIOT MENU**

Excellence in Nutrition = An Investment in the Future

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Egg Roll Rice Pilaf Seasoned Peas Garden Salad Peaches & or Assorted Fresh Fruit Wheat Roll Cold Milk #21	3 Steak Fingers Mashed Potatoes/Fat Free Country Gravy Green Beans Garden Salad Applesauce & or Assorted Fresh Fruit Wheat Roll Cold Milk #22	4 Popcorn Chicken Corn Garden Salad Fruit Cocktail & or Assorted Fresh Fruit Wheat Roll Cold Milk #23	5 Tamales Spanish Rice Seasoned Pinto Beans Garden Salad Pineapple & or Assorted Fresh Fruit Wheat Roll Cold Milk #24	6 Popcorn Shrimp Macaroni & Cheese Broccoli Garden Salad Spiced Apples & or Assorted Fresh Fruit Wheat Roll Cold Milk #25
9 Chicken Egg Roll Rice Pilaf Seasoned Peas Garden Salad Peaches & or Assorted Fresh Fruit Wheat Roll Cold Milk #1	10 Steak Fingers Mashed Potatoes/Fat Free Country Gravy Green Beans Garden Salad Applesauce & or Assorted Fresh Fruit Wheat Roll Cold Milk #2	11 Popcorn Chicken Corn Garden Salad Fruit Cocktail & or Assorted Fresh Fruit Wheat Roll Cold Milk #3	12 Tamales Spanish Rice Seasoned Pinto Beans Garden Salad Pineapple & or Assorted Fresh Fruit Wheat Roll Cold Milk #4	13 Popcorn Shrimp Macaroni & Cheese Broccoli Garden Salad Spiced Apples & or Assorted Fresh Fruit Wheat Roll Cold Milk #5
16 Oven Fried Chicken Mashed Potatoes/Fat Free Country Gravy Green Beans Garden Salad Applesauce & or Assorted Fresh Fruit Wheat Roll Cold Milk #6	17 Chicken Teriyaki Steamed Rice Mixed Vegetables Garden Salad Chilled Pears & or Assorted Fresh Fruit Wheat Roll Cold Milk #7	18 Nachos with Beef / Cheese Spanish Rice Seasoned Pinto Beans Garden Salad Fruit Cocktail & or Assorted Fresh Fruit Wheat Roll Cold Milk #8	19 Chili Cheese Dog on Bun Glazed Carrots Garden Salad Pineapple & or Assorted Fresh Fruit Wheat Roll Cold Milk #9	20 Cheese Sticks Corn Garden Salad Peach Cobbler & or Assorted Fresh Fruit Wheat Roll Cold Milk #10
23 Chicken Fried Steak Mashed Potatoes/Fat Free Country Gravy Green Beans Garden Salad Peaches & or Assorted Fresh Fruit Wheat Roll Cold Milk #11	24 BBQ Beef on Bun Macaroni/Cheese Peas Garden Salad Applesauce & or Assorted Fresh Fruit Wheat Roll Cold Milk #12	25 <p style="text-align: center;">HOLIDAY</p> #13	26 <p style="text-align: center;">HOLIDAY</p> #14	27 <p style="text-align: center;">HOLIDAY</p> #15
30 Asian Popcorn Chicken Stir Fried Rice Peas Garden Salad Mandarin Oranges & or Assorted Fresh Fruit Wheat Roll Cold Milk #16				
SECONDARY PREPAID SCHEDULE FOR LUNCH				
FEDERAL REDUCED PROGRAM				
20 Meals \$36.00 \$8.00 5 Meals \$ 9.00 \$2.00 \$1.80 Students \$2.15 Adults/Visitors				

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

*ENCHILADA SAUCE CONTAINS BEEF

AVAILABLE DAILY: CHEF'S SALAD, GRILLED CHICKEN SALAD, VEGETARIAN SPINACH SALAD, CHICKEN CAESAR SALAD, TACO BAR & POTATO BAR