

ELEMENTARY SUPPER MENU AUGUST-SEPTEMBER 2023

ELEMENTARY MEAL PRICES:

- Supper Prices for Students: No Cost

ELEMENTARY SUPPER CALENDAR

AUG. 28

- Supper: **Hamburger or Cheeseburger**, Baby Carrots, Fresh Apple Slices

AUG. 29

- Supper: **Steak Fingers**, Mashed Potatoes & Gravy, Fresh Apple Slices

AUG. 30

- Supper: **Breaded Chicken Sandwich**, Baby Carrots, Fresh Apple Slices

AUG. 31

- Supper: **Popcorn Chicken**, Potato Wedges, Fresh Apple Slices

SEPT. 1

- Supper: **Cheese Pizza**, Baby Carrots, Applesauce Pouch

SEPT. 4

- NO SCHOOL

SEPT. 5

- Supper: **Beef Hot Dog**, Potato Wedges, Fresh Apple Slices

SEPT. 6

- Supper: **Cheese Stuffed Breadsticks**, Baby Carrots, Fresh Apple Slices

SEPT. 7

- Supper: **Breaded Chicken Sandwich**, Potato Wedges, Fresh Apple Slices

SEPT. 8

- Supper: **Pepperoni Pizza**, Baby Carrots, Applesauce Pouch

SEPT. 11

- Supper: **Hamburger or Cheeseburger**, Baby Carrots, Fresh Apple Slices

SEPT. 12

- Supper: **Steak Fingers**, Mashed Potatoes & Gravy, Fresh Apple Slices

SEPT. 13

- Supper: **Breaded Chicken Sandwich**, Baby Carrots, Fresh Apple Slices
SEPT. 14
- Supper: **Popcorn Chicken**, Potato Wedges, Fresh Apple Slices
SEPT. 15
- Supper: **Cheese Pizza**, Baby Carrots, Applesauce Pouch
SEPT. 18
- Supper: **Popcorn Chicken**, Baby Carrots, Fresh Apple Slices
SEPT. 19
- Supper: **Beef Hot Dog**, Potato Wedges, Fresh Apple Slices
SEPT. 20
- Supper: **Cheese Stuffed Breadsticks**, Baby Carrots, Fresh Apple Slices
SEPT. 21
- Supper: **Breaded Chicken Sandwich**, Potato Wedges, Fresh Apple Slices
SEPT. 22
- Supper: **Pepperoni Pizza**, Baby Carrots, Applesauce Pouch
SEPT. 25
- NO SCHOOL
SEPT. 26
- Supper: **Steak Fingers**, Mashed Potatoes & Gravy, Fresh Apple Slices
SEPT. 27
- Supper: **Breaded Chicken Sandwich**, Baby Carrots, Fresh Apple Slices
SEPT. 28
- Supper: **Popcorn Chicken**, Potato Wedges, Fresh Apple Slices
SEPT. 29
- Supper: **Cheese Pizza**, Baby Carrots, Applesauce Pouch

This institution is an equal opportunity provider.

Menus are subject to change without notice due to price and availability of food.

Menus also available at Schoolcafe.com

Nutrient Analysis Information can be found at <https://www.cfisd.net/Page/3593>

SUPPER INFORMATION

Complete Supper Includes: Entrée: 1 fruit, 1 vegetable, 1% white or fat free chocolate milk

PRE-K BREAKFAST AND LUNCH MENU AUGUST-SEPTEMBER 2023

2023-2024 PRE-K MEAL PRICES:

- PRE-K BREAKFAST: Student: \$1.00 // Adult/Visitor breakfast \$3.00
- PRE-K LUNCH: Student: \$2.25 // Adult/Visitor lunch \$5.00
- REDUCED STUDENT BREAKFAST: FREE // REDUCED STUDENT LUNCH: \$0.40

PRE-K BREAKFAST AND LUNCH MENU CALENDAR

AUG. 28

- Breakfast: **Whole Grain Maple Waffle**
- Lunch: **Nachos w/ Baked Tostitos**, Seasoned Pinto Beans, Fresh Apple Slices

AUG. 29

- Breakfast: **Sausage & Cheese Biscuit**
- Lunch: **Chicken Tenders, Hamburger or Cheeseburger**, Whole Kernel Corn, Orange Smiles, Wheat Roll

AUG. 30

- Breakfast: **Mini Pancakes**
- Lunch: **Cheese or Pepperoni Pizza**, Fresh Cucumber Slices, Fresh Pineapple Chunks

AUG. 31

- Breakfast: **Turkey Ham & Cheese Croissant**
- Lunch: **Spaghetti & Meatballs, Breaded Chicken Sandwich**, Seasoned Green Beans, Fresh Grapes

SEPT. 1

- Breakfast: **Yogurt & Graham Crackers**
- Lunch: **Cheese Stuffed Breadsticks, Mini Corn Dogs**, Sweet Potato Fries, Fruit or Fruit Cobbler

SEPT. 4

- **NO SCHOOL**

SEPT. 5

- Breakfast: **French Toast**
- Lunch: **Chicken & Waffles, Hamburger or Cheeseburger**, Potato Wedges, Orange Smiles

SEPT. 6

- Breakfast: **Whole Grain Chocolate Chip Waffle**
- Lunch: **Cheese or Pepperoni Pizza**, Fresh Cucumber Slices, Fresh Cantaloupe

SEPT. 7

- Breakfast: **Turkey Ham & Cheese Croissant**
- Lunch: **Cheese Enchiladas, Hot Dog**, Seasoned Pinto Beans, Garden Fresh Watermelon

SEPT. 8

- Breakfast: **Yogurt & Graham Crackers**
- Lunch: **Mini Corn Dog, Orange Chicken & Lo Mein**, Roasted Broccoli, Garden Fresh Watermelon

SEPT. 11

- Breakfast: **Whole Wheat Cinnamon Roll**
- Lunch: **Nachos w/ Baked Tostitos**, Seasoned Pinto Beans, Fresh Apple Slices

SEPT. 12

- Breakfast: **Sausage & Cheese Biscuit**
- Lunch: **Chicken Tenders, Hamburger or Cheeseburger**, Fresh Cucumber Slices, Orange Smiles

SEPT. 13

- Breakfast: **Mini Pancakes**
- Lunch: **Cheese or Pepperoni Pizza**, Fresh Cucumber Slices, Fresh Pineapple Chunks

SEPT. 14

- Breakfast: **Turkey Ham & Cheese Croissant**
- Lunch: **Spaghetti & Meatballs, Beef Hot Dog**, Seasoned Green Beans, Fresh Berries

SEPT. 15

- Breakfast: **Yogurt & Graham Crackers**
- Lunch: **Popcorn Chicken, Steak Fingers**, Mashed Potatoes & Gravy, Fruit or Fruit Cobbler

SEPT. 18

- Breakfast: **Whole Wheat Cinnamon Roll**
- Lunch: **Beef Soft Tacos**, Seasoned Black Beans, Fresh Apple Slices

SEPT. 19

- Breakfast: **Whole Grain Chocolate Chip Banana Muffin**
- Lunch: **Breaded Chicken Sandwich, Hamburger or Cheeseburger**, Whole Kernel Corn, Orange Smiles

SEPT. 20

- Breakfast: **Whole Grain Chocolate Chip Waffle**
- Lunch: **Cheese or Pepperoni Pizza**, Baby Carrots, Fresh Pineapple Chunks

SEPT. 21

- Breakfast: **Turkey Ham & Cheese Croissant**
- Lunch: **Macaroni & Cheese, Beef Hot Dog**, Baked Beans, Garden Fresh Watermelon

SEPT. 22

- Breakfast: **Yogurt & Graham Crackers**
- Lunch: **Cheese Stuffed Breadsticks, Mini Corn Dogs**, Fresh Cucumber Slices, Fruit or Fruit Cobbler

SEPT. 25

- **NO SCHOOL**

SEPT. 26

- Breakfast: **Whole Grain Maple Waffle**
- Lunch: **Chicken Tenders, Hamburger or Cheeseburger**, Whole Kernel Corn, Orange Smiles

SEPT. 27

- Breakfast: **Mini Pancakes**
- Lunch: **Cheese or Pepperoni Pizza**, Baby Carrots, Fresh Cucumber Slices, Fresh Pineapple Chunks

SEPT. 28

- Breakfast: **Turkey Ham & Cheese Croissant**
- Lunch: **Spaghetti & Meatballs, Breaded Chicken Sandwich**, Seasoned Green Beans, Red Grapes

SEPT. 29

- Breakfast: **Yogurt & Graham Crackers**
- Lunch: **Cheese Stuffed Breadsticks, Mini Corn Dogs**, Sweet Potato Fries, Fruit or Fruit Cobbler

This institution is an equal opportunity provider.

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BREAKFAST INFORMATION

Complete breakfast includes choice of one entrée; two fruits or one fruit and juice; 1% white milk.

Daily breakfast features: Yogurt and Rockin' ola Granola; Whole Grain Cereal (not available at some schools); 100% fruit juice and 1% white milk.

LUNCH INFORMATION

Complete Lunch Includes: choice of entrée; two fruits; two vegetables and 1% white or fat-free chocolate milk.

Weekly Lunch Entrées:

- Monday & Friday: Yogurt, Granola and String Cheese.
- Tuesday & Thursday: Wowbutter, String Cheese and Goldfish.
- Wednesday: Turkey Ham and Cheese Croissant

ELEMENTARY BREAKFAST AND LUNCH MENU AUGUST-SEPTEMBER 2023

2023-2024 ELEMENTARY MEAL PRICES:

- ELEMENTARY BREAKFAST: PAID STUDENTS: \$1.00 // Adult/Visitor breakfast \$3.00
- ELEMENTARY LUNCH: PAID STUDENTS: \$2.25 // Adult/Visitor lunch \$5.00
- REDUCED STUDENT BREAKFAST: FREE // REDUCED STUDENT LUNCH: \$0.40

ELEMENTARY BREAKFAST AND LUNCH CALENDAR

AUG. 28

- Breakfast: **Whole Grain Maple Waffle**
- Lunch: **Nachos w/ Baked Tostitos, Baby Carrots, Seasoned Pinto Beans, Fresh Apple Slices**

AUG. 29

- Breakfast: **Sausage & Cheese Biscuit**
- Lunch: **Chicken Tenders, Hamburger or Cheeseburger, Garden Salad, Whole Kernel Corn, Orange Smiles, Wheat Roll**

AUG. 30

- Breakfast: **Mini Pancakes**
- Lunch: **Cheese or Pepperoni Pizza, Garden Salad, Fresh Cucumber Slices, Fresh Pineapple Chunks**

AUG. 31

- Breakfast: **Turkey Ham & Cheese Croissant**
- Lunch: **Spaghetti & Meatballs, Breaded Chicken Sandwich, Garden Salad, Seasoned Green Beans, Fresh Grapes**

SEPT. 1

- Breakfast: **Whole Wheat Cinnamon Roll**
- Lunch: **Cheese Stuffed Breadsticks, Mini Corn Dogs, Garden Salad, Sweet Potato Fries, Fruit or Fruit Cobbler**

SEPT. 4

- **NO SCHOOL**

SEPT. 5

- Breakfast: **French Toast**
- Lunch: **Chicken Tenders & Waffle, Hamburger or Cheeseburger, Garden Salad, Potato Wedges, Orange Smiles**

SEPT. 6

- Breakfast: **Whole Grain Chocolate Chip Waffle**
- Lunch: **Cheese or Pepperoni Pizza**, Garden Salad, Fresh Cucumber Slices, Fresh Cantaloupe

SEPT. 7

- Breakfast: **Turkey Ham & Cheese Croissant**
- Lunch: **Cheese Enchiladas, Hot Dog**, Garden Salad, Seasoned Pinto Beans, Garden Fresh Watermelon

SEPT. 8

- Breakfast: **Whole Wheat Cinnamon Roll**
- Lunch: **Mini Corn Dogs, Orange Chicken & Lo Mein**, Garden Salad, Roasted Broccoli, Garden Fresh Watermelon, Vegetable Egg Roll

SEPT. 11

- Breakfast: **Whole Grain Maple Waffle**
- Lunch: **Nachos w/ Baked Tostitos**, Baby Carrots, Seasoned Pinto Beans, Fresh Apple Slices

SEPT. 12

- Breakfast: **Sausage & Cheese Biscuit**
- Lunch: **Chicken Tenders, Hamburger or Cheeseburger**, Garden Salad, Fresh Cucumber Slices, Orange Smiles, Wheat Roll

SEPT. 13

- Breakfast: **Mini Pancakes**
- Lunch: **Cheese or Pepperoni Pizza**, Garden Salad, Fresh Cucumber Slices, Fresh Pineapple Chunks

SEPT. 14

- Breakfast: **Turkey Ham & Cheese Croissant**
- Lunch: **Spaghetti & Meatballs, Beef Hot Dog**, Garden Salad, Seasoned Green Beans, Fresh Berries, Wheat Roll

SEPT. 15

- Breakfast: **Whole Wheat Cinnamon Roll**
- Lunch: **Popcorn Chicken, Steak Fingers**, Mashed Potatoes & Gravy, Garden Salad, Fruit or Fruit Cobbler, Wheat Roll

SEPT. 18

- Breakfast: **French Toast**
- Lunch: **Beef Soft Tacos**, Baby Carrots, Seasoned Black Beans, Fresh Apple Slices

SEPT. 19

- Breakfast: **Whole Grain Chocolate Chip Banana Muffin**
- Lunch: **Breaded Chicken Sandwich, Hamburger or Cheeseburger**, Garden Salad, Whole Kernel Corn, Orange Smiles

SEPT. 20

- Breakfast: **Whole Grain Chocolate Chip Waffle**
- Lunch: **Cheese or Pepperoni Pizza**, Garden Salad, Fresh Cucumber Slices, Fresh Pineapple Chunks

SEPT. 21

- Breakfast: **Turkey Ham & Cheese Croissant**
- Lunch: **Macaroni & Cheese, Beef Hot Dog**, Garden Salad, Baked Beans, Garden Fresh Watermelon

SEPT. 22

- Breakfast: **Whole Wheat Cinnamon Roll**
- Lunch: **Cheese Stuffed Breadsticks, Mini Corn Dogs**, Garden Salad, Fresh Cucumber Slices, Fruit or Fruit Cobbler

SEPT. 25

- **NO SCHOOL**

SEPT. 26

- Breakfast: **Whole Grain Maple Waffle**
- Lunch: **Chicken Tenders, Hamburger or Cheeseburger**, Baby Carrots, Whole Kernel Corn, Orange Smiles, Wheat Roll

SEPT. 27

- Breakfast: **Mini Pancakes**
- Lunch: **Cheese or Pepperoni Pizza**, Garden Salad, Fresh Cucumber Slices, Fresh Pineapple Chunks

SEPT. 28

- Breakfast: **Turkey Ham & Cheese Croissant**
- Lunch: **Spaghetti & Meatballs, Breaded Chicken Sandwich**, Garden Salad, Seasoned Green Beans, Red Grapes, Wheat Roll

SEPT. 29

- Breakfast: **Whole Wheat Cinnamon Roll**
- Lunch: **Cheese Stuffed Breadsticks, Mini Corn Dogs**, Garden Salad, Sweet Potato Fries, Fruit or Fruit Cobbler

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BREAKFAST INFORMATION

Complete breakfast includes choice of one entrée; two fruits or one fruit and juice; 1% white or fat-free chocolate milk.

Daily breakfast features: Yogurt and Rockin' ola Granola; Whole Grain Cereal (not available at some schools); Oatmeal Bar; 100% fruit juice and 1% white or fat-free chocolate milk.

LUNCH INFORMATION

Complete Lunch Includes: choice of entrée; two fruits; two vegetables and 1% white or fat-free chocolate milk.

Weekly Lunch Entrées:

- Monday & Friday: Yogurt, Granola and String Cheese.
- Tuesday & Thursday: Wowbutter, String Cheese and Goldfish.
- Wednesday: Turkey Ham and Cheese Croissant

Weekly Entrée Salads

- Tuesday, Wednesday and Thursday: Southwest Grilled Chicken salad.

AUGUST-SEPTEMBER 202 MIDDLE SCHOOL BREAKFAST AND LUNCH MENU

2023-2024 MEAL PRICES:

MIDDLE SCHOOL BREAKFAST: PAID STUDENTS: \$1.25 // Adult/Visitor breakfast \$3.00

MIDDLE SCHOOL LUNCH: PAID STUDENTS: \$2.50 // Adult/Visitor lunch \$5.00

REDUCED STUDENT BREAKFAST: FREE // **REDUCED STUDENT LUNCH:** \$0.40

BREAKFAST AND LUNCH CALENDAR

AUG. 28

- Breakfast: **Whole Grain Maple Waffle**
- Lunch: **Mini Corn Dogs, Spicy Chicken Sandwich**, Garden Salad, Baked Beans, Sliced Peaches

AUG. 29

- Breakfast: **Sausage & Cheese Biscuit**
- Lunch: **Breaded Chicken Sandwich, Build Your Own Burrito Bowl Beef or Chicken**, Garden Salad, Black or Pinto Beans, Fresh Mixed Fruit, Steamed or Cilantro Rice

AUG. 30

- Breakfast: **Mini Pancakes**
- Lunch: **Orange Chicken & Lo Mein, Spicy Chicken Sandwich**, Garden Salad, Stir Fried Vegetables, Fresh Pineapple, Vegetable Egg Roll

AUG. 31

- Breakfast: **Turkey Ham & Cheese Croissant**
- Lunch: **Beef & Cheese Nachos**, Garden Salad, Whole Kernel Corn, Fresh Cantaloupe

SEPT. 1

- Breakfast: **Whole Wheat Cinnamon Roll**
- Lunch: **Macaroni & Cheese, Spicy Chicken Tenders**, Baked Beans, Garden Salad, Fruit Cobbler

SEPT. 4

- **NO SCHOOL**

SEPT. 5

- Breakfast: **French Toast**
- Lunch: **Breakfast Taco, Spicy Chicken Sandwich**, Garden Salad, Whole Kernel Corn, Fresh Berries, Wheat Roll

SEPT. 6

- Breakfast: **Whole Grain Chocolate Chip Waffle**
- Lunch: **Spaghetti & Meat Sauce, Spicy Chicken Sandwich**, Garden Salad, Seasoned Green Beans, Fresh Pineapple, Garlic Roll

SEPT. 7

- Breakfast: **Turkey Ham & Cheese Croissant**
- Lunch: **Beef & Cheese Nachos**, Garden Salad, Seasoned Black Beans, Fresh Mixed Fruit

SEPT. 8

- Breakfast: **Whole Wheat Cinnamon Roll**
- Lunch: **Cheese Stuffed Breadsticks, Breaded Chicken Sandwich**, Garden Salad, Fresh Cucumber Slices, Garden Fresh Watermelon

SEPT. 11

- Breakfast: **Whole Grain Maple Waffle**
- Lunch: **Mini Corn Dogs, Spicy Chicken Sandwich**, Baked Beans, Broccoli Salad, Sliced Peaches

SEPT. 12

- Breakfast: **Sausage & Cheese Biscuit**
- Lunch: **Spicy Chicken Sandwich, Build Your Own Burrito Bowl Beef or Chicken**, Garden Salad, Black or Pinto Beans, Fresh Pineapple, Steamed or Cilantro Rice

SEPT. 13

- Breakfast: **Mini Pancakes**
- Lunch: **Orange Chicken & Lo Mein, Breaded Chicken Sandwich**, Garden Salad, Stir Fried Vegetables, Mandarin Oranges, Vegetable Egg Roll

SEPT. 14

- Breakfast: **Turkey Ham & Cheese Croissant**
- Lunch: **Beef & Cheese Nachos**, Garden Salad, Seasoned Black Beans, Mixed Fruit

SEPT. 15

- Breakfast: **Whole Wheat Cinnamon Roll**
- Lunch: **Chili & Cheese Baked Potato, Breaded Chicken Sandwich**, Cole Slaw, Seasoned Pinto Beans, Fruit Cobbler

SEPT. 18

- Breakfast: **French Toast**
- Lunch: **Steak Fingers, Homestyle Chicken Tenders**, Garden Salad, Mashed Potatoes & Gravy, Seasoned Green Beans, Sliced Peaches, Wheat Roll

SEPT. 19

- Breakfast: **Whole Wheat Chocolate Chip Banana Muffin**
- Lunch: **Cheese Stuffed Breadsticks, Spicy Chicken Sandwich**, Garden Salad, Fresh Red Grapes, Sliced Peaches

SEPT. 20

- Breakfast: **Whole Grain Chocolate Chip Waffle**
- Lunch: **Macaroni & Cheese, Mini Corn Dogs**, Garden Salad, Baked Beans, Fresh Cantaloupe

SEPT. 21

- Breakfast: **Turkey Ham & Cheese Croissant**

- Lunch: **Cheese Enchiladas, Spicy Chicken Tenders**, Garden Salad, Seasoned Pinto Beans, Garden Fresh Watermelon
- SEPT. 22

- Breakfast: **Whole Wheat Cinnamon Roll**

- Lunch: **Chili Cheese Dog, Spicy Chicken Sandwich**, Garden Salad, Roasted Broccoli, Fruit Cobbler

SEPT. 25

- **NO SCHOOL**

SEPT. 26

- Breakfast: **French Toast**

- Lunch: **Breaded Chicken Sandwich, Build Your Own Burrito Bowl Beef or Chicken**, Garden Salad, Black or Pinto Beans, Fresh Mixed Fruit, Steamed or Cilantro Rice

SEPT. 27

- Breakfast: **Mini Pancakes**

- Lunch: **Orange Chicken & Lo Mein, Spicy Chicken Sandwich**, Garden Salad, Stir Fried Vegetables, Fresh Pineapple, Vegetable Egg Roll

SEPT. 28

- Breakfast: **Turkey Ham & Cheese Croissant**

- Lunch: **Beef & Cheese Nachos**, Garden Salad, Whole Kernel Corn, Fresh Cantaloupe

SEPT. 29

- Breakfast: **Whole Wheat Cinnamon Roll**

- Lunch: **Macaroni & Cheese, Spicy Chicken Sandwich**, Baked Beans, Garden Salad, Fruit Cobbler, Wheat Roll

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BREAKFAST INFORMATION

Complete breakfast includes choice of one entrée; two fruits or one fruit and juice; 1% white or fat-free chocolate milk.

- Daily breakfast features Vanilla Yogurt & Rockin' ola granola; whole grain cereal (not available at some schools); 100% fruit juice and 1% white or fat-free chocolate milk.

LUNCH INFORMATION

Complete lunch includes choice of entrée; two fruits; two vegetables and 1% white or fat-free chocolate milk.

Weekly Entrée Salads

- Tuesday, Wednesday and Thursday: Southwest Grilled Chicken Salad



MIDDLE SCHOOL & HIGH SCHOOL PIZZA MENU AUGUST-SEPTEMBER 2023

2023-2024 MIDDLE & HIGH SCHOOL MEAL PRICES:

MIDDLE & HIGH SCHOOL LUNCH: PAID STUDENTS: \$2.50 // Adult/Visitor lunch \$5.00

REDUCED STUDENT LUNCH: \$0.40

MIDDLE & HIGH SCHOOL PIZZA MENU CALENDAR

AUG. 28

- Pizzas: Cheese, Pepperoni

AUG. 29

- Pizzas: Cheese, Meat Lovers

AUG. 30

- Pizzas: Cheese, Pepperoni

AUG. 31

- Pizzas: Cheese, Meat Lovers

SEPT. 1

- Pizzas: Cheese, Pepperoni

SEPT. 4

- NO SCHOOL

SEPT. 5

- Pizzas: Cheese, Meat Lovers

SEPT. 6

- Pizzas: Cheese, Pepperoni

SEPT. 7

- Pizzas: Cheese, Meat Lovers

SEPT. 8

- Pizzas: Cheese, Pepperoni

SEPT. 11

- Pizzas: Cheese, Pepperoni

SEPT. 12

- Pizzas: Cheese, Meat Lovers

SEPT. 13

- Pizzas: Cheese, Pepperoni

SEPT. 14

- Pizzas: Cheese, Meat Lovers

SEPT. 15

- Pizzas: Cheese, Pepperoni

SEPT. 18

- Pizzas: Cheese, Pepperoni

SEPT. 19

- Pizzas: Cheese, Meat Lovers

SEPT. 20

- Pizzas: Cheese, Pepperoni

SEPT. 21

- Pizzas: Cheese, Meat Lovers

SEPT. 22

- Pizzas: Cheese, Pepperoni

SEPT. 25

- NO SCHOOL

SEPT. 26

- Pizzas: Cheese, Meat Lovers

SEPT. 27

- Pizzas: Cheese, Pepperoni

SEPT. 28

- Pizzas: Cheese, Meat Lovers

SEPT. 29

- Pizzas: Cheese, Pepperoni

Lunch Information

- Lunch include choice of entrée, two fruits, two vegetables, Breadstick, 1% white or fat free chocolate milk.
- Daily lunch features: Fresh Fruit
- Daily entrée options: Hot Bun Sandwiches

Vegetable Choices

- Mondays: Whole Kernel corn

- Tuesday-Friday: Garden Salad & Cucumbers
- Monday-Friday: Baby Carrots & Hummus

Weekly Entrée Salads

- Tuesday, Wednesday & Thursday:

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AUGUST-SEPTEMBER 2023 HIGH SCHOOL BREAKFAST AND LUNCH MENU

2023-2024 MEAL PRICES:

HIGH SCHOOL BREAKFAST: PAID STUDENTS: \$1.25 // Adult/Visitor breakfast \$3.00

HIGH SCHOOL LUNCH: PAID STUDENTS: \$2.50 // Adult/Visitor lunch \$5.00

REDUCED STUDENT BREAKFAST: FREE // **REDUCED STUDENT LUNCH:** \$0.40

BREAKFAST AND LUNCH CALENDAR

AUG. 28

- Breakfast: **Whole Grain Maple Waffle**
- Lunch: **Mini Corn Dogs, Spicy Chicken Sandwich**, Garden Salad, Baked Beans, Sliced Peaches

AUG. 29

- Breakfast: **Sausage & Cheese Biscuit**
- Lunch: **Breaded Chicken Sandwich, Build Your Own Burrito Bowl Beef or Chicken**, Garden Salad, Black or Pinto Beans, Fresh Mixed Fruit, Steamed or Cilantro Rice

AUG. 30

- Breakfast: **Mini Pancakes**
- Lunch: **Orange Chicken & Lo Mein, Spicy Chicken Sandwich**, Garden Salad, Stir Fried Vegetables, Fresh Pineapple, Vegetable Egg Roll

AUG. 31

- Breakfast: **Turkey Ham & Cheese Croissant**
- Lunch: **Beef & Cheese Nachos**, Garden Salad, Whole Kernel Corn, Fresh Cantaloupe

SEPT. 1

- Breakfast: **Whole Wheat Cinnamon Roll**
- Lunch: **Macaroni & Cheese, Spicy Chicken Tenders**, Baked Beans, Garden Salad, Fruit Cobbler

SEPT. 4

- **NO SCHOOL**

SEPT. 5

- Breakfast: **French Toast**
- Lunch: **Breakfast Taco, Spicy Chicken Sandwich**, Garden Salad, Whole Kernel Corn, Fresh Berries, Wheat Roll

SEPT. 6

- Breakfast: **Whole Grain Chocolate Chip Waffle**
- Lunch: **Spaghetti & Meat Sauce, Spicy Chicken Sandwich**, Garden Salad, Seasoned Green Beans, Fresh Pineapple, Garlic Roll

SEPT. 7

- Breakfast: **Turkey Ham & Cheese Croissant**
- Lunch: **Beef & Cheese Nachos**, Garden Salad, Seasoned Black Beans, Fresh Mixed Fruit

SEPT. 8

- Breakfast: **Whole Wheat Cinnamon Roll**
- Lunch: **Cheese Stuffed Breadsticks, Breaded Chicken Sandwich**, Garden Salad, Fresh Cucumber Slices, Garden Fresh Watermelon

SEPT. 11

- Breakfast: **Whole Grain Maple Waffle**
- Lunch: **Mini Corn Dogs, Spicy Chicken Sandwich**, Baked Beans, Broccoli Salad, Sliced Peaches

SEPT. 12

- Breakfast: **Sausage & Cheese Biscuit**
- Lunch: **Spicy Chicken Sandwich, Build Your Own Burrito Bowl Beef or Chicken**, Garden Salad, Black or Pinto Beans, Fresh Pineapple Chunks, Steamed or Cilantro Rice

SEPT. 13

- Breakfast: **Mini Pancakes**
- Lunch: **Orange Chicken & Lo Mein, Breaded Chicken Sandwich**, Garden Salad, Stir Fried Vegetables, Mandarin Oranges, Vegetable Egg Roll

SEPT. 14

- Breakfast: **Turkey Ham & Cheese Croissant**
- Lunch: **Beef & Cheese Nachos**, Garden Salad, Seasoned Black Beans, Fresh Mixed Fruit

SEPT. 15

- Breakfast: **Whole Wheat Cinnamon Roll**
- Lunch: **Chili & Cheese Baked Potato, Breaded Chicken Sandwich**, Cole Slaw, Seasoned Pinto Beans, Fruit Cobbler

SEPT. 18

- Breakfast: **French Toast**
- Lunch: **Steak Fingers, Homestyle Chicken Tenders**, Garden Salad, Mashed Potatoes & Gravy, Seasoned Green Beans, Sliced Peaches, Wheat Roll

SEPT. 19

- Breakfast: **Whole Grain Chocolate Chip Banana Muffins**
- Lunch: **Cheese Stuffed Breadsticks, Spicy Chicken Sandwich**, Garden Salad, Fresh Red Grapes, Sliced Peaches

SEPT. 20

- Breakfast: **Whole Grain Chocolate Chip Waffles**
- Lunch: **Macaroni & Cheese, Mini Corn Dogs**, Garden Salad, Baked Beans, Fresh Cantaloupe

SEPT. 21

- Breakfast: **Turkey Ham & Cheese Croissant**
- Lunch: **Cheese Enchiladas, Spicy Chicken Sandwich**, Garden Salad, Season Pinto Beans, Garden Fresh Watermelon

SEPT. 22

- Breakfast: **Whole Wheat Cinnamon Roll**
- Lunch: **Chili Cheese Dogs, Spicy Chicken Sandwich**, Garden Salad, Roasted Broccoli, Fruit Cobbler

SEPT. 25

- **NO SCHOOL**

SEPT. 26

- Breakfast: **French Toast**
- Lunch: **Breaded Chicken Sandwich, Build Your Own Burrito Bowl Beef or Chicken**, Garden Salad, Black or Pinto Beans, Fresh Mixed Fruit, Steamed or Cilantro Rice

SEPT. 27

- Breakfast: **Mini Pancakes**
- Lunch: **Orange Chicken & Lo Mein, Spicy Chicken Sandwich**, Garden Salad, Stir Fried Vegetables, Fresh Pineapple, Vegetable Egg Roll

SEPT. 28

- Breakfast: **Turkey Ham & Cheese Croissant**
- Lunch: **Beef & Cheese Nachos**, Garden Salad, Whole Kernel Corn, Fresh Cantaloupe

SEPT. 29

- Breakfast: **Whole Wheat Cinnamon Roll**
- Lunch: **Macaroni & Cheese, Spicy Chicken Sandwich**, Baked Beans, Garden Salad, Fruit Cobbler, Wheat Roll

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BREAKFAST INFORMATION

Complete breakfast includes choice of one entrée; two fruits or one fruit and juice; 1% white or fat-free chocolate milk.

- Daily breakfast features Vanilla Yogurt & Rockin' ola granola; whole grain cereal (not available at some schools); 100% fruit juice and 1% white or fat-free chocolate milk.

LUNCH INFORMATION

Complete lunch includes choice of entrée; two fruits; two vegetables and 1% white or fat-free chocolate milk.

Weekly Entrée Salads

- Tuesday, Wednesday and Thursday: Southwest Grilled Chicken Salad

MIDDLE SCHOOL SUPPER MENU AUGUST-SEPTEMBER 2022

MIDDLE SCHOOL MEAL PRICES:

- Supper Prices for Students: No Cost

MIDDLE SCHOOL SUPPER CALENDAR

AUG. 28

- Supper: **Hamburger or Cheeseburger**, Seasoned Green Beans, Gala Apple

AUG. 29

- Supper: **Cheese Stuffed Breadsticks**, Mixed Vegetables, Gala Apple

AUG. 30

- Supper: **Breaded Chicken Sandwich**, Whole Kernel Corn, Gala Apple

AUG. 31

- Supper: **Popcorn Chicken**, Mashed Potatoes, Gala Apple

SEPT. 1

- Supper: **Cheese Pizza**, Baby Carrots, Gala Apple

SEPT. 4

- NO SCHOOL

SEPT. 5

- Supper: **Hamburger or Cheeseburger**, Potato Wedges, Gala Apple

SEPT. 6

- Supper: **Popcorn Chicken**, Mashed Potatoes, Gala Apple

SEPT. 7

- Supper: **Steak Fingers**, Mashed Potatoes, Gala Apple

SEPT. 8

- Supper: **Pepperoni Pizza**, Baby Carrots, Gala Apple

SEPT. 11

- Supper: **Hamburger or Cheeseburger**, Seasoned Green Beans, Gala Apple

SEPT. 12

- Supper: **Cheese Stuffed Breadsticks**, Mixed Vegetables, Gala Apple

SEPT. 13

- Supper: **Breaded Chicken Sandwich**, Whole Kernel Corn, Gala Apple
SEPT. 14
- Supper: **Popcorn Chicken**, Mashed Potatoes, Gala Apple
SEPT. 15
- Supper: **Cheese Pizza**, Baby Carrots, Gala Apple
SEPT. 18
- Supper: **Mini Corn Dogs**, Seasoned Vegetables, Gala Apple
SEPT. 19
- Supper: **Hamburger or Cheeseburger**, Potato Wedges, Gala Apple
SEPT. 20
- Supper: **Popcorn Chicken**, Mashed Potatoes, Gala Apple
SEPT. 21
- Supper: **Steak Fingers**, Mashed Potatoes, Gala Apple
SEPT. 22
- Supper: **Pepperoni Pizza**, Baby Carrots, Gala Apple
SEPT. 25
- NO SCHOOL
SEPT. 26
- Supper: **Cheese Stuffed Breadsticks**, Mixed Vegetables, Gala Apple
SEPT. 27
- Supper: **Breaded Chicken Sandwich**, Whole Kernel Corn, Gala Apple
SEPT. 28
- Supper: **Popcorn Chicken**, Mashed Potatoes, Gala Apple
SEPT. 29
- Supper: **Cheese Pizza**, Baby Carrots, Gala Apple

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Menus also available at Schoolcafe.com

Nutrient Analysis Information can be found at <https://www.cfishd.net/Page/3593>

SUPPER INFORMATION

Complete Supper Includes: Entrée: 1 fruit, 1 vegetable, 1% white or fat free chocolate milk

HIGH SCHOOL SUPPER MENU AUGUST-SEPTEMBER 2023

HIGH SCHOOL MEAL PRICES:

- Supper Prices for Students: No Cost

HIGH SCHOOL SUPPER CALENDAR

AUG. 28

- Supper: **Hamburger or Cheeseburger**, Seasoned Green Beans, Gala Apple

AUG. 29

- Supper: **Cheese Stuffed Breadsticks**, Mixed Vegetables, Gala Apple

AUG. 30

- Supper: **Breaded Chicken Sandwich**, Whole Kernel Corn, Gala Apple

AUG. 31

- Supper: **Popcorn Chicken**, Mashed Potatoes, Gala Apple

SEPT. 1

- Supper: **Cheese Pizza**, Baby Carrots, Gala Apple

SEPT. 4

- NO SCHOOL

SEPT. 5

- Supper: **Hamburger or Cheeseburger**, Potato Wedges, Gala Apple

SEPT. 6

- Supper: **Popcorn Chicken**, Mashed Potatoes, Gala Apple

SEPT. 7

- Supper: **Steak Fingers**, Mashed Potatoes, Gala Apple

SEPT. 8

- Supper: **Pepperoni Pizza**, Baby Carrots, Gala Apple

SEPT. 11

- Supper: **Hamburger or Cheeseburger**, Seasoned Green Beans, Gala Apple

SEPT. 12

- Supper: **Cheese Stuffed Breadsticks**, Mixed Vegetables, Gala Apple

SEPT. 13

- Supper: **Breaded Chicken Sandwich**, Whole Kernel Corn, Gala Apple
SEPT. 14
- Supper: **Popcorn Chicken**, Mashed Potatoes, Gala Apple
SEPT. 15
- Supper: **Cheese Pizza**, Baby Carrots, Gala Apple
SEPT. 18
- Supper: **Mini Corn Dogs**, Seasoned Vegetables, Gala Apple
SEPT. 19
- Supper: **Hamburger or Cheeseburger**, Potato Wedges, Gala Apple
SEPT. 20
- Supper: **Popcorn Chicken**, Mashed Potatoes, Gala Apple
SEPT. 21
- Supper: **Steak Fingers**, Mashed Potatoes, Gala Apple
SEPT. 22
- Supper: **Pepperoni Pizza**, Baby Carrots, Gala Apple
SEPT. 25
- NO SCHOOL
SEPT. 26
- Supper: **Cheese Stuffed Breadsticks**, Mixed Vegetables, Gala Apple
SEPT. 27
- Supper: **Breaded Chicken Sandwich**, Whole Kernel Corn, Gala Apple
SEPT. 28
- Supper: **Popcorn Chicken**, Mashed Potatoes, Gala Apple
SEPT. 29
- Supper: **Cheese Pizza**, Baby Carrots, Gala Apple

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SUPPER INFORMATION

Complete Supper Includes: Entrée: 1 fruit, 1 vegetable, 1% white or fat free chocolate milk

Early Learning Center MENU AUGUST-SEPTEMBER 2023

ELEMENTARY MEAL PRICES:

- Supper Prices for Students: No Cost

EARLY LEARNING CENTER CALENDAR

SEPT. 1

- Breakfast: Mini Pancakes
- Lunch: Lunch from Home

SEPT. 4

- NO SCHOOL

SEPT. 5

- Breakfast: Cereal
- Lunch: Hamburger, Whole Kernel Corn, Fresh Apple Slices

SEPT. 6

- Breakfast: Chocolate Chip Waffle
- Lunch: Mini Corndogs, Fresh Cucumbers, Fresh Cantaloupe

SEPT. 7

- Breakfast: Ham & Cheese Croissant
- Lunch: Cheese Enchiladas, Pinto Beans, Watermelon

SEPT. 8

- Breakfast: Oatmeal Bar
- Lunch: Lunch from Home

SEPT. 11

- Breakfast: Cereal
- Lunch: Soft tacos, Seasoned Pinto Beans, Fresh Apple Slices

SEPT. 12

- Breakfast: Chocolate Chip Waffle
- Lunch: Chicken Tenders, Fresh Cucumbers, Orange Smiles

SEPT. 13

- Breakfast: French Toast Sticks

- Lunch: Cheese Stuffed Breadstick, Fresh Cucumber Slices, Fresh Pineapple

SEPT. 14

- Breakfast: Ham & Cheese Croissant
- Lunch: Spaghetti & Meatballs, Seasoned Green Beans, Fresh Berries

SEPT. 15

- Breakfast: Oatmeal Bar
- Lunch: Lunch from Home

SEPT. 18

- Breakfast: Cereal
- Lunch: Soft tacos, Seasoned Pinto Beans, Fresh Apple Slices

SEPT. 19

- Breakfast: French Toast Sticks
- Lunch: Cheeseburger, Whole Kernel Corn, Orange Smiles

SEPT. 20

- Breakfast: Mini Pancakes
- Lunch: Hot Dog, Cucumber slices, Fresh Pineapple

SEPT. 21

- Breakfast: Ham & Cheese Croissant
- Lunch: Mac & Cheese, Baked Beans, Watermelon

SEPT. 22

- Breakfast: Mini Pancakes
- Lunch: Lunch from Home

SEPT. 25

- Breakfast: Cereal
- Lunch: Soft Tacos, Seasoned Pinto Beans, Fresh Apple Slices

SEPT. 26

- Breakfast: Maple Waffle
- Lunch: Chicken Tenders, Whole Kernel Corn, Orange Smiles

SEPT. 27

- Breakfast: Mini Pancakes
- Lunch: Cheese Stuffed Breadsticks, Fresh Cucumber Slices, Fresh Pineapple

SEPT. 28

- Breakfast: Ham & Cheese Croissant
- Lunch: Spaghetti & Meatballs, Green Beans, Red Grapes

SEPT. 29

- Breakfast: Oatmeal Bar
- Lunch: Lunch from Home

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