

PRE-K BREAKFAST AND LUNCH MENU OCTOBER 2022

2022-2023 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: \$0.20 // REDUCED STUDENT LUNCH: \$0.40

PRE-K BREAKFAST AND LUNCH MENU CALENDAR

OCT. 3

- Breakfast: **Whole Wheat Cinnamon Roll OR Yogurt & Granola**
- Lunch: **Nachos w/ Baked Tostitos**, Baby Carrots, Seasoned Pinto Beans, Fresh Apple Slices

OCT. 4

- Breakfast: **Whole Grain Chocolate Chip Waffle**
- Lunch: **Steak Fingers, Hamburger or Cheeseburger**, Baby Carrots, Mashed Potatoes & Gravy, Fresh Apple Slices, Wheat Roll

OCT. 5

- Breakfast: **Sausage & Cheese Biscuit**
- Lunch: **Cheese or Pepperoni Pizza**, Garden Salad, Seasoned Green Beans, Mixed Fruit

OCT. 6

- Breakfast: **Turkey Ham & Cheese Croissant**
- Lunch: **Spaghetti & Meatballs, Breaded Chicken Sandwich**, Garden Salad, Mixed Vegetables, Frozen Peach Cup, Garlic Roll

OCT. 7

- Breakfast: **Sausage & Cheese Kolache**
- Lunch: **Popcorn Chicken, Beef Hot Dog**, Baked Beans, Garden Fresh Cucumbers, Peach Cobbler, Wheat Roll

OCT. 10

- Breakfast: **Whole Wheat Cinnamon Roll OR Yogurt & Granola**
- Lunch: **Beef Soft Tacos**, Baby Carrots, Seasoned Pinto Beans, Fresh Apple Slices

OCT. 11

- Breakfast: **French Toast**
- Lunch: **Mini Corn Dogs, Hamburger or Cheeseburger**, Baked Beans, Garden Salad, Orange Smiles

OCT. 12

- Breakfast: **Apple Spice Muffin**

- Lunch: **Cheese or Pepperoni Pizza**, Garden Salad, Seasoned Green Beans, Fresh Pineapple Chunks

OCT. 13

- Breakfast: **Turkey Ham & Cheese Croissant**
- Lunch: **Breaded Chicken Sandwich, Macaroni & Cheese**, Garden Salad, Mixed Vegetables, Mandarin Oranges

OCT. 14

- Breakfast: **Chicken Biscuit**
- Lunch: **Popcorn Chicken, Beef Hot Dog**, Garden Salad, Steamed Broccoli, Peach Cobbler

OCT. 17

- Breakfast: **Whole Wheat Cinnamon Roll OR Yogurt & Granola**
- Lunch: **Nachos w/ Baked Tostitos**, Baby Carrots, Seasoned Pinto Beans, Fresh Apple Slices

OCT. 18

- Breakfast: **Whole Grain Maple Waffle**
- Lunch: **Popcorn Chicken, Hamburger or Cheeseburger**, Garden Salad, Whole Kernel Corn, Orange Smiles, Wheat Roll

OCT. 19

- Breakfast: **Sausage & Cheese Biscuit**
- Lunch: **Cheese or Pepperoni Pizza**, Garden Salad, Steamed Broccoli, Fresh Pineapple Chunks

OCT. 20

- Breakfast: **Turkey Ham & Cheese Croissant**
- Lunch: **Spaghetti & Meatballs, Breaded Chicken Sandwich**, Garden Salad, Seasoned Green Beans, Sliced Peaches, Garlic Roll

OCT. 21

- Breakfast: **Sausage & Cheese Kolache**
- Lunch: **Cheese Stuffed Breadsticks, Beef Hot Dog**, Garden Salad, Mixed Vegetables, Mandarin Oranges

OCT. 24

- **NO SCHOOL**

OCT. 25

- Breakfast: **Mini Pancakes**
- Lunch: **Hamburger or Cheeseburger**, Garden Salad, Whole Kernel Corn, Frozen Peach Cup

OCT. 26

- Breakfast: **Apple Spice Muffin**
- Lunch: **Cheese or Pepperoni Pizza**, Garden Salad, Mixed Vegetables, Sliced Peaches

OCT. 27

- Breakfast: **Turkey Ham & Cheese Croissant**
- Lunch: **Orange Chicken & Lo Mein, Breaded Chicken Sandwich**, Garden Salad, Steamed Broccoli, Frozen Peach Cup, Wheat Roll

OCT. 28

- Breakfast: **Turkey Ham & Cheese Croissant**
- Lunch: **Popcorn Chicken, Beef Hot Dog**, Garden Salad, Seasoned Green Beans, Peach Cobbler, Wheat Roll

OCT. 31

- Breakfast: **Whole Wheat Cinnamon Roll OR Yogurt & Granola**
- Lunch: **Nachos w/ Baked Tostitos**, Baby Carrots, Seasoned Pinto Beans, Fresh Apple Slices

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.cfid.net/Page/3593>

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 OCTOBER 2022

2022-2023 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: \$0.20 // REDUCED STUDENT LUNCH: \$0.40

ELEMENTARY BREAKFAST AND LUNCH CALENDAR

OCT. 3

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

OCT. 4

- Breakfast: **Whole Grain Chocolate Chip Waffle**
- Lunch: **Steak Fingers, Hamburger or Cheeseburger**, Baby Carrots, Mashed Potatoes & Gravy, Fresh Apple Slices, Wheat Roll

OCT. 5

- Breakfast: **Sausage & Cheese Biscuit**
- Lunch: **Cheese or Pepperoni Pizza**, Garden Salad, Seasoned Green Beans, Mixed Fruit

OCT. 6

- Breakfast: **Turkey Ham & Cheese Croissant**
- Lunch: **Spaghetti & Meatballs, Breaded Chicken Sandwich**, Garden Salad, Mixed Vegetables, Frozen Peach Cup, Garlic Roll

OCT. 7

- Breakfast: **Sausage & Cheese Kolache**
- Lunch: **Popcorn Chicken, Beef Hot Dog**, Baked Beans, Garden Fresh Cucumbers, Peach Cobbler, Wheat Roll

OCT. 10

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

OCT. 11

- Breakfast: **French Toast**
- Lunch: **Mini Corn Dogs, Hamburger or Cheeseburger**, Baked Beans, Garden Salad, Orange Smiles

OCT. 12

- Breakfast: **Apple Spice Muffin**
- Lunch: **Cheese or Pepperoni Pizza**, Garden Salad, Seasoned Green Beans, Fresh Pineapple Chunks

OCT. 13

- Breakfast: **Turkey Ham & Cheese Croissant**
- Lunch: **Breaded Chicken Sandwich, Macaroni & Cheese**, Garden Salad, Mixed Vegetables, Mandarin Oranges

OCT. 14

- Breakfast: **Chicken Biscuit**
- Lunch: **Popcorn Chicken, Beef Hot Dog**, Garden Salad, Steamed Broccoli, Peach Cobbler

OCT. 17

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

OCT. 18

- Breakfast: **Whole Grain Maple Waffle**
- Lunch: **Popcorn Chicken, Hamburger or Cheeseburger**, Garden Salad, Whole Kernel Corn, Orange Smiles, Wheat Roll

OCT. 19

- Breakfast: **Sausage & Cheese Biscuit**
- Lunch: **Cheese or Pepperoni Pizza**, Garden Salad, Steamed Broccoli, Fresh Pineapple Chunks

OCT. 20

- Breakfast: **Turkey Ham & Cheese Croissant**
- Lunch: **Spaghetti & Meatballs, Breaded Chicken Sandwich**, Garden Salad, Seasoned Green Beans, Sliced Peaches, Garlic Roll

OCT. 21

- Breakfast: **Sausage & Cheese Kolache**
- Lunch: **Cheese Stuffed Breadsticks, Beef Hot Dog**, Garden Salad, Mixed Vegetables, Mandarin Oranges

OCT. 24

- **NO SCHOOL**

OCT. 25

- Breakfast: **Mini Pancakes**
- Lunch: **Hamburger or Cheeseburger**, Garden Salad, Whole Kernel Corn, Frozen Peach Cup

OCT. 26

- Breakfast: **Apple Spice Muffin**
- Lunch: **Cheese or Pepperoni Pizza**, Garden Salad, Mixed Vegetables, Sliced Peaches

OCT. 27

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

- Lunch: **Orange Chicken & Lo Mein, Breaded Chicken Sandwich**, Garden Salad, Steamed Broccoli, Frozen Peach Cup, Wheat Roll
- OCT. 28
- Breakfast: **Turkey Ham & Cheese Croissant**
 - Lunch: **Popcorn Chicken, Beef Hot Dog**, Garden Salad, Seasoned Green Beans, Peach Cobbler, Wheat Roll
- OCT. 31
- Breakfast: **Whole Wheat Cinnamon Roll**
 - Lunch: **Nachos w/ Baked Tostitos**, Baby Carrots, Seasoned Pinto Beans, Fresh Apple Slices

This institution is an equal opportunity provider.

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

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); 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: Grilled Chicken Caesar salad.

ELEMENTARY SUPPER MENU OCTOBER 2022

ELEMENTARY MEAL PRICES:

- Supper Prices for Students: No Cost

ELEMENTARY SUPPER CALENDAR

OCT. 3

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

OCT. 4

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

OCT. 5

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

OCT. 6

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

OCT. 7

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

OCT. 10

- Supper: **Popcorn Chicken**, Baby Carrots, Fresh Apple Slices

OCT. 11

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

OCT. 12

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

OCT. 13

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

OCT. 14

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

OCT. 17

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

OCT. 18

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

OCT. 19

- Supper: **Breaded Chicken Sandwich**, Baby Carrots, Fresh Apple Slices
OCT. 20
- Supper: **Popcorn Chicken**, Potato Wedges, Fresh Apple Slices
OCT. 21
- Supper: **Cheese Pizza**, Baby Carrots, Applesauce Pouch
OCT. 24
- NO SCHOOL
OCT. 25
- Supper: **Beef Hot Dog**, Potato Wedges, Fresh Apple Slices
OCT. 26
- Supper: **Cheese Stuffed Breadsticks**, Baby Carrots, Fresh Apple Slices
OCT. 27
- Supper: **Breaded Chicken Sandwich**, Potato Wedges, Fresh Apple Slices
OCT. 28
- Supper: **Pepperoni Pizza**, Baby Carrots, Applesauce Pouch
OCT. 31
 - Supper: **Hamburger or Cheeseburger**, Baby Carrots, Fresh Apple Slices

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SUPPER INFORMATION

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

OCTOBER 2022 MIDDLE SCHOOL BREAKFAST AND LUNCH MENU

2022-2023 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: \$0.20 // **REDUCED STUDENT LUNCH:** \$0.40

BREAKFAST AND LUNCH CALENDAR

OCT. 3

- Breakfast: **Whole Wheat Cinnamon Roll**
- Lunch: **Mini Corn Dogs, Spicy Chicken Sandwich**, Baked Beans, Garden Salad, Sliced Peaches, Wheat Roll

OCT. 4

- Breakfast: **Whole Grain Chocolate Chip Waffle**
- Lunch: **Chicken Fajita Tacos, Spicy Chicken Tenders**, Garden salad, Whole Kernel Corn, Diced Pears, Wheat Roll

OCT. 5

- Breakfast: **Whole Wheat Cinnamon Roll**
- Lunch: **Orange Chicken & Stir-Fried Rice, Homestyle Chicken Tenders**, Garden Salad, Stir Fried Vegetables, Mandarin Oranges & Pineapple, Banana Bread

OCT. 6

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

OCT. 7

- Breakfast: **Sausage & Cheese Kolache**
- Lunch: **Pulled Pork BQ Sandwich, Spicy Chicken Sandwich**, Cole Slaw, Sweet Potato Fries, Peach Cobbler

OCT. 10

- Breakfast: **Whole Wheat Cinnamon Roll**
- Lunch: **Steak Fingers, Homestyle Chicken Tenders**, Garden Salad, Mashed Potatoes & Gravy, Peaches & Berries, Wheat Roll

OCT. 11

- Breakfast: **French Toast**
- Lunch: **Beef Soft Tacos, Spicy Chicken Sandwich**, Garden Salad, Whole Kernel Corn, Sliced Peaches

OCT. 12

- Breakfast: **Mini Pancakes**
- Lunch: **Homestyle Chicken Tenders, Spaghetti & Meatballs**, Garden Salad, Seasoned Green Beans, Diced Pears, Garlic Roll

OCT. 13

- Breakfast: **Whole Grain Maple Waffles**

- Lunch: **Cheese Enchiladas, Spicy Chicken Tenders**, Garden Salad, Seasoned Pinto Beans, Pineapple Tidbits

OCT. 14

- Breakfast: **Chicken Biscuit**
- Lunch: **Cheese Stuffed Breadsticks, Spicy Chicken Tenders**, Garden Salad, Roasted Broccoli, Peach Cobbler

OCT. 17

- Breakfast: **Whole Wheat Cinnamon Roll**
- Lunch: **Mini Pizza Bagels**, Garden Salad, Mixed Vegetables, Sliced Peaches

OCT. 18

- Breakfast: **Whole Grain Maple Waffle**
- Lunch: **Chicken Fajita Tacos, Spicy Chicken Tenders**, Garden salad, Whole Kernel Corn, Diced Pears, Cheddar Jalapeno

OCT. 19

- Breakfast: **Turkey Bacon & Egg Breakfast Taco**
- Lunch: **Orange Chicken & Stir Fried Rice, Spicy Chicken Sandwich**, Garden Salad, Stir Fried Vegetables, Mandarin Oranges & Pineapple, Banana Bread

OCT. 20

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

OCT. 21

- Breakfast: **Sausage & Cheese Kolache**
- Lunch: **Macaroni & Cheese, Spicy Chicken Tenders**, Baby Carrots, Garden Salad, Pineapple Tidbits, Wheat Roll

OCT. 24

- **NO SCHOOL**

OCT. 25

- Breakfast: **Mini Pancakes**
- Lunch: **Beef Soft Tacos, Spicy Chicken Sandwich**, Garden Salad, Whole Kernel Corn, Peaches & Berries, Wheat Roll

OCT. 26

- Breakfast: **Sausage & Cheese Biscuit**
- Lunch: **Spaghetti & Meatsauce, Spicy Chicken Sandwich**, Garden Salad, Seasoned Green Beans, Fresh Pineapple Chunks, Garlic Roll

OCT. 27

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

OCT. 28

- Breakfast: **Chicken Biscuit**
- Lunch: **Cheese Stuffed Breadsticks, Breaded Chicken Sandwich**, Garden Salad, Diced Carrots, Mixed Fruit

OCT. 31

- Breakfast: **Whole Wheat Cinnamon Roll**
- Lunch: **Mini Corn Dogs, Spicy Chicken Sandwich**, Garden Salad, BBQ Baked Beans, Sliced Peaches, 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 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: Grilled Chicken Caesar Salad

MIDDLE SCHOOL SUPPER MENU OCTOBER 2022

MIDDLE SCHOOL MEAL PRICES:

- Supper Prices for Students: No Cost

MIDDLE SCHOOL SUPPER CALENDAR

OCT. 3

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

OCT. 4

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

OCT. 5

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

OCT. 6

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

OCT. 7

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

OCT. 10

- Supper: **Mini Corn Dogs**, Seasoned Vegetables, Gala Apple

OCT. 11

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

OCT. 12

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

OCT. 13

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

OCT. 14

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

OCT. 17

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

OCT. 18

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

OCT. 19

- Supper: **Breaded Chicken Sandwich**, Whole Kernel Corn, Gala Apple
OCT. 20
- Supper: **Popcorn Chicken**, Mashed Potatoes, Gala Apple, Wheat Roll
OCT. 21
- Supper: **Cheese Pizza**, Baby Carrots, Gala Apple
OCT. 24
- NO SCHOOL
OCT. 25
- Supper: **Hamburger or Cheeseburger**, Potato Wedges, Gala Apple, Wheat Roll
OCT. 26
- Supper: **Popcorn Chicken**, Mashed Potatoes, Gala Apple, Wheat Roll
OCT. 27
- Supper: **Steak Fingers**, Mashed Potatoes, Gala Apple, Wheat Roll
OCT. 28
- Supper: **Pepperoni Pizza**, Baby Carrots, Gala Apple
OCT. 31
- Supper: **Hamburger or Cheeseburger**, Seasoned Green Beans, Gala Apple

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SUPPER INFORMATION

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



MIDDLE SCHOOL & HIGH SCHOOL PIZZA MENU OCTOBER 2022

2022-2023 MIDDLE & HIGH SCHOOL MEAL PRICES:

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

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

REDUCED STUDENT LUNCH: \$0.40

MIDDLE & HIGH SCHOOL PIZZA MENU CALENDAR

OCT. 3

- Pizzas: Cheese, Pepperoni

OCT. 4

- Pizzas: Cheese, Meat Lovers

OCT. 5

- Pizzas: Cheese, Pepperoni

OCT. 6

- Pizzas: Cheese, Meat Lovers

OCT. 7

- Pizzas: Cheese, Pepperoni

OCT. 10

- Pizzas: Cheese, Pepperoni

OCT. 11

- Pizzas: Cheese, Meat Lovers

OCT. 12

- Pizzas: Cheese, Pepperoni

OCT. 13

- Pizzas: Cheese, Meat Lovers

OCT. 14

- Pizzas: Cheese, Pepperoni

OCT. 17

- Pizzas: Cheese, Pepperoni

OCT. 18

- Pizzas: Cheese, Meat Lovers

OCT. 19

- Pizzas: Cheese, Pepperoni

OCT. 20

- Pizzas: Cheese, Meat Lovers

OCT. 21

- Pizzas: Cheese, Pepperoni

OCT. 24

- Pizzas: Cheese, Pepperoni

OCT. 25

- Pizzas: Cheese, Meat Lovers

OCT. 26

- Pizzas: Cheese, Pepperoni

OCT. 27

- Pizzas: Cheese, Meat Lovers

OCT. 28

- Pizzas: Cheese, Pepperoni

OCT. 31

- Pizzas: Cheese, Pepperoni

Lunch Information

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

Vegetable Choices

- Mondays: Whole Kernel corn
- Monday-Friday: Crunchy Chickpeas, Fresh Cucumber Slices
- Tuesday-Friday: Garden Salad
- (High School Only) Monday-Friday: Baby Carrots

Weekly Entrée Salads

- Tuesday, Wednesday & Thursday: Grilled Chicken Caesar Salad

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OCTOBER 2022 HIGH SCHOOL BREAKFAST AND LUNCH MENU

2022-2023 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: \$0.20 // **REDUCED STUDENT LUNCH:** \$0.40

BREAKFAST AND LUNCH CALENDAR

OCT. 3

- Breakfast: **Whole Wheat Cinnamon Roll**
- Lunch: **Mini Corn Dogs, Spicy Chicken Sandwich**, Baked Beans, Garden Salad, Sliced Peaches, Wheat Roll

OCT. 4

- Breakfast: **Whole Grain Chocolate Chip Waffle**
- Lunch: **Chicken Fajita Tacos, Spicy Chicken Tenders**, Garden salad, Whole Kernel Corn, Diced Pears, Wheat Roll

OCT. 5

- Breakfast: **Whole Wheat Cinnamon Roll**
- Lunch: **Orange Chicken & Stir-Fried Rice, Homestyle Chicken Tenders**, Garden Salad, Stir Fried Vegetables, Mandarin Oranges & Pineapple, Banana Bread

OCT. 6

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

OCT. 7

- Breakfast: **Sausage & Cheese Kolache**
- Lunch: **Pulled Pork BQ Sandwich, Spicy Chicken Sandwich**, Cole Slaw, Sweet Potato Fries, Peach Cobbler

OCT. 10

- Breakfast: **Whole Wheat Cinnamon Roll**
- Lunch: **Steak Fingers, Homestyle Chicken Tenders**, Garden Salad, Mashed Potatoes & Gravy, Peaches & Berries, Wheat Roll

OCT. 11

- Breakfast: **French Toast**
- Lunch: **Beef Soft Tacos, Spicy Chicken Sandwich**, Garden Salad, Whole Kernel Corn, Sliced Peaches

OCT. 12

- Breakfast: **Mini Pancakes**
- Lunch: **Homestyle Chicken Tenders, Spaghetti & Meatballs**, Garden Salad, Seasoned Green Beans, Diced Pears, Garlic Roll

OCT. 13

- Breakfast: **Whole Grain Maple Waffles**

- Lunch: **Cheese Enchiladas, Spicy Chicken Tenders**, Garden Salad, Seasoned Pinto Beans, Pineapple Tidbits

OCT. 14

- Breakfast: **Chicken Biscuit**
- Lunch: **Cheese Stuffed Breadsticks, Spicy Chicken Tenders**, Garden Salad, Roasted Broccoli, Peach Cobbler

OCT. 17

- Breakfast: **Whole Wheat Cinnamon Roll**
- Lunch: **Mini Pizza Bagels**, Garden Salad, Mixed Vegetables, Sliced Peaches

OCT. 18

- Breakfast: **Whole Grain Maple Waffle**
- Lunch: **Chicken Fajita Tacos, Spicy Chicken Tenders**, Garden salad, Whole Kernel Corn, Diced Pears, Cheddar Jalapeno

OCT. 19

- Breakfast: **Turkey Bacon & Egg Breakfast Taco**
- Lunch: **Orange Chicken & Stir Fried Rice, Spicy Chicken Sandwich**, Garden Salad, Stir Fried Vegetables, Mandarin Oranges & Pineapple, Banana Bread

OCT. 20

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

OCT. 21

- Breakfast: **Sausage & Cheese Kolache**
- Lunch: **Macaroni & Cheese, Spicy Chicken Tenders**, Baby Carrots, Garden Salad, Pineapple Tidbits, Wheat Roll

OCT. 24

- **NO SCHOOL**

OCT. 25

- Breakfast: **Mini Pancakes**
- Lunch: **Beef Soft Tacos, Spicy Chicken Sandwich**, Garden Salad, Whole Kernel Corn, Peaches & Berries, Wheat Roll

OCT. 26

- Breakfast: **Sausage & Cheese Biscuit**
- Lunch: **Spaghetti & Meatsauce, Spicy Chicken Sandwich**, Garden Salad, Seasoned Green Beans, Fresh Pineapple Chunks, Garlic Roll

OCT. 27

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

OCT. 28

- Breakfast: **Chicken Biscuit**
- Lunch: **Cheese Stuffed Breadsticks, Breaded Chicken Sandwich**, Garden Salad, Diced Carrots, Mixed Fruit

OCT. 31

- Breakfast: **Whole Wheat Cinnamon Roll**
- Lunch: **Mini Corn Dogs, Spicy Chicken Sandwich**, Garden Salad, BBQ Baked Beans, Sliced Peaches, 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 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: Grilled Chicken Caesar Salad

HIGH SCHOOL SUPPER MENU OCTOBER 2022

HIGH SCHOOL MEAL PRICES:

- Supper Prices for Students: No Cost

HIGH SCHOOL SUPPER CALENDAR

OCT. 3

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

OCT. 4

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

OCT. 5

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

OCT. 6

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

OCT. 7

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

OCT. 10

- Supper: **Mini Corn Dogs**, Seasoned Vegetables, Gala Apple

OCT. 11

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

OCT. 12

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

OCT. 13

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

OCT. 14

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

OCT. 17

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

OCT. 18

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

OCT. 19

- Supper: **Breaded Chicken Sandwich**, Whole Kernel Corn, Gala Apple
OCT. 20
- Supper: **Popcorn Chicken**, Mashed Potatoes, Gala Apple, Wheat Roll
OCT. 21
- Supper: **Cheese Pizza**, Baby Carrots, Gala Apple
OCT. 24
- NO SCHOOL
OCT. 25
- Supper: **Hamburger or Cheeseburger**, Potato Wedges, Gala Apple, Wheat Roll
OCT. 26
- Supper: **Popcorn Chicken**, Mashed Potatoes, Gala Apple, Wheat Roll
OCT. 27
- Supper: **Steak Fingers**, Mashed Potatoes, Gala Apple, Wheat Roll
OCT. 28
- Supper: **Pepperoni Pizza**, Baby Carrots, Gala Apple
OCT. 31
- Supper: **Hamburger or Cheeseburger**, Seasoned Green Beans, Gala Apple

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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

OCTOBER 2022 ALLERGEN FREE MENU

2021-2022 MEAL PRICES:

2022-2023 Meal Prices:

- Paid Elementary Breakfast: \$1.00 // Paid Elementary Lunch: \$2.25
- Paid Secondary Breakfast: \$1.25 // Paid Secondary Lunch: \$2.50
- Reduced Student Breakfast: \$0.20 // Reduced Student Lunch: \$0.40

ALLERGEN FREE LUNCH CALENDAR

OCT 3

- Lunch: **Beef Nachos w/ Baked! Tostito Scoops**, Pinto Beans, Baby Carrots, Sliced Peaches, Milk/Soy milk

OCT 4

- Lunch: **Black Beans & Rice w/ Baked! Tostito Scoops**, Whole Kernel Corn, Baby Carrots, Sliced Peaches, Milk/Soy milk

OCT. 5

- Lunch: **Beef Hot Dog on GF Bun**, Mixed Vegetables, Tossed Salad w/ Vinaigrette, Fresh Pineapple Chunks, Milk/Soy milk

OCT. 6

- Lunch: **Hamburger on GF Bun**, Green Beans, Tossed Salad w/ Vinaigrette, Orange Smiles, Milk/Soy milk

OCT. 7

- Lunch: **Beef Nachos w/ Baked! Tostito Scoops**, Pinto Beans, Baby Carrots, Sliced Peaches, Milk/Soy milk

OCT. 10

- Lunch: **Black Beans & Rice w/ Baked! Tostito Scoops**, Whole Kernel Corn, Baby Carrots, Sliced Peaches, Milk/Soy milk

OCT. 11

- Lunch: **Ian's Chicken Nuggets**, Whole Kernel Corn, Tossed Salad w/ Vinaigrette, Fresh Mixed Fruit, Milk/Soy milk

OCT. 12

- Lunch: **Beef Hot Dog on GF Bun**, Mixed Vegetables, Tossed Salad w/ Vinaigrette, Fresh Pineapple Chunks, Milk/Soy milk

OCT. 13

- Lunch: **Hamburger on GF Bun**, Green Beans, Tossed Salad w/ Vinaigrette, Orange Smiles, Milk/Soy milk

OCT. 14

- Lunch: **Beef Hot Dog on GF Bun**, Mixed Vegetables, Tossed Salad w/ Vinaigrette, Fresh Pineapple Chunks, Milk/Soy milk

OCT 17

- Lunch: **Beef Nachos w/ Baked! Tostito Scoops**, Pinto Beans, Baby Carrots, Sliced Peaches, Milk/Soy milk

OCT 18

- Lunch: **Hamburger on GF Bun**, Green Beans, Tossed Salad w/ Vinaigrette, Orange Smiles, Milk/Soy milk

OCT 19

- Lunch: **Beef Hot Dog on GF Bun**, Mixed Vegetables, Tossed Salad w/ Vinaigrette, Fresh Pineapple Chunks, Milk/Soy milk

OCT 20

- Lunch: **Hamburger on GF Bun**, Green Beans, Tossed Salad w/ Vinaigrette, Orange Smiles, Milk/Soy milk

OCT 21

- Lunch: **Ian's Chicken Nuggets**, Whole Kernel Corn, Tossed Salad w/ Vinaigrette, Fresh Mixed Fruit, Milk/Soy milk

OCT 24

- **NO SCHOOL**

OCT 25

- Lunch: **Hamburger on GF Bun**, Green Beans, Tossed Salad w/ Vinaigrette, Orange Smiles, Milk/Soy milk

OCT 26

- Lunch: **Beef Hot Dog on GF Bun**, Mixed Vegetables, Tossed Salad w/ Vinaigrette, Fresh Pineapple Chunks, Milk/Soy milk

OCT 27

- Lunch: **Ian's Chicken Nuggets**, Whole Kernel Corn, Tossed Salad w/ Vinaigrette, Fresh Mixed Fruit, Milk/Soy milk

OCT 28

- Lunch: **Hamburger on GF Bun**, Green Beans, Tossed Salad w/ Vinaigrette, Orange Smiles, Milk/Soy milk

OCT 3

- Lunch: **Beef Nachos w/ Baked! Tostito Scoops**, Pinto Beans, Baby Carrots, Sliced Peaches, Milk/Soy milk

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Allergen Free Standard Breakfast: 2 Rice Chex Cereals, served with choice of fruit/juice and type of milk if appropriate.

All foods are intended to be free of Gluten, Milk, Egg, Nuts, Soy, Wheat, Fish, Shellfish These meals will not be provided unless a Student Diet Modification form signed by a licensed physician is on file. Milk type will be provided based on allergy. Cypress Fairbanks ISD Food Service will make every effort to prevent the allergen of concern into the food through close attention during our purchasing, receiving, preparation and handling processes. We cannot guarantee that all meals are completely free of any trace amounts of allergens. We do not have separate kitchens to prepare allergen-free items, but every effort is made to thoroughly wash and sanitize equipment and preparation areas. In addition, companies may change formulas of food items and may not alert us of the change in a timely manner. It is up to the individual discretion of the parent/guardian working with their physician to determine whether our allergen meals are a safe choice for their child. Ingredient lists and food labels are available upon request. If you have any concerns about the sensitivity of your child's food allergy, please contact the Nutrition Services dietitian at 281-897-4545.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or fax: (833) 256-1665 or (202) 690-7442; or email: program.intake@usda.gov This institution is an equal opportunity provider.



DYSPHAGIA BREAKFAST AND LUNCH MENU OCTOBER 2022

2022-2023 MEAL PRICES:

- Paid Elementary Breakfast: \$1.00 // Paid Elementary Lunch: \$2.25
- Paid Secondary Breakfast: \$1.25 // Paid Secondary Lunch: \$2.50
- Reduced Student Breakfast: \$0.20 // Reduced Student Lunch: \$0.40

DYSPHAGIA BREAKFAST AND LUNCH CALENDAR

OCT. 3

- Breakfast: **Fruit & Yogurt Parfait**, Applesauce, Juice, Milk
- Lunch: **Cheese Enchiladas**, Seasoned Black Beans, Green Beans, Canned Peaches

OCT. 4

- Breakfast: **2 Yogurts**, Applesauce, Juice, Milk
- Lunch: **Salisbury Steak**, Glazed Carrots, Mashed Potatoes, Fresh Banana w/ Pineapple or Orange Juice

OCT. 5

- Breakfast: **French Toast w/ Fruit Compote**, Applesauce, Juice, Milk
- Lunch: **Chicken Nuggets w/ Country Gravy**, Mashed Potatoes, Green Beans, Fruit Cobbler

OCT. 6

- Breakfast: **Chicken Biscuit w/ Gravy**, Applesauce, Juice, Milk
- Lunch: **Spaghetti**, Glazed Carrots, Seasoned Green Beans, Canned Pears

OCT. 7

- Breakfast: **Blueberry Muffin w/ Fruit Compote**, Applesauce, Juice, Milk
- Lunch: **Macaroni & Cheese**, Tomato Soup, Creamed Spinach, Fruit Cobbler

OCT. 10

- Breakfast: **Oatmeal w/ Fruit Compote**, Applesauce, Juice, Milk
- Lunch: **Beef & Cheese Nachos**, Seasoned Black Beans, Cauliflower, Peach Cobbler

OCT. 11

- Breakfast: **Chicken & Waffles**, Applesauce, Juice, Milk
- Lunch: **Pulled Pork BBQ**, Sweet Potatoes, Green Beans, Canned Peaches

OCT. 12

- Breakfast: **Cinnamon Roll w/ Sausage**, Applesauce, Juice, Milk
- Lunch: **Mashed Potato Bowl w/ Cheese & Chicken**, Glazed Carrots, Squash/Zucchini, Spiced Applesauce

OCT. 13

- Breakfast: **Cream of Wheat w/ Fruit Compote**, Applesauce, Juice, Milk
- Lunch: **Chili**, Sweet Potatoes, Squash/Zucchini, Fruit Cocktail

OCT. 14

- Breakfast: **Pancakes & Sausage**, Applesauce, Juice, Milk
- Lunch: **Green Chili Cheese Burrito w/ Nacho Cheese**, Mixed Vegetables, Green Beans, Mandarin Oranges

OCT. 17

- Breakfast: **Fruit & Yogurt Parfait**, Applesauce, Juice, Milk
- Lunch: **Cheese Enchiladas**, Seasoned Black Beans, Green Beans, Canned Peaches

OCT. 18

- Breakfast: **Sausage Biscuit w/ Gravy**, Applesauce, Juice, Milk
- Lunch: **Salisbury Steak**, Glazed Carrots, Mashed Potatoes, Fresh Banana w/ Pineapple or Orange Juice

OCT. 19

- Breakfast: **French Toast w/ Fruit Compote**, Applesauce, Juice, Milk
- Lunch: **Chicken Nuggets w/ Country Gravy**, Mashed Potatoes, Green Beans, Fruit Cobbler

OCT. 20

- Breakfast: **Chicken Biscuit w/ Gravy**, Applesauce, Juice, Milk
- Lunch: **Spaghetti**, Glazed Carrots, Seasoned Green Beans, Canned Pears,

OCT. 21

- Breakfast: **Blueberry Muffin w/ Fruit Compote**, Applesauce, Juice, Milk
- Lunch: **Macaroni & Cheese**, Tomato Soup, Creamed Spinach, Fruit Cobbler

OCT. 24

- **NO SCHOOL**

OCT. 25

- Breakfast: **Chicken & Waffles**, Applesauce, Juice, Milk
- Lunch: **Turkey Alfredo**, Green Beans, Glazed Carrots, Fruit Cocktail

OCT. 26

- Breakfast: **Cinnamon Roll w/ Sausage**, Applesauce, Juice, Milk
- Lunch: **Mashed Potato Bowl w/ Cheese & Chicken**, Glazed Carrots, Squash/Zucchini, Spiced Applesauce

OCT. 27

- Breakfast: **Cream of Wheat w/ Fruit Compote**, Applesauce, Juice, Milk
- Lunch: **Chili**, Sweet Potatoes, Squash/Zucchini, Fruit Cocktail

OCT. 28

- Breakfast: **Pancakes & Sausage**, Applesauce, Juice, Milk
- Lunch: **Green Chili Cheese Burrito w/ Nacho Cheese**, Mixed Vegetables, Green Beans, Mandarin Oranges

OCT. 31

- Breakfast: **Fruit & Yogurt Parfait**, Applesauce, Juice, Milk
- Lunch: **Cheese Enchiladas**, Seasoned Black Beans, Green Beans, Canned Peaches

All menu items can be provided as Pureed, Minced & Moist, or Soft & Bite Sized based on Doctor's orders.

All meals come with a choice of 1% white milk or fat free chocolate milk

Standard Dysphagia Breakfast served after a holiday will be 2 Yogurts, Applesauce, juice and choice of milk

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