



OCTOBER 2009

LUNCH MENU

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LUNCH MENU 2009

	Early Release Menu Turkey & Swiss Cheese Media Noche Lettuce and Tomato Choice of Fruit Assorted Cookie Variety of Milk		CURRY TURKEY FRESH MASHED POTATOES OR CHICKEN SANDWICH BROCCOLI CREAM SOUP/CROUTONS LETTUCE & TOMATO PEACH HALVES VARIETY OF MILK 1	BEEF STEAK & RICE OR PORK FAJITA VEGETABLE RICE CASSEROLE STEWED PINK BEANS PEARS COLESLAW FRUIT CUP VARIETY OF MILK 2
MEXICAN TACOS LETTUCE, TOMATO, CHEESE OR CHICKEN WRAP BAKED WEDGE POTATOES WATERMELON CINNAMON ROLLS VARIETY OF MILK 5	BAKED CHICKEN/FLUFFY RICE OR CHEESEBURGER ON BUN THICK VEG SOUP/ STEWED RK BEANS LETTUCE & TOMATO SCHOOL FAVORITE MUFFIN FRUIT CUP VARIETY OF MILK 6	BEEF LASAGNA CHEESE PIZZA WHOLE GARLIC BREADSTICK TOMATO DIP /CAESAR SALAD CHOICE OF FRUITS WATERMELON/ AMARILLO'S VARIETY OF MILK 7	CHEESEBURGER OR HOT DOG ON BUN BAKED POTATO WEDGES CARROT AND CELERY STICK FRESH SLICE PEAR OATMEAL COOKIE VARIETY OF MILK 8	CHICKEN FAJITA OR MACARONI/MEAT SAUCE WHOLE WHEAT GARLIC BREAD MARGARINE CHEF SALAD SWEET PEAS FRESH APPLE SLICES VARIETY OF MILK 9
	CP's PIZZA SCHOOL FAV PIZZA CONDIMENTS THICK VEG SOUP LETTUCE AND TOMATO CARROTS STICKS PINEAPPLE CHUNKS/POTATO BROWNIE VARIETY OF MILK 13	DWIGHT'S QUESADILLA SAUTEED PORK TOMATO SOUP/VEGETABLE QUESADILLA BAKED POTATO TOSSED SALAD GREEN APPLE SLICES VARIETY OF MILK 14	NASH'S NOODLES CHICKEN PARMESAN PASTA MARINARA TOSSED SALAD /RANCH DRESSING FRUIT SALAD VEGETABLES/ W.W ROLL VARIETY OF FRUITS 15	TEACHER WORK DAY NO STUDENTS NO STUDENTS 16
TURKEY PASTA SALAD/CHEESEBURGER ON BUN CHICKEN NACHO SUPREME BROCCOLI CREAM SOUP WHOLE WHEAT CROUTONS APPLE SLICE & GRAPES VARIETY OF MILK 19	PEPPER STEAK RICE & CHICK PEAS ASSORTED WRAP BEEF, CHICKEN, TUNA REFRIED BEANS/MIXED VEG CHEESE, LETTUCE, TOMATO FRUIT CHOICE/ORANGE JUICE CAKE VARIETY OF MILK 20	MEXICAN TACOS TURKEY MEATLOAF SPICY POTATO CHUNKS CRISP VEG RELISH/SWEET PEAS GARLIC WHOLE WHEAT BREAD FRESH BANANA VARIETY OF MILK 21	NO SCHOOL PK SHEPHERD'S PIE CHICKEN TACO PIE CELERY AND CARROT STICKS/AMARILLO'S TANGY FRUIT WHOLE WHEAT ROLL VARIETY OF MILK 22	NO SCHOOL PK-5 CHICKEN SAND/OVEN READY FRIES ROASTED TURKEY OR MACARONI & CHEESE CHEF SALAD & NACHOS FRESH FRUIT CUP VARIETY OF MILK 23
SMALL CAESAR TURKEY SALAD OVEN FRIED CHICKEN/FLUFFY RICE/BEANS WHOLE WHEAT MUFFIN/PINEAPPLE TOSSED SALAD/STEAMED BROCCOLI CHOICE OF FRUITS/FAVORITE MUFFIN VARIETY OF MILK 26	Early Release-Staff Dev Ramsey BAKED PORK CHOPS OR BBQ CHICKEN FRESH MASHED POTATOES OR RICE CINNAMON ROLL STEWED PINK BEANS/TOSSED SALAD FRESH APPLE VARIETY OF MILK 27	Early Release-Staff Dev Ft Buchanan CHICKEN FAJITA /CONDIMENTS CHEESE PIZZA CRISPY BROCCOLI CAESAR SALAD/ WATERMELON VARIETY OF MILK 28	AMERICAN SUB SAND/VEG SOUP STUFFED TURKEY/ YELLOW RICE STEWED RK BEANS/SWEET POTATOES FRUIT CUP/VEG RELISH WHOLE WHEAT KOLACHE VARIETY OF MILK 29	CHICKEN PARMESAN /SPAGUETTI CHICKEN SANDWICH W.W.GARLIC BREADSCHOOL MADE APRICOTS/GREEN BEANS VARIETY OF MILK 30

All Star School Lunch

In the operation of Child Nutrition Programs, no child will be discriminated against because of race, color, sex, age, handicap or national origin. Any person who believes he or she has been discriminated against in any USDA related activity should write to USDA Director, Office of Civil Rights, Room #328-W Whitten, Building #1400, Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202)-720-5964.

USDA's Healthier US School Challenge/Lunch Menu Weekly Criteria:

* 3 different Fruits/5 Vegetables

* 3 or more Dark Green/Orange Fruit c

* 3 or more Fresh Fruit/Raw Vege

* good source daily of Vitamin C

* 3 or more Whole Grain foods

* 4 different entrées or Meat/Meat alternate; limit higher fat entrées

* 1 or more Dried Beans/Peas

* 2 or more sources of Iron daily

* daily choices of Low fat/nonfat Milk

(All CNS bakery products are made from scratch and use as main ingredient whole wheat flour)