

Secondary Menu 2009-2010
(Middle Schools and New Tech)

Cycle 1 - for weeks beginning: 9/7, 10/5, 11/2, 12/7, 1/4, 2/1, 3/1, 4/5, 5/3, 5/31

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal w/ Toast	Breakfast Pizza	Cinnamon Toast	Turkey Sausage Biscuit	Breakfast Taco
Lunch Meat/Meat Alternative	*Frito Pie *Cheesy Fish Sand. *Pizza	*Spaghetti w/meat *Spicy Chick.Sandwich *Pizza	*Chicken Nuggets *Steak Fingers *Pizza	*Enchiladas *Mexican Burrito *Pizza	*Hamburger *Chili Dog *Pizza
Vegetable	Mixed Veggies Tossed Salad w/ dressing	Green Beans Carrot Sticks w/ dip	Mashed Potatoes Broccoli w/Cheese	Black Beans Fiesta Coen	Baked Fries Burger Salad
Fruit	Peach Slices Fresh Fruit	Pineapple Tidbits Fresh Fruit	Diced Pears Fresh Fruit	Rosy Applesauce Fresh Fruit	Mandarin Fruit Cup Fresh Fruit
Grain/Bread		Garlic Bread	Wheat Rolls		
Dessert	Chocolate chip cookie		Assorted Gelatin	Sherbet Cup	
Milk	Variety	Variety	Variety	Variety	Variety
Condiments	Mustard Mayonnaise	Mustard Mayonnaise Ketchup	Dipping Sauces Ketchup Gravy	Taco Sauce	Mustard Mayonnaise Ketchup

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Cycle 2 - for week beginning: 9/14, 10/12, 11/9, 12/14, 1/11, 2/8, 3/8, 4/12, 5/10

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffin	Pig-in-a-blanket	Mini Pancakes	Turkey Sausage Biscuit	Breakfast Bagel
Lunch Meat/Meat Alternative	*Chicken Tenders *Fish Nuggets * Pizza	*Lasagna *Loaded Baked Potato *Pizza	*Cheesy Chicken w/Rice *Cheesy Breadstick w/ Veggie Soup *Pizza	*Nachos *Quesadilla *Pizza	*Chicken Burger *Mini Corn Dogs *Pizza
Vegetable	Creamy Coleslaw Tater Tots	Tossed Salad w/ Dressing Green Beans	Green Peas Carrot Stix w/Ranch	Refried Beans Lettuce/tomato	Baked Beans Burger Salad
Fruit	Cinnamon Apples Fresh Fruit	Peach Slices Fresh Fruit	Dried Cherries Fresh Fruit	Peach Slices Fresh Fruit	Fruit Cocktail Fresh Fruit
Grain/Bread	Cornbread	Garlic Bread			
Dessert		Sherbet		Vanilla Pudding	
Milk	Variety	Variety	Variety	Variety	Variety
Condiments	Ketchup Dipping Sauces		Mustard Mayonnaise	Taco Sauce	Mustard Mayonnaise Ketchup

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Cycle 3 - for week beginning: 8/24, 9/21, 10/19, 11/16, 1/18, 2/15, 3/22, 4/19, 5/17

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal w/graham crackers	Breakfast Pizza	Eggs & Toast	Turkey Sausage Biscuit	Yogurt & Oatmeal
Lunch Meat/Meat Alternative	*Grilled Cheese Sand. *Turkey & Cheese on bun *Pizza	*Chicken Spaghetti *Spaghetti w/meat *Pizza	*Salisbury Steak *Chicken Tenders *Pizza	*Chicken Fajitas *Mexican Burrito *Pizza	*Hamburger *Chili Dog *Pizza
Vegetable	Veggie Soup Carrots w/ Ranch	Tossed Salad w/ Dressing Broccoli & Cheese	Mashed Potatoes Green Beans	Fiesta Corn Lettuce/Tomato	Tater Tots Burger Salad
Fruit	Mandarin Fruit Cup Fresh Fruit	Pineapple Tidbits Fresh Fruit	Rosy Applesauce Fresh Fruit	Sliced Pears Fresh Fruit	Mixed Fruit Fresh Fruit
Grain/Bread		Garlic Roll	Wheat Roll		
Dessert	Sherbet Cup			Assorted Gelatin	Oatmeal Cookie
Milk	Variety	Variety	Variety	Variety	Variety
Condiments			Gravy		Mustard Mayonnaise Ketchup

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Cycle 4 - for week beginning: 8/31, 9/28, 10/26, 11/30, 1/25, 2/22, 3/29, 4/26, 5/24

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins	Cheese Toast	Mini Pancakes	Turkey Sausage Biscuit	Breakfast Bagel
Lunch	*Cheeseburger Pie	*Italian Rotini Casserole	*Chicken Pot Pie	*Tacos	*Chicken Burger
Meat/Meat Alternative	*Steak Fingers	*Cheesy Bread w/chili	*Loaded Baked Potato	*Nachos	*Corn Dogs
	*Pizza	*Pizza	*Pizza	*Pizza	*Pizza
Vegetable	Corn Broccoli & Cheese	Mixed Veggies Carrots	Tossed Salad w/dressing Green Beans	Charro Beans Lettuce/Tomatoes	Seasoned Fries Burger Salad
Fruit	Dried Cherries Fresh Fruit	Cinnamon Apples Fresh Fruit	Fruit Cocktail Fresh Fruit	Peach Slices Fresh Fruit	Mixed Fruit Fresh Fruit
Grain/Bread			Wheat Roll	Spanish Rice	
Dessert		Sherbet Cup			Chocolate Pudding
Milk	Variety	Variety	Variety	Variety	Variety
Condiments	Ketchup				Mustard Mayonnaise Ketchup