

# Elementary Menu 2017 Arlington INDEPENDENT SCHOOL DISTRICT



3 Breakfast Breakfast on a Stick (17)	4 Breakfast Dutch Waffle (43) & Cheese Stick (1)	5 Breakfast *EggStravaganza (1) Biscuit (28)	6 Breakfast *Sausage Roll (15) w/ Cheese Stick (1)	7 Breakfast Biscuit (28) w/ Sausage (0) & Gravy (4)
Cereal (20-25) & Toast (15) Applesauce Cup (12) Craisins (28) Fruit Juice	or Cereal (20-25) & Cinnamon Toast (15) Seasonal Fruit Craisins (28) Fruit Juice	Or Cereal (20-25) & Toast (15) Seasonal Fruit Craisins (28) Fruit Juice	Cereal (20-25) & Cinnamon Toast (15) Seasonal Fruit Craisins (28) Fruit Juice	Cereal (20-25) & Toast (15) Seasonal Fruit Craisins (28) Fruit Juice
Lunch Orange Chicken (37) w/ Seasoned Rice (27) Wheat Roll (27) or Cheese Stuffed Breadsticks (30) Steamed Broccoli (4) Crinkle Cut Carrots (2) Marinara (4) Sliced Peaches (22) or Fruit Juice	Lunch Chicken Alfredo (35.5) Garlic Texas Toast (22) or Hamburger (31) /Cheese- burger (32)  Mixed Vegetables (12) Oven Fries (17) Sandwich Fixins (1) Seasonal Fruit or Fruit Juice	Lunch Chef Salad (8.5) w/ Popcorn Chicken (14) Wheat Roll (27) or Beef Enchiladas (40) w/ Spanish Rice (17)  Refried Beans (32) Corn (27) Mandarin Oranges (20) or Fruit Juice	Lunch Breaded Chicken Sandwich (45) or Baked Ziti (30.5) Garlic Wheat Roll (27)  California Blend (5) Green Beans (4) Marinara (4) Seasonal Fruit or Fruit Juice	Lunch Sloppy Joe Sandwich (36) or *Pepperoni / Cheese Pizza (32)  Baby Carrots (8) Tator Tots (19) Marinara (4) Pears (20) or Fruit Juice
10 Breakfast Breakfast Pizza (22) or	11 Breakfast Scramble Eggs w/ Cheese (3)	12 Breakfast Cinnamon Roll (37) w/ Canadian Bacon (0)	13 Breakfast French Toast Sticks (42) w/ Sausage Patty (0)	NO
Breakfast Pizza (22)	Scramble Eggs w/ Cheese (3) & Biscuit (28) or Cereal (20-25) & Cinnamon Toast (15) Seasonal Fruit Craisins (28)	Cinnamon Roll (37)	French Toast Sticks (42)	NO SCHOOL
Breakfast Pizza (22) or Cereal (20-25) & Toast (15) Applesauce Cup (12) Craisins (28)	Scramble Eggs w/ Cheese (3) & Biscuit (28) or Cereal (20-25) & Cinnamon Toast (15) Seasonal Fruit	Cinnamon Roll (37) w/ Canadian Bacon (0) or Cereal (20-25) & Toast (15) Seasonal Fruit Craisins (28)	French Toast Sticks (42) w/ Sausage Patty (0) or Cereal (20-25) & Cinnamon Toast (15) Seasonal Fruit Craisins (28)	NO SCHOOL

## Milk—8oz

Skim (11) 1 % (11)

Chocolate (24)

## Fruit Juice—4oz

Orange (15)

Apple/Cherry (16)

Apple (15)



# Elementary Menu 2017 Arlington NDEPENDENT SCHOOL DISTRICT



17 Breakfast	18 Breakfast	19 Breakfast	20 Breakfast	21 Breakfast
*Sausage Roll (15)	Egg, Sausage, &	Cinnamon Roll (37)	*EggStravaganza (1)	Pancakes (28)
w/ Cheese Stick (1)	Cheese Biscuit (29) or	w/ Cheese Stick (1) or	& Biscuit (28) or	w/ *Little Smokies (1.5) or
or Cereal (20-25) & Toast	Cereal (20-25) & Cinna-	Cereal (20-25) & Toast (15)	Cereal (20-25) &	Cereal (20-25) & Toast
(15)	mon Toast (15)	Seasonal Fruit	Cinnamon Toast (15)	(15)
Applesauce Cup (12)	Seasonal Fruit	Fruit Juice	Seasonal Fruit	Seasonal Fruit
Fruit Juice	Fruit Juice	Lunch	Fruit Juice	Fruit Juice
Lunch	Lunch	Chicken Fajita Tacos (32)	Lunch	Lunch
Orange Chicken (37)	Mesquite Chicken (6)	or	Chicken Tenders (13.5)	Spaghetti w/ Meat Sauce
w/ Seasoned Rice (27)	Wheat Roll (27)	Fiestada Pizza (39)	Biscuit (28)	(29.5)
Wheat Roll (27)	or Hamburger (31)/	Corn & Black Bean Fiesta	or Beef & Cheese Nachos (39)	Wheat Roll (27) or
or Corn Dog (31)	Cheeseburger (32)	(16)	Beer & Cheese Nachos (37)	*Pepperoni /
Com Dog (31)		Salsa (3)	Sonoma Blend (6)	Cheese Pizza (32)
Sugar Snap Peas (7)	Sweet Potato Fries (21)	Salad Topper (0.5)	Pinto Beans (21)	D 1 C (0)
Tator Tots (19)	Steamed Broccoli (4) Sandwich Fixins (1)	Seasonal Fruit or Fruit Juice	Salsa (3) Seasonal Fruit or	Baby Carrots (8) Green Beans (4)
Mandarin Oranges (20) or Fruit Juice	Seasonal Fruit or	Truit Juice	Fruit Juice	Marinara (4)
Fluit Juice	Fruit Juice			Pears (20) or
				Fruit Juice
24 Breakfast	25 Breakfast	26 Breakfast	27 Breakfast	28 Breakfast
Breakfast Pizza (22)	Cinnamon Roll (37) w/	Breakfast Wrap (16)	French Toast Sticks (42)	*Sausage Roll (15)
Breakfast Pizza (22) or	Cinnamon Roll (37) w/ Cheese Stick (1)	Breakfast Wrap (16) or	French Toast Sticks (42) w/ Sausage Patty (0)	*Sausage Roll (15) w/ Cheese Stick (1)
Breakfast Pizza (22) or Cereal (20-25) & Toast	Cinnamon Roll (37) w/ Cheese Stick (1) or	Breakfast Wrap (16) or Cereal (20-25) & Toast (15)	French Toast Sticks (42) w/ Sausage Patty (0) or	*Sausage Roll (15) w/ Cheese Stick (1) or
Breakfast Pizza (22) or	Cinnamon Roll (37) w/ Cheese Stick (1) or Cereal (20-25) & Cinnamon Toast (15)	Breakfast Wrap (16) or	French Toast Sticks (42) w/ Sausage Patty (0)	*Sausage Roll (15) w/ Cheese Stick (1) or Cereal (20-25) & Toast (15)
Breakfast Pizza (22) or Cereal (20-25) & Toast (15)	Cinnamon Roll (37) w/ Cheese Stick (1) or Cereal (20-25) & Cinnamon Toast (15) Seasonal Fruit	Breakfast Wrap (16) or Cereal (20-25) & Toast (15) Seasonal Fruit	French Toast Sticks (42) w/ Sausage Patty (0) or Cereal (20-25) & Cinnamon Toast (15) Peach Cup (14)	*Sausage Roll (15) w/ Cheese Stick (1) or Cereal (20-25) & Toast (15) Seasonal Fruit
Breakfast Pizza (22) or Cereal (20-25) & Toast (15) Applesauce Cup (12)	Cinnamon Roll (37) w/ Cheese Stick (1) or Cereal (20-25) & Cinnamon Toast (15)	Breakfast Wrap (16) or Cereal (20-25) & Toast (15) Seasonal Fruit Fruit Juice	French Toast Sticks (42) w/ Sausage Patty (0) or Cereal (20-25) & Cinnamon Toast (15)	*Sausage Roll (15) w/ Cheese Stick (1) or Cereal (20-25) & Toast (15)
Breakfast Pizza (22) or Cereal (20-25) & Toast (15) Applesauce Cup (12) Fruit Juice	Cinnamon Roll (37) w/ Cheese Stick (1) or Cereal (20-25) & Cinnamon Toast (15) Seasonal Fruit Fruit Juice	Breakfast Wrap (16) or Cereal (20-25) & Toast (15) Seasonal Fruit Fruit Juice  Lunch	French Toast Sticks (42) w/ Sausage Patty (0) or Cereal (20-25) & Cinnamon Toast (15) Peach Cup (14) Fruit Juice	*Sausage Roll (15) w/ Cheese Stick (1) or Cereal (20-25) & Toast (15) Seasonal Fruit Fruit Juice
Breakfast Pizza (22) or Cereal (20-25) & Toast (15) Applesauce Cup (12)	Cinnamon Roll (37) w/ Cheese Stick (1) or Cereal (20-25) & Cinnamon Toast (15) Seasonal Fruit	Breakfast Wrap (16) or Cereal (20-25) & Toast (15) Seasonal Fruit Fruit Juice	French Toast Sticks (42) w/ Sausage Patty (0) or Cereal (20-25) & Cinnamon Toast (15) Peach Cup (14)	*Sausage Roll (15) w/ Cheese Stick (1) or Cereal (20-25) & Toast (15) Seasonal Fruit
Breakfast Pizza (22) or Cereal (20-25) & Toast (15) Applesauce Cup (12) Fruit Juice  Lunch Bean & Cheese Burrito (41)	Cinnamon Roll (37) w/ Cheese Stick (1) or Cereal (20-25) & Cinnamon Toast (15) Seasonal Fruit Fruit Juice  Lunch Beef Soft Tacos (31) or	Breakfast Wrap (16) or Cereal (20-25) & Toast (15) Seasonal Fruit Fruit Juice  Lunch Fiesta Salad (26.5) w/Spanish Rice (17) or	French Toast Sticks (42) w/ Sausage Patty (0) or Cereal (20-25) & Cinnamon Toast (15) Peach Cup (14) Fruit Juice  Lunch Cheese Quesadilla (32) or	*Sausage Roll (15) w/ Cheese Stick (1) or Cereal (20-25) & Toast (15) Seasonal Fruit Fruit Juice  Lunch Fish Fillet Sandwich (42) or
Breakfast Pizza (22)  or Cereal (20-25) & Toast (15) Applesauce Cup (12) Fruit Juice  Lunch Bean & Cheese Burrito (41) or	Cinnamon Roll (37) w/ Cheese Stick (1) or Cereal (20-25) & Cinnamon Toast (15) Seasonal Fruit Fruit Juice  Lunch Beef Soft Tacos (31) or Hamburger (31)/	Breakfast Wrap (16) or Cereal (20-25) & Toast (15) Seasonal Fruit Fruit Juice  Lunch Fiesta Salad (26.5) w/Spanish Rice (17) or Chicken Fried Steak	French Toast Sticks (42) w/ Sausage Patty (0) or Cereal (20-25) & Cinnamon Toast (15) Peach Cup (14) Fruit Juice  Lunch Cheese Quesadilla (32) or Lasagna (36.5)	*Sausage Roll (15) w/ Cheese Stick (1) or Cereal (20-25) & Toast (15) Seasonal Fruit Fruit Juice  Lunch Fish Fillet Sandwich (42) or *Pepperoni / Cheese Pizza
Breakfast Pizza (22)  or Cereal (20-25) & Toast  (15) Applesauce Cup (12) Fruit Juice  Lunch Bean & Cheese Burrito  (41)  or Mac 'n Cheese (31)	Cinnamon Roll (37) w/ Cheese Stick (1) or Cereal (20-25) & Cinnamon Toast (15) Seasonal Fruit Fruit Juice  Lunch Beef Soft Tacos (31) or	Breakfast Wrap (16) or Cereal (20-25) & Toast (15) Seasonal Fruit Fruit Juice  Lunch Fiesta Salad (26.5) w/Spanish Rice (17) or	French Toast Sticks (42) w/ Sausage Patty (0) or Cereal (20-25) & Cinnamon Toast (15) Peach Cup (14) Fruit Juice  Lunch Cheese Quesadilla (32) or	*Sausage Roll (15) w/ Cheese Stick (1) or Cereal (20-25) & Toast (15) Seasonal Fruit Fruit Juice  Lunch Fish Fillet Sandwich (42) or
Breakfast Pizza (22)  or Cereal (20-25) & Toast (15) Applesauce Cup (12) Fruit Juice  Lunch Bean & Cheese Burrito (41) or	Cinnamon Roll (37) w/ Cheese Stick (1) or Cereal (20-25) & Cinnamon Toast (15) Seasonal Fruit Fruit Juice  Lunch Beef Soft Tacos (31) or Hamburger (31)/	Breakfast Wrap (16) or Cereal (20-25) & Toast (15) Seasonal Fruit Fruit Juice  Lunch Fiesta Salad (26.5) w/Spanish Rice (17) or Chicken Fried Steak	French Toast Sticks (42) w/ Sausage Patty (0) or Cereal (20-25) & Cinnamon Toast (15) Peach Cup (14) Fruit Juice  Lunch Cheese Quesadilla (32) or Lasagna (36.5)	*Sausage Roll (15) w/ Cheese Stick (1) or Cereal (20-25) & Toast (15) Seasonal Fruit Fruit Juice  Lunch Fish Fillet Sandwich (42) or *Pepperoni / Cheese Pizza (32)  Tator Tots (19)
Breakfast Pizza (22)  or Cereal (20-25) & Toast  (15) Applesauce Cup (12) Fruit Juice  Lunch Bean & Cheese Burrito  (41)  or  Mac 'n Cheese (31) Garlic Texas Toast (22)  Steamed Broccoli (4)	Cinnamon Roll (37) w/ Cheese Stick (1) or Cereal (20-25) & Cinnamon Toast (15) Seasonal Fruit Fruit Juice  Lunch Beef Soft Tacos (31) or Hamburger (31)/ Cheeseburger (32)  Sweet Potato Fries (21) Refried Beans (32)	Breakfast Wrap (16) or Cereal (20-25) & Toast (15) Seasonal Fruit Fruit Juice  Lunch Fiesta Salad (26.5) w/Spanish Rice (17) or Chicken Fried Steak Sandwich (45)  Pickles (0) Corn (27)	French Toast Sticks (42) w/ Sausage Patty (0) or Cereal (20-25) & Cinnamon Toast (15) Peach Cup (14) Fruit Juice  Lunch Cheese Quesadilla (32) or Lasagna (36.5) Garlic Wheat Roll (27)  Cucumber Slices (2) Green Peas (12)	*Sausage Roll (15) w/ Cheese Stick (1) or Cereal (20-25) & Toast (15) Seasonal Fruit Fruit Juice  Lunch Fish Fillet Sandwich (42) or *Pepperoni / Cheese Pizza (32)  Tator Tots (19) Baked Beans (22.5)
Breakfast Pizza (22)  or Cereal (20-25) & Toast (15) Applesauce Cup (12) Fruit Juice  Lunch Bean & Cheese Burrito (41) or Mac 'n Cheese (31) Garlic Texas Toast (22)  Steamed Broccoli (4) Crinkle Cut Carrots (2)	Cinnamon Roll (37) w/ Cheese Stick (1) or Cereal (20-25) & Cinnamon Toast (15) Seasonal Fruit Fruit Juice  Lunch Beef Soft Tacos (31) or Hamburger (31)/ Cheeseburger (32)  Sweet Potato Fries (21) Refried Beans (32) Sandwich Fixins (1)	Breakfast Wrap (16) or Cereal (20-25) & Toast (15) Seasonal Fruit Fruit Juice  Lunch Fiesta Salad (26.5) w/Spanish Rice (17) or Chicken Fried Steak Sandwich (45)  Pickles (0) Corn (27) Salsa (3)	French Toast Sticks (42) w/ Sausage Patty (0) or Cereal (20-25) & Cinnamon Toast (15) Peach Cup (14) Fruit Juice  Lunch Cheese Quesadilla (32) or Lasagna (36.5) Garlic Wheat Roll (27)  Cucumber Slices (2) Green Peas (12) Salsa (3)	*Sausage Roll (15) w/ Cheese Stick (1) or Cereal (20-25) & Toast (15) Seasonal Fruit Fruit Juice  Lunch Fish Fillet Sandwich (42) or *Pepperoni / Cheese Pizza (32)  Tator Tots (19) Baked Beans (22.5) Marinara (4)
Breakfast Pizza (22)  or Cereal (20-25) & Toast (15) Applesauce Cup (12) Fruit Juice  Lunch Bean & Cheese Burrito (41) or Mac 'n Cheese (31) Garlic Texas Toast (22)  Steamed Broccoli (4) Crinkle Cut Carrots (2) Salsa (3)	Cinnamon Roll (37) w/ Cheese Stick (1) or Cereal (20-25) & Cinnamon Toast (15) Seasonal Fruit Fruit Juice  Lunch Beef Soft Tacos (31) or Hamburger (31)/ Cheeseburger (32)  Sweet Potato Fries (21) Refried Beans (32) Sandwich Fixins (1) Salad Topper (0.5)	Breakfast Wrap (16) or Cereal (20-25) & Toast (15) Seasonal Fruit Fruit Juice  Lunch Fiesta Salad (26.5) w/Spanish Rice (17) or Chicken Fried Steak Sandwich (45)  Pickles (0) Corn (27) Salsa (3) Salad Topper (0.5)	French Toast Sticks (42) w/ Sausage Patty (0) or Cereal (20-25) & Cinnamon Toast (15) Peach Cup (14) Fruit Juice  Lunch Cheese Quesadilla (32) or Lasagna (36.5) Garlic Wheat Roll (27)  Cucumber Slices (2) Green Peas (12) Salsa (3) Seasonal Fruit or	*Sausage Roll (15) w/ Cheese Stick (1) or Cereal (20-25) & Toast (15) Seasonal Fruit Fruit Juice  Lunch Fish Fillet Sandwich (42) or *Pepperoni / Cheese Pizza (32)  Tator Tots (19) Baked Beans (22.5) Marinara (4) Pears (20) or
Breakfast Pizza (22)  or Cereal (20-25) & Toast (15) Applesauce Cup (12) Fruit Juice  Lunch Bean & Cheese Burrito (41) or Mac 'n Cheese (31) Garlic Texas Toast (22)  Steamed Broccoli (4) Crinkle Cut Carrots (2)	Cinnamon Roll (37) w/ Cheese Stick (1) or Cereal (20-25) & Cinnamon Toast (15) Seasonal Fruit Fruit Juice  Lunch Beef Soft Tacos (31) or Hamburger (31)/ Cheeseburger (32)  Sweet Potato Fries (21) Refried Beans (32) Sandwich Fixins (1)	Breakfast Wrap (16) or Cereal (20-25) & Toast (15) Seasonal Fruit Fruit Juice  Lunch Fiesta Salad (26.5) w/Spanish Rice (17) or Chicken Fried Steak Sandwich (45)  Pickles (0) Corn (27) Salsa (3)	French Toast Sticks (42) w/ Sausage Patty (0) or Cereal (20-25) & Cinnamon Toast (15) Peach Cup (14) Fruit Juice  Lunch Cheese Quesadilla (32) or Lasagna (36.5) Garlic Wheat Roll (27)  Cucumber Slices (2) Green Peas (12) Salsa (3)	*Sausage Roll (15) w/ Cheese Stick (1) or Cereal (20-25) & Toast (15) Seasonal Fruit Fruit Juice  Lunch Fish Fillet Sandwich (42) or *Pepperoni / Cheese Pizza (32)  Tator Tots (19) Baked Beans (22.5) Marinara (4)

## Milk—8oz

Skim (11)

1 % (11)

Chocolate (24)

## Fruit Juice—4oz

Orange (15) Apple/Cherry (16) Apple (15)



Junior High Menu 201

Breakfast Breakfast on a Stick (17) or Cereal (20-25) & Toast (15) Craisins (28) Applesauce Cup (12) Fruit Juice

Lunch Orange Chicken (37) w/ Seasoned Rice (27) Wheat Roll (27) or Cheese Stuffed Breadsticks (45) \*Four Meat / Cheese Pizza

Steamed Broccoli (4) Crinkle Cut Carrots (2) Marinara (4) Sliced Peaches (22) Seasonal Fruit or Fruit Juice

(34)

10 Breakfast Breakfast Pizza (22) or Cereal (20-25) & Toast (15) Craisins (28) Applesauce Cup (12) Fruit Juice

Lunch Mesquite Chicken (6) Steak Fingers (16) Wheat Roll (27) Breaded Chicken Sandwich (45)

Mashed Potatoes (15) w/ Gravy (4) Mixed Vegetables (12) Pineapple Tidbits (20) Seasonal Fruit or Fruit Juice

**Breakfast** Dutch Waffle (43) & Cheese Stick (1)

or Cereal (20-25) & Cinnamon Toast (15) Craisins (28) Seasonal Fruit Fruit Juice

Lunch Chicken Alfredo (35.5) Garlic Wheat Roll (27) Hamburger (31)

/Cheeseburger (32) or Bean & Cheese Burrito (41)

Mixed Vegetables (12) Oven Fries (17) Sandwich Fixins (1) Salsa (3) Pineapple Tidbits (20) Seasonal Fruit or Fruit Juice

Breakfast Scramble Eggs w/ Cheese (3) & Biscuit (28)

Cereal (20-25) & Cinnamon Toast (15) Craisins (28) Seasonal Fruit Fruit Juice

Lunch

Taco Snack (30) orHamburger (31)/ Cheeseburger (32) Hot & Spicy Chicken Sandwich (46)

Oven Fries (17) Broccoli (4) Sandwich Fixins (1) Salsa (3) Mandarin Oranges (20) Seasonal Fruit or Fruit Juice

**Breakfast** 

\*EggStravaganza (1) & Biscuit (28) or Cereal (20-25) & Toast (15) Craisins (28) Seasonal Fruit Fruit Juice

Lunch

Chef Salad (8.5) w/ Popcorn Chicken (14) Wheat Roll (27) Beef Enchiladas (40) w/ Spanish Rice (17)

Fiestada Pizza (39)

Refried Beans (32) Corn (27) Mandarin Oranges (20) Seasonal Fruit or Fruit Juice

12

Breaded Chicken Sandwich (45)or Baked Ziti (30.5) Garlic Wheat Roll (27)

Sandwich (37) w/ Chips (14-20) California Blend (5)

Green Beans (4) Applesauce (15) Seasonal Fruit or Fruit Juice

Breakfast 13 Cinnamon Roll (37) French Toast Sticks (42) w/ Canadian Bacon (0)

or Toast (15) Craisins (28)

Fruit Juice Lunch

Cereal (20-25) & Toast (15)

Craisins (28)

Seasonal Fruit

Roasted Turkey (3) Chicken Tenders (13.5) Cornbread Dressing (14) Wheat Roll (27) Cheese Quesadilla (32)

Mashed Potatoes (15) w/ Chicken Gravy (4) Green Beans (4) Salsa (3) Applesauce (15) Peach Cup (14)

or Fruit Juice

**Breakfast** 

\*Sausage Roll (15) w/ Cheese Stick (1) or Cereal (20-25) & Cinnamon Toast (15) Craisins (28) Seasonal Fruit Fruit Juice

Lunch

Turkey & Cheese Deli

Breakfast

w/ Sausage Patty (0) Cereal (20-25) & Cinnamon Seasonal Fruit Fruit Juice

Lunch

Turkey Tetrazzini (31) Wheat Roll (27) Beef & Cheese Nachos (39) or Turkey & Cheese Deli Sandwich (37) w/ Chips (14-20)

> Tossed Salad (0) Winter Blend (4) Salsa (3) Pears (20) Seasonal Fruit or Fruit Juice

**Breakfast** 

Biscuit (28) w/Sausage (0) & Gravy (4) Cereal (20-25) & Toast (15) Craisins (28) Seasonal Fruit

> Fruit Juice Lunch

Sloppy Joe Sandwich (36) Pepperoni / Cheese Pizza (34)or Spicy Asian Bowl (17.5)

> Baby Carrots (8) Tator Tots (19) Marinara (4) Pears (20) Seasonal Fruit or Fruit Juice

Wheat Roll (27)

School

Milk-8oz

Skim (11) 1%(11)

Chocolate (24)

Fruit Juice-6oz

Orange (20)



Crinkle Cut Carrots (2)

Peaches (22)

Seasonal Fruit

or Fruit Juice

## Junior High Menu 2017 Arlington Ndepud 2017



		Menu 2	201/	INDEPENDENT SCHOOL DISTRICT
17 Breakfast Breakfast on a Stick (17) or Cereal (20-25) & Toast (15)	18 Breakfast Egg, Sausage, & Cheese Biscuit (29)	19 Breakfast Cinnamon Roll (37) w/ Cheese Stick (1)	20 Breakfast *EggStravaganza (1) Biscuit (28)	21 Breakfast Pancakes (28) w/ *Little Smokies (1.5)
Craisins (28) Applesauce Cup (12) Fruit Juice	or Cereal (20-25) & Cinnamon Toast (15) Craisins (28) Seasonal Fruit Fruit Juice	or Cereal (20-25) & Toast (15) Craisins (28) Seasonal Fruit Fruit Juice	or Cereal (20-25) & Cinnamon Toast (15) Craisins (28) Seasonal Fruit Fruit Juice	or Cereal (20-25)& Toast (15) Craisins (28) Seasonal Fruit Fruit Juice
Uunch Orange Chicken (37) w/ Seasoned Rice (27) Wheat Roll (27) or	Lunch Mesquite Chicken (6) Wheat Roll (27) or	Chicken Fajita Tacos (32) or Fiestada Pizza (39) or	Lunch Chicken Tenders (13.5) Wheat Roll (27) or	Lunch Spaghetti w/Meat Sauce (29.5) Wheat Roll (27) or
Corn Dog (31) or *Four Meat / Cheese Pizza (34)	Hamburger (31)/ Cheeseburger (32) or Crispy Chicken Sandwich	Hot & Spicy Chicken Sandwich (46) Corn & Black Bean Fiesta	Beef & Cheese Nachos (39) or Ham & Cheese Deli Sandwich (37)	Pepperoni / Cheese Pizza (34) or Spicy Asian Bowl (17.5)
Sugar Snap Peas (7) Tator Tots (19) Mandarin Oranges (20) Seasonal Fruit or Fruit Juice	(43)  Oven Fries (17)  Steamed Broccoli (4)  Sandwich Fixins (1)  Pineapple Tidbits (20)  Seasonal Fruit  or Fruit Juice	(16) Salad Topper (0.5) Salsa (3) Sliced Peaches (22) Seasonal Fruit or Fruit Juice	w/ Chips (14-20)  Sonoma Blend (6) Pinto Beans (21) Salsa (3) Strawberry Cup (21) Seasonal Fruit or Fruit Juice	Wheat Roll (27)  Baby Carrots (8) Green Beans (4) Marinara (4) Pears (20) Seasonal Fruit or Fruit Juice
24 Breakfast Breakfast Pizza (22) or Cereal (20-25) & Toast (15)	25 Breakfast Cinnamon Roll (37) w/ Cheese Stick (1) or	26 Breakfast Breakfast Wrap (16) or Cereal (20-25) & Toast (15)	27 Breakfast French Toast Sticks (42) w/ Sausage Patty (0) or	28 Breakfast *Sausage Roll (15) w/ Cheese Stick (1) or
Craisins (28) Applesauce Cup (12) Fruit Juice	Cereal (20-25) & Cinnamon Toast (15) Craisins (28) Seasonal Fruit Fruit Juice	Craisins (28) Seasonal Fruit Fruit Juice	Cereal (20-25) & Cinnamon Toast (15) Craisins (28) Peach Cup (14) Fruit Juice	Cereal (20-25) & Toast (15) Craisins (28) Seasonal Fruit Fruit Juice
Lunch Pepper Jack Enchiladas (32) w/ Spanish Rice (17) or Mac 'n Cheese (31) Wheat Roll (27) or	Lunch Beef Soft Tacos (31) or Hamburger (31)/ Cheeseburger (32) or Canadian Bacon /	Fiesta Salad (26.5) w/ Spanish Rice (17) or Chicken Fried Steak Sandwich (45) or Crispy Chicken Sandwich	Lunch Cheese Quesadilla (32) or Lasagna (36.5) Garlic Wheat Roll (27) or Ranch Chicken Wrap (36)	Lunch Fish Fillet Sandwich (42) or Pepperoni / Cheese Pizza (34) or Hot & Spicy Chicken Sandwich (46)
*Four Meat / Cheese Pizza (34)  Steamed Broccoli (4)	Cheese Pizza (34)  Sweet Potato Fries (21)  Refried Beans (32)  Sondwick Fixing (1)	(43)  Corn (27)  Pickles (0)  Soled Torner (0.5)	Cucumber Slices (2) Green Peas (12) Salsa (3)	Tator Tots (19) Baked Beans (22.5)

Salad Topper (0.5)

Salsa (3)

Pineapple Tidbits (20)

Seasonal Fruit

or Fruit Juice

## Milk-8oz

Sandwich Fixins (1)

Salad Topper (0.5)

Salsa (3)

Mandarin Oranges (20)

Seasonal Fruit or

Fruit Juice

Skim (11)

1 % (11)

Chocolate (24)

## Fruit Juice—6oz

Sliced Peaches (22)

Seasonal Fruit

or Fruit Juice

Orange (20)

Apple (19)

Marinara (4)

Pears (20)

Seasonal Fruit

or Fruit Juice



## High School Menu 2017



3 Breakfast
Breakfast on a Stick (17)
or
Cereal (20-25) & Toast
(15)
Craisins (28)
Applesauce Cup (12) Fruit Juice
Fruit Juice
Lunch
Orange Chicken (37) w/ Seasoned Rice (27) Wheat Roll (27)
w/ Seasoned Rice (27)
Wheat Roll (27)
or
Cheese Stuffed
Breadsticks (45)
or
Hot & Spicy Chicken Sandwich (46)
('hicken Sandwich (46)

Chicken Sandwich (46) Mac 'n Cheese (31) Wheat Roll (27) \*Four Meat / Cheese Pizza

Steamed Broccoli (4) Crinkle Cut Carrots (2) Marinara (4) Baby Carrots (8) Oven Fries (17) Sliced Peaches (22) Seasonal Fruit or Fruit Juice

Breakfast Dutch Waffle (43) & Cheese Stick (1) Or Cereal (20-25) & Cinnamon Toast (15) Craisins (28) Seasonal Fruit Fruit Juice

Lunch Chicken Alfredo (35.5) Garlic Wheat Roll (27) or Hamburger

(31)/Cheeseburger (32) or Bean &Cheese Burrito (41)

or Ham & Cheese Deli Sandwich (37) w/ Chips (14-20) Canadian Bacon/

Cheese Pizza (34) Mixed Vegetables (12) Oven Fries (17) Sandwich Fixins (1) Salsa (3) Baby Carrots (8) Marinara (4) Pineapple Tidbits (20) Seasonal Fruit or Fruit Juice

**Breakfast** \*EggStravaganza (1) & Biscuit (28)

Or Cereal (20-25) & Toast (15) Craisins (28) Seasonal Fruit Fruit Juice

Lunch Chef Salad (8.5) w/ Popcorn Chicken (14) Wheat Roll (27)

Beef Enchiladas (40) w/ Spanish Rice (17)

Crispy Chicken Sandwich (43)

Fiestada (39) / Cheese Pizza (34)

Refried Beans (32) Corn (27) Cucumber Slices (2) Oven Fries (17) Marinara (4) Mandarin Oranges (20) Seasonal Fruit or Fruit Juice

**Breakfast** \*Sausage Roll (15) w/ Cheese Stick (1) or Cereal (20-25) & Cinnamon Toast (15) Craisins (28) Seasonal Fruit Fruit Juice

Lunch Breaded Chicken Sandwich (45)

Baked Ziti (30.5) Garlic Wheat Roll (27)

Turkey & Cheese Deli Sandwich (37) w/ Chips (14-20)

Hamburger (31) / Cheeseburger (32)

or Buffalo Chicken (35)/ Cheese Pizza (34)

California Blend (5) Green Beans (4) Marinara (4) Baby Carrots (8) Oven Fries (17) Sandwich Fixins (1) Applesauce (15) Seasonal Fruit or Fruit Juice

**Breakfast** Biscuit (28) w/ Sausage (0) & Gravy (4) Cereal (20-25) & Toast (15)

Craisins (28) Seasonal Fruit Fruit Juice

Lunch Sloppy Joe Sandwich (36) Spicy Asian Bowl (17.5) Wheat Roll (27) or Fish Fillet Sandwich (42) Chicken Tenders (13.5) Wheat Roll (27)

Pepperoni / Cheese Pizza (34)

> Baby Carrots (8) Tator Tots (19) Marinara (4) Pears (20) Seasonal Fruit or Fruit Juice

### **Breakfast** Breakfast Pizza (22)

or Cereal (20-25)& Toast (15) Craisins (28) Applesauce Cup (12) Fruit Juice

**Lunch** Mesquite Chicken (6)

or Steak Fingers (16) Wheat Roll (27)

Breaded Chicken Sandwich (45)

Bean & Cheese Burrito (41)

\*Four Meat /Cheese Pizza

Mashed Potatoes (15) w/ Gravy (4) Mixed Vegetables (12) Salsa (3) Baby Carrots (8) Oven Fries (17) Marinara (4) Pineapple Tidbits (20)

Seasonal Fruit

or Fruit Juice

Breakfast Scramble Eggs w/ Cheese (3) & Biscuit (28)

Or Cereal (20-25) & Cinnamon Toast (15) Craisins (28) Seasonal Fruit Fruit Juice

Lunch

Taco Snack (30) or Hamburger (31)/ Cheeseburger (32) or

Hot & Spicy Chicken Sandwich (46)

Ham & Cheese Deli Sandwich (37) w/ Chips (14-20)

Canadian Bacon/ Cheese Pizza (34)

Oven Fries (17) Broccoli (4) Sandwich Fixins (1) Salsa (3) Baby Carrots (8) Marinara (4) Mandarin Orangés (20) Seasonal Fruit or Fruit Juice

**Breakfast** 

Cinnamon Roll (37) w/ Canadian Bacon (0) or Cereal (20-25) & Toast

(15) Craisins (28) Seasonal Fruit Fruit Juice

Lunch

Roasted Turkey (3) or Chicken Tenders (13.5) Cornbread Dressing (14) Wheat Roll (27)

Cheese Quesadilla (32)

or Crispy Chicken Sandwich (43)

Fiestada (39) / Cheese Pizza (34)

Mashed Potatoes (15) w/ Chicken Gravy (4) Green Beans (4) Salsa (3) Sliced Cucumber Oven Fries (17) Marinara (4) Applesauce (15) Peach Cup (14) or Fruit Juice Holiday Cookie

**Breakfast** 

French Toast Sticks (42) w/ Sausage Patty (0) Or Cereal (20-25) & Cinna-mon Toast (15) Craisins (28) Seasonal Fruit Fruit Juice

Lunch

Turkey Tetrazzini (31) Wheat Roll (27) Beef & Cheese Nachos (39)

Turkey & Cheese Deli Sandwich (37)

w/ Chips (14-20) or Hamburger (31)/ Cheeseburger (32)

Buffalo Chicken (35)/ Cheese Pizza (34)

Tossed Salad (0) Winter Blend (4) Salsa (3) Sandwich Fixins (1) Baby Carrots (8) Oven Fries (17) Marinara (4) Pears (20) Seasonal Fruit or Fruit Juice

Milk-8oz

Skim (11)

1 % (11)

Chocolate (24)

Fruit Juice—6oz

Orange (20)



## High School



17 Breakfast	
Breakfast on a Stick	(17)
0r	

Cereal (20-25) & Toast (15) Craisins (28) Applesauce Cup (12) Fruit Juice

Lunch Orange Chicken (37) w/ Seasoned Rice (27) Wheat Roll (27)

Corn Dog (31) w/ Chips (14-20)

Fish Fillet Sandwich (42)

or Hot & Spicy Chicken Sandwich (46)

\*Four Meat / Cheese Pizza (34)

Sugar Snap Peas (7) Tator Tots (19) Mandarin Oranges (20) Seasonal Fruit or Fruit Juice

## Breakfast Egg, Sausage, & Cheese Biscuit (29)

or Cereal (20-25)

& Cinnamon Toast (15) Craisins (28) Seasonal Fruit Fruit Juice

## Lunch Mesquite Chicken (6) Wheat Roll (27)

Hamburger (31)/

Cheeseburger (32)

Crispy Chicken Sandwich (43)

Turkey & Cheese Deli Sandwich (37) w/ Chips (14-20)

or Canadian Bacon/Cheese Pizza (34)

Oven Fries (17) Steamed Broccoli (4) Sandwich Fixins (1) Pineapple Tidbits (20) Seasonal Fruit or Fruit Juice

### **Breakfast** Cinnamon Roll (37) w/ Cheese Stick (1)

or Cereal (20-25) & Toast (15) Craisins (28) Seasonal Fruit Fruit Juice

## Lunch

Chicken Fajita Tacos (32)

or Hot & Spicy Chicken Sandwich (46)

Hot Dog w/ Chips (14-20) or Fiestada (39)

Cheese Pizza (34)

Corn & Black Bean Fiesta (16) Salad Topper (0.5) Salsa (3)

Sliced Peachés (22) Seasonal Fruit or Fruit Juice

### 20 **Breakfast**

Lunch Chicken Tenders (13.5) Wheat Roll (27)

Beef & Cheese Nachos (39)

or Ham & Cheese Deli Sandwich (37) w/ Chips (14-20) or

Hamburger (31)/ Cheeseburger (32)

Buffalo Chicken (35)/ Cheese Pizza (34)

Sonoma Blend (6) Pinto Beans (21) Salsa (3) Strawberry Cup (21) Seasonal Fruit or Fruit Juice

## **Breakfast** Pancakes (28)

w/\*Little Smokies (1.5)

Or Cereal (20-25)& Toast (15)

Craisins (28) Seasonal Fruit Fruit Juice

## Lunch

Spaghetti w/ Meat Sauce (29.5) Wheat Roll (27)

Spicy Asian Bowl (17.5) Wheat Roll (27)

Chicken Fried Steak Sandwich (45)

Pepperoni / Cheese Pizza (34)

Baby Carrots (8) Green Beans (4) Marinara (4) Pears (20) Seasonal Fruit or Fruit Juice

### 24 **Breakfast**

Breakfast Pizza (22)

or Cereal (20-25) & Toast (15) Craisins (28)
Applesauce Cup (12)
Fruit Juice

Lunch Pepper Jack Enchiladas (32) w/ Spanish Rice (17)

or Mac 'n Cheese (31) Wheat Roll (27)

Beef & Cheese Nachos (39)

Hot & Spicy Chicken Sandwich (46)

\*Four Meat / Cheese Pizza

Steamed Broccoli (4) Crinkle Cut Carrots (2) Peaches (22) Seasonal Fruit Fruit Juice

## **Breakfast**

Cinnamon Roll (37) w/ Cheese Stick (1)

or Cereal (20-25) & Cinnamon Toast (15) Craisins (28) Seasonal Fruit Fruit Juice

### Lunch

Beef Soft Tacos (31)

Hamburger (31) Cheeseburger (32)

Turkey & Cheese Deli Sandwich (37) w/ Chips (14-20)

or Canadian Bacon / Cheese Pizza (34)

Sweet Potato Fries (21) Refried Beans (32) Sandwich Fixins (1) Salad Topper (0.5) Salsa (3)

Mandarin Oranges (20) Seasonal Fruit or Fruit Juice

### Breakfast Breakfast Wrap (16)

or Cereal (20-25) & Toast (15) Craisins (28) Seasonal Fruit Fruit Juice

Lunch Fiesta Salad (26.5) w/Spanish Rice (17)

or Chicken Fried Steak Sandwich (45)

Or Crispy Chicken Sandwich (43)

Popcorn Chicken (14) Wheat Roll (27)

Fiestada (39) Cheese Pizza (34)

Corn (27) Pickles (0) Salsa (3) Salad Topper (0.5) Pineapple Tidbits (20) Seasonal Fruit or Fruit Juice

## **Breakfast**

French Toast Sticks (42) w/ Sausage Patty (0)

Or Cereal (20-25) & Cinnamon Toast (15) Craisins (28) Peach Cup (14) Fruit Juice

### Lunch

Cheese Quesadilla (32) or

Lasagna (36.5) Garlic Wheat Roll (27)

Ranch Chicken Wrap (36) or

Hamburger (31) Cheeseburger (32)

or Buffalo Chicken (35) / Cheese Pizza (34)

Cucumber Slices (2) Green Peas (12) Salsa (3) Sliced Peaches (22) Seasonal Fruit or Fruit Juice

## **Breakfast**

\*Sausage Roll (15) w/ Cheese Stick (1)

or Cereal (20-25) & Toast (15)Craisins (28) Seasonal Fruit Fruit Juice

## Lunch

Fish Fillet Sandwich (42)

Hot & Spicy Chicken Sandwich (46)

Chicken Alfredo (35.5) Garlic Wheat Roll (27)

or Bean & Cheese Burrito (41)

Pepperoni / Cheese Pizza (34)

> Tator Tots (19)
> Baked Beans (22.5)
> Marinara (4)
> Pears (20) Seasonal Fruit or Fruit Juice

## Milk-8oz

Skim (11)

1 % (11)

Chocolate (24)

## Fruit Juice—6oz

Orange (20)



## Alternative Menu 2017 Arlington INDEPENDENT SCHOOL DISTRICT



3 Breakfast Breakfast on a Stick (17) or Cereal (20-25) & Toast (15) Craisins (28) Applesauce Cup (12) Fruit Juice	4 Breakfast Dutch Waffle (43) & Cheese Stick (1) or Cereal (20-25) & Cinnamon Toast (15) Craisins (28) Seasonal Fruit Fruit Juice	5 Breakfast *EggStravaganza (1) Biscuit (28) or Cereal (20-25) & Toast (15) Craisins (28) Seasonal Fruit Fruit Juice  Lunch Chef Salad (8.5) w/	6 Breakfast  *Sausage Roll (15) w/ Cheese Stick (1) or Cereal (20-25) & Cinnamon Toast (15) Craisins (28) Seasonal Fruit Fruit Juice  Lunch	7 Breakfast Biscuit (28) w/ Sausage (0) & Gravy (4) or Cereal (20-25) & Toast (15) Craisins (28) Seasonal Fruit Fruit Juice
Lunch Orange Chicken (37) w/ Seasoned Rice (27) Wheat Roll (27) or Cheese Stuffed Breadsticks (45)  Steamed Broccoli (4) Crinkle Cut Carrots (2) Marinara (4) Sliced Peaches (22) Seasonal Fruit or Fruit Juice	Lunch Chicken Alfredo (35.5) Garlic Wheat Roll (27) or Hamburger (31)/ Cheeseburger (32)  Mixed Vegetables (12) Oven Fries (17) Sandwich Fixins (1) Baby Carrots (8) Pineapple Tidbits (20) Seasonal Fruit or Fruit Juice	Popcorn Chicken (14) Wheat Roll (27) or Beef Enchiladas (40) w/ Spanish Rice (17)  Refried Beans (32) Corn (27) Mandarin Oranges (20) Seasonal Fruit or Fruit Juice	Breaded Chicken Sandwich (45) or Baked Ziti (30.5) Garlic Wheat Roll (27)  California Blend (5) Green Beans (4) Applesauce (15) Seasonal Fruit or Fruit Juice	Lunch Sloppy Joe Sandwich (36) or Pepperoni / Cheese Pizza (34)  Baby Carrots (8) Tator Tots (19) Marinara (4) Pears (20) Seasonal Fruit or Fruit Juice
10 Breakfast Breakfast Pizza (22) or Cereal (20-25) & Toast (15) Craisins (28) Applesauce Cup (12) Fruit Juice	11 Breakfast Scramble Eggs w/ Cheese (3) & Biscuit (28) or Cereal (20-25) & Cinnamon Toast (15) Craisins (28) Seasonal Fruit Fruit Juice	12 Breakfast Cinnamon Roll (37) w/ Canadian Bacon (0) Slices or Cereal (20-25) & Toast (15) Craisins (28) Seasonal Fruit Fruit Juice	French Toast Sticks (42) w/ Sausage Patty (0) or Cereal (20-25) & Cinnamon Toast (15) Craisins (28) Seasonal Fruit Fruit Juice	NO SCHOOL
Lunch Oven Crispy Chicken (5) or Steak Fingers (16) Wheat Roll (27)  Mashed Potatoes (15) w/ Gravy (4) Mixed Vegetables (12) Pineapple Tidbits (20) Seasonal Fruit or Fruit Juice	Lunch Taco Snack (30) or Hamburger (31)/ Cheeseburger (32)  Oven Fries (17) Broccoli (4) Sandwich Fixins (1) Baby Carrots (8) Salsa (3) Mandarin Oranges (20) Seasonal Fruit or	Lunch Roasted Turkey (3) or Chicken Tenders (13.5) Cornbread Dressing (14) Wheat Roll (27)  Mashed Potatoes (15) w/ Chicken Gravy (4) Green Beans (4) Applesauce (15) Peach Cup (14) or Fruit Juice	Lunch Turkey Tetrazzini (31) Wheat Roll (27) or Beef & Cheese Nachos (39)  Tossed Salad (0) Winter Blend (4) Salsa (3) Pears (20) Seasonal Fruit or Fruit Juice	

Milk—8oz

Fruit Juice

Skim (11)

1%(11)

Chocolate (24)

Fruit Juice—6oz

Orange (20)



## Alternative Menu 2017



17 Breakfast

\*Sausage Roll (15) w/ Cheese Stick (1)

Cereal (20-25) & Toast (15) Craisins (28) Applesauce Cup (12) Fruit Juice

Lunch

Orange Chicken (37) w/ Seasoned Rice (27) Wheat Roll (27) or Corn Dog (31)

Sugar Snap Peas (7) Tator Tots (19) Mandarin Oranges (20) Seasonal Fruit or Fruit Juice 18 Breakfast

Egg, Sausage, & Cheese Biscuit (29) or Cereal (20-25) &

Cinnamon Toast (15) Craisins (28) Seasonal Fruit Fruit Juice

Lunch

Mesquite Chicken (6) Wheat Roll (27) or Hamburger (31)/ Cheeseburger (32)

Sweet Potato Fries (21)
Steamed Broccoli (4)
Sandwich Fixins (1)
Baby Carrots (8)
Pineapple Tidbits (20)
Seasonal Fruit or
Fruit Juice

9 Breakfast

Cinnamon Roll (37) w/ Cheese Stick (1)

Cereal (20-25) & Toast (15) Craisins (28) Seasonal Fruit Fruit Juice

Lunch

Chicken Fajita Tacos (32) or Fiestada Pizza (39)

> Corn & Black Bean Fiesta (16) Salsa (3) Salad Topper (0.5) Sliced Peaches (22) Seasonal Fruit or Fruit Juice

Breakfast

\*EggStravaganza (1) & Biscuit (28) or Cereal (20-25) & Cinnamon Toast (15) Craisins (28)

Seasonal Fruit

Fruit Juice

Lunch

Chicken Tenders (13.5) Wheat Roll (27) or Beef & Cheese Nachos (39)

Sonoma Blend (6)
Pinto Beans (21)
Salsa (3)
Strawberry Cup (21)
Seasonal Fruit or
Fruit Juice

Breakfast
Pancakes (28)

Pancakes (28) w/ \*Little Smokies (1.5) or

Cereal (20-25) & Toast (15) Craisins (28) Seasonal Fruit Fruit Juice

Lunch

Spaghetti w/ Meat Sauce (29.5) Wheat Roll (27) or Pepperoni /

Cheese Pizza (34)

Baby Carrots (8)
Green Beans (4)
Marinara (4)
Pears (20)
Seasonal Fruit or

Fruit Juice

24 Breakfast

Breakfast Pizza (22) or Cereal (20, 25) & Toast (

Cereal (20-25) & Toast (15) Applesauce Cup (12) Craisins (28) Fruit Juice

Lunch

Bean & Cheese Burrito (41) or Mac 'n Cheese (31) Wheat Roll (27)

Steamed Broccoli (4) Crinkle Cut Carrots (2) Salsa (3) Peaches (22) Seasonal Fruit or Fruit Juice 25 Breakfast

Cinnamon Roll (37) w/ Cheese Stick (1)

Cereal (20-25) & Cinnamon Toast (15) Craisins (28) Seasonal Fruit Fruit Juice

Lunch

Beef Soft Tacos (31) or Hamburger (31)/ Cheeseburger (32)

Sweet Potato Fries (21)
Refried Beans (32)
Sandwich Fixins (1)
Salad Topper (0.5)
Salsa (3)
Mandarin Oranges (20)

Salsa (3)
Mandarin Oranges (20)
Seasonal Fruit or
Fruit Juice

26 Breakfast

Breakfast Wrap (16)

Cereal (20-25) & Toast (15) Craisins (28) Seasonal Fruit Fruit Juice

Lunch

Fiesta Salad (26.5) w/Spanish Rice (17)

Chicken Fried Steak Sandwich (45)

Corn (27)
Pickles (0)
Salsa (3)
Salad Topper (0.5)
Pineapple Tidbits (20)
Seasonal Fruit or
Fruit Juice

27 Breakfast

French Toast Sticks (42) w/ Sausage Patty (0) or

Cereal (20-25) & Cinnamon Toast (15) Craisins (28) Peach Cup (14) Fruit Juice

Lunch

Cheese Quesadilla (32) or Lasagna (36.5) Garlic Wheat Roll (27)

Cucumber Slices (2)
Green Peas (12)
Salsa (3)
Sliced Peaches (22)
Seasonal Fruit or
Fruit Juice

B Breakfast

\*Sausage Roll (15) w/ Cheese Stick (1)

Cereal (20-25) & Toast (15) Craisins (28) Seasonal Fruit Fruit Juice

Lunch

Fish Fillet Sandwich (42) or Pepperoni / Cheese Pizza (34)

Tator Tots (19)
Baked Beans (22.5)
Marinara (4)
Pears (20)
Seasonal Fruit or
Fruit Juice

Milk—8oz

Skim (11)

1 % (11) Chocolate (24) Fruit Juice-6oz

Orange (20)



## Express Menu 2017 Arlington INDEPENDENT SCHOOL DISTRICT



3 Breakfast Breakfast on a Stick (17) Applesauce Cup (12) Craisins (28) Fruit Juice	4 Breakfast Pancakes (35) Craisins (28) Fruit Juice Lunch	5 Breakfast Mini Waffles (35) Seasonal Fruit Craisins (28) Fruit Juice	6 Breakfast *Sausage Roll (15) w/ Cheese Stick (1) Seasonal Fruit Craisins (28) Fruit Juice	7 Breakfast Muffin (30-32) & Yogurt (8) Seasonal Fruit Craisins (28) Fruit Juice
Lunch Orange Chicken (37) w/ Seasoned Rice (27) Wheat Roll (27) or Cheese Stuffed Breadsticks (30) Steamed Broccoli (4) Crinkle Cut Carrots (2) Marinara (4) Sliced Peaches (22) or Fruit Juice	Chicken Alfredo (35.5) Garlic Texas Toast (22) or Hamburger (31)/ Cheeseburger (32)  Mixed Vegetables (12) Oven Fries (17) Sandwich Fixins (1) Seasonal Fruit or Fruit Juice	Lunch Chef Salad (8.5) w/ Popcorn Chicken (14) Wheat Roll (27) or Beef Enchiladas (40) w/ Spanish Rice (17)  Refried Beans (32) Corn (27) Mandarin Oranges (20) or Fruit Juice	Lunch Breaded Chicken Sandwich (45) or Baked Ziti (30.5) Wheat Roll (27)  California Blend (5) Green Beans (4) Marinara (4) Seasonal Fruit or Fruit Juice	Lunch Sloppy Joe Sandwich (36) or *Pepperoni/Cheese Pizza (32)  Baby Carrots (8) Tator Tots (19) Marinara (4) Pears (20) or Fruit Juice
10 Breakfast Poptart (38) & Cereal (20-25) Applesauce Cup (12) Craisins (28) Fruit Juice  Lunch Oven Crispy Chicken (5) or Steak Fingers (16) Wheat Roll (27)  Mashed Potatoes (15) w/ Gravy (4) Mixed Vegetables (12) Pineapple Tidbits (20) or Fruit Juice	11 Breakfast Mini Waffle (35) Seasonal Fruit Craisins (28) Fruit Juice  Lunch Taco Snack (30) or Hamburger (31)/ Cheeseburger (32)  Oven Fries (17) Broccoli (4) Sandwich Fixins (1) Salsa (3) Seasonal Fruit or Fruit Juice	12 Breakfast Muffin (30-32) & Cereal (20-25) Seasonal Fruit Craisins (28) Fruit Juice  Lunch Roasted Turkey (3) or Chicken Tenders (13.5) Cornbread Dressing (14) Wheat Roll (27)  Mashed Potatoes (15) w/ Chicken Gravy (4) Green Beans (4) Applesauce (15) or Fruit Juice	French Toast Sticks (42) Seasonal Fruit Craisins (28) Fruit Juice  Lunch Turkey Tetrazzini (31) Wheat Roll (27) or Beef & Cheese Nachos (39)  Tossed Salad (0) Winter Blend (4) Salsa (3) Seasonal Fruit or Fruit Juice	NO SCHOOL

## Milk-8oz

Skim (11)

1 % (11)

Chocolate (24)

## Fruit Juice—4oz

Orange (15)

Apple/Cherry (16)

Apple (15)



# Express Menu 2017 Arlington Menu 2017



*Sausage Roll (15) w/ Cheese Stick (1) Applesauce Cup (12) Craisins (28) Fruit Juice	18 Breakfast Cinnamon Toast (15) w/ Cheese Stick (1) Seasonal Fruit Fruit Juice	19 Breakfast Mini Waffles (35) Seasonal Fruit Fruit Juice	20 Breakfast Muffin (30-32) & Yogurt (8) Seasonal Fruit Fruit Juice	21 Breakfast Pancakes (35) Seasonal Fruit Fruit Juice
Lunch Orange Chicken (37) w/ Seasoned Rice (27) Wheat Roll (27) or Corn Dog (31) Sugar Snap Peas (7) Tator Tots (19) Mandarin Oranges (20) or Fruit Juice	Lunch Mesquite Chicken (6) Wheat Roll (27) or Hamburger (31)/ Cheeseburger (32)  Sweat Potato Fries (21) Steamed Broccoli (4) Sandwich Fixins (1) Seasonal Fruit or Fruit Juice	Lunch Chicken Fajita Tacos (32) or Fiestada Pizza (39)  Corn & Black Bean Fiesta (16) Salsa (3) Salad Topper (0.5) Seasonal Fruit or Fruit Juice	Lunch Chicken Tenders (13.5) Biscuit (28) or Beef & Cheese Nachos (39)  Sonoma Blend (6) Pinto Beans (21) Salsa (3) Seasonal Fruit or Fruit Juice	Lunch Spaghetti w/ Meat Sauce (29.5) Wheat Roll (27) or *Pepperoni / Cheese Pizza (32)  Baby Carrots (8) Green Beans (4) Marinara (4) Pears (20) or Fruit Juice
24 Breakfast Breakfast Pizza (22) Applesauce Cup (12) Fruit Juice	25 Breakfast Poptart (38) & Cereal (20-25) Seasonal Fruit Fruit Juice	26 Breakfast Breakfast Wrap (16) Seasonal Fruit Fruit Juice	27 Breakfast French Toast Sticks (42) Peach Cup (14) Fruit Juice	28 Breakfast *Sausage Roll (15) w/ Cheese Stick (1) Seasonal Fruit Fruit Juice
Lunch Bean & Cheese Burrito (41) or Mac 'n Cheese (31) Garlic Texas Toast (22)  Steamed Broccoli (4) Crinkle Cut Carrots (2) Salsa (3) Peaches (22) or Fruit Juice	Lunch Beef Soft Tacos (31) or Hamburger (31)/ Cheeseburger (32)  Sweet Potato Fries (21) Refried Beans (32) Sandwich Fixins (1) Salad Topper (0.5) Salsa (3) Seasonal Fruit or Fruit Juice	Lunch Fiesta Salad (26.5) w/Spanish Rice (17) or Chicken Fried Steak Sandwich (45)  Pickles (0) Corn (27) Salad Topper (0.5) Salsa (3) Pineapple Tidbits (20) or Fruit Juice	Lunch Cheese Quesadilla (32) or Lasagna (36.5) Garlic Wheat Roll (27)  Cucumber Slices (2) Green Peas (12) Salsa (3) Seasonal Fruit or Fruit Juice	Lunch Fish Fillet Sandwich (42) or *Pepperoni / Cheese Pizza (32)  Tator Tots (19) Baked Beans (22.5) Marinara (4) Pears (20) or Fruit Juice

## Milk—8oz

Skim (11)

1 % (11)

Chocolate (24)

## Fruit Juice—4oz

Orange (15) Apple/Cherry (16)

Apple (15)



## Kooken Menu 2017 Arlington INDEPENDENT SCHOOL DISTRICT



3 Breakfast Breakfast on a Stick (17) Applesauce Cup (12) Fruit Juice	Pa C	Breakfast Incakes (35) raisins (28) Fruit Juice	S	Breakfas ni Waffles Seasonal Fr Craisins (2 Fruit Juic	(35) uit 8)	6 Breakfas *Sausage Rol w/ Cheese Sti- Seasonal F Craisins (2	1 (15) ck (1) ruit	7 Breakfast Muffin (30-32) & Yogurt (8) Seasonal Fruit Craisins (28)
Lunch Cheese Stuffed Breadsticks (30) Steamed Broccoli (4) Sliced Peaches (22) or Fruit Juice	Ov Sandy Sea	Lunch nburger (31) / eseburger (32) en Fries (17) wich Fixins (1) sonal Fruit or	W Ma	Lunch opcorn Chio (14) Theat Roll ( Corn (27) andarin Ora	cken (27)	Fruit Juic  Lunch Breaded Chi Sandwich (  Green Beans Seasonal Fru Fruit Juic	cken 45) s (4) nit or	Fruit Juice  Lunch  *Pepperoni/Cheese Pizza (32)  Baby Carrots (8) Pears (20) or
10 Breakfast Poptart (38) & Cereal (20-25) Applesauce Cup (12) Craisins (28) Fruit Juice	11 Min Se C	Breakfast ii Waffle (35) asonal Fruit raisins (28) Fruit Juice	12 Mu	Breakfas uffin (30-3: Cereal (20-2: Seasonal Fr Craisins (2: Fruit Juice	t 2) & 25) uit 8)	13 Breakfas French Toast (42) Seasonal Fr Craisins (2) Fruit Juic	Sticks ruit 28)	Fruit Juice  14  NO  SCHOOL
Lunch Steak Fingers (16) Wheat Roll (27)  Mashed Potatoes (15) w/ Gravy (4) Pineapple Tidbits (20) or Fruit Juice	Ov Sand Sea	Lunch mburger (31)/ eseburger (32) en Fries (17) wich Fixins (1) sonal Fruit or Fruit Juice	Ch Cor W M	Lunch asted Turke or nicken Ten (13.5) nbread Dre (14) Theat Roll ( Tashed Pota (15) Chicken G (4) reen Beans	ders essing (27) ttoes ravy	Lunch Turkey Tetra (31) Wheat Roll Winter Blend Seasonal Fru Fruit Juic	(27) d (4) nit or	
		Milk—8oz		lesauce (1 Fruit Juic		nit Juice—4oz		
		Skim (11) 1 % (11)				Orange (15) ble/Cherry (16)		
		Chocolate (24	+)			Apple (15)		



## Kooken Menu 2017 Arlington Menu 2017



17 Breakfast	18 Breakf	fast	19 Br	eakfast	20	Breakfast		21 Breakfast
*Sausage Roll (15)	Cinnamon T		_	Waffles (35)	_	uffin (30-32)		Pancakes (35)
w/ Cheese Stick (1)	w/ Cheese	\ /		sonal Fruit		Yogurt (8)		Seasonal Fruit
Applesauce Cup	Seasonal	\ /		uit Juice	S	Seasonal Frui	t l	Fruit Juice
(12)	Fruit J					Fruit Juice		
Fruit Juice								
	Lune	ch		Lunch				Lunch
Lunch	Hamburge	er (31)/	Fiesta	da Pizza (39)		Lunch		*Pepperoni / Cheese
Orange Chicken	Cheesebur	\ /		( )		nicken Tende	rs	Pizza (32)
(37)			Cor	n & Black		(13.5)		
w/ Seasoned Rice	Sweet Pota	ato Fries	Bean	Fiesta (16)		Biscuit (28)		Green Beans (4)
(27)	(21)	)		onal Fruit or		( )		Pears (20) or
Wheat Roll (27)	Sandwich F		Fr	uit Juice	Son	noma Blend (	(6)	Fruit Juice
, , ,	Seasonal l	\ /			Se	asonal Fruit	or	
Sugar Snap Peas (7)	Fruit J	uice				Fruit Juice		
Mandarin Oranges								
(20) or Fruit Juice								
24 Breakfast	25 Breakf	fast	26 Br	eakfast	27	Breakfast		28 Breakfast
Breakfast Pizza (22)	Poptart (38)	& Cereal	D 1 C					
	Foptart (36)	& CCICai	Breakta	ast Wrap (16)	) Frer	nch Toast Sti	cks	*Sausage Roll (15)
Applesauce Cup	(20-2			ast Wrap (16) sonal Fruit	) Fren	nch Toast Sti (42)	cks	*Sausage Roll (15) w/ Cheese Stick (1)
\ /		25)	Seas					
Applesauce Cup	(20-2	25) l Fruit	Seas	sonal Fruit		(42)		w/ Cheese Stick (1)
Applesauce Cup (12)	(20-2 Seasonal	25) l Fruit	Seas	sonal Fruit		(42) each Cup (14		w/ Cheese Stick (1) Seasonal Fruit
Applesauce Cup (12)	(20-2 Seasonal	25) l Fruit	Seas Fr	sonal Fruit uit Juice Lunch	Pe	(42) each Cup (14		w/ Cheese Stick (1) Seasonal Fruit Fruit Juice
Applesauce Cup (12) Fruit Juice  Lunch	(20-2 Seasonal Fruit Ju	25) I Fruit uice ch	Seas Fr Chicke	sonal Fruit uit Juice Lunch n Fried Steak	Pe	(42) each Cup (14 Fruit Juice <b>Lunch</b>	4)	w/ Cheese Stick (1) Seasonal Fruit Fruit Juice  Lunch *Pepperoni / Cheese
Applesauce Cup (12) Fruit Juice  Lunch Mac 'n Cheese (31)	(20-2 Seasonal Fruit Jo Lund Hamburge	25) I Fruit uice  ch er (31) /	Seas Fr Chicke	sonal Fruit uit Juice Lunch	Pe	(42) each Cup (14 Fruit Juice  Lunch eese Quesadi	4)	w/ Cheese Stick (1) Seasonal Fruit Fruit Juice
Applesauce Cup (12) Fruit Juice  Lunch Mac 'n Cheese (31) Garlic Texas Toast	(20-2 Seasonal Fruit Ju	25) I Fruit uice  ch er (31) /	Seas Fr Chicke Sand	sonal Fruit uit Juice Lunch n Fried Steak dwich (45)	Pe	(42) each Cup (14 Fruit Juice <b>Lunch</b>	4)	w/ Cheese Stick (1) Seasonal Fruit Fruit Juice  Lunch *Pepperoni / Cheese Pizza (32)
Applesauce Cup (12) Fruit Juice  Lunch Mac 'n Cheese (31)	(20-2 Seasonal Fruit Ju Lund Hamburge Cheesebur	25) 1 Fruit ruice  ch er (31) / eger (32)	Seas Fr Chicke Sand	sonal Fruit uit Juice  Lunch n Fried Steak dwich (45)  orn (27)	Pe Che	(42) each Cup (14) Fruit Juice  Lunch eese Quesadi (32)	lla	w/ Cheese Stick (1) Seasonal Fruit Fruit Juice  Lunch *Pepperoni / Cheese Pizza (32)  Baked Beans (22.5)
Applesauce Cup (12) Fruit Juice  Lunch Mac 'n Cheese (31) Garlic Texas Toast (22)	(20-2 Seasonal Fruit June Lune Hamburge Cheeseburg Sweet Pota	25) I Fruit uice  ch er (31) / eger (32) ato Fries	Seas Fr Chicke Sand	sonal Fruit uit Juice Lunch n Fried Steak dwich (45)	Cho	(42) each Cup (14) Fruit Juice  Lunch eese Quesadi (32) reen Peas (12)	1la (2)	w/ Cheese Stick (1) Seasonal Fruit Fruit Juice  Lunch *Pepperoni / Cheese Pizza (32)  Baked Beans (22.5) Marinara (4)
Applesauce Cup (12) Fruit Juice  Lunch Mac 'n Cheese (31) Garlic Texas Toast (22)  Crinkle Cut Carrots	(20-2 Seasonal Fruit Ju Lund Hamburge Cheesebury Sweet Pota (21)	25) I Fruit fuice  ch er (31) / eger (32) ato Fries )	Seas Fr Chicke Sand C Pineapp	Lunch n Fried Steak dwich (45) orn (27) le Tidbits (20)	Cho	(42) each Cup (14 Fruit Juice  Lunch eese Quesadi (32) reen Peas (12 asonal Fruit	1la (2)	w/ Cheese Stick (1) Seasonal Fruit Fruit Juice  Lunch *Pepperoni / Cheese Pizza (32)  Baked Beans (22.5) Marinara (4) Pears (20) or
Applesauce Cup (12) Fruit Juice  Lunch Mac 'n Cheese (31) Garlic Texas Toast (22)  Crinkle Cut Carrots (2)	Cheesebury Sweet Pota (21) Seasonal 1	ch er (31) / eger (32) ato Fries Fruit or	Seas Fr Chicke Sand C Pineapp	Lunch n Fried Steak dwich (45) orn (27) le Tidbits (20	Cho	(42) each Cup (14) Fruit Juice  Lunch eese Quesadi (32) reen Peas (12)	1la (2)	w/ Cheese Stick (1) Seasonal Fruit Fruit Juice  Lunch *Pepperoni / Cheese Pizza (32)  Baked Beans (22.5) Marinara (4)
Applesauce Cup (12) Fruit Juice  Lunch Mac 'n Cheese (31) Garlic Texas Toast (22)  Crinkle Cut Carrots (2) Peaches (22) or	(20-2 Seasonal Fruit Ju Lund Hamburge Cheesebury Sweet Pota (21)	ch er (31) / eger (32) ato Fries Fruit or	Seas Fr Chicke Sand C Pineapp	Lunch n Fried Steak dwich (45) orn (27) le Tidbits (20)	Cho	(42) each Cup (14 Fruit Juice  Lunch eese Quesadi (32) reen Peas (12 asonal Fruit	1la (2)	w/ Cheese Stick (1) Seasonal Fruit Fruit Juice  Lunch *Pepperoni / Cheese Pizza (32)  Baked Beans (22.5) Marinara (4) Pears (20) or
Applesauce Cup (12) Fruit Juice  Lunch Mac 'n Cheese (31) Garlic Texas Toast (22)  Crinkle Cut Carrots (2)	Cheesebury Sweet Pota (21) Seasonal 1	ch er (31) / eger (32) ato Fries Fruit or	Seas Fr Chicke Sand C Pineapp	Lunch n Fried Steak dwich (45) orn (27) le Tidbits (20)	Cho	(42) each Cup (14 Fruit Juice  Lunch eese Quesadi (32) reen Peas (12 asonal Fruit	1la (2)	w/ Cheese Stick (1) Seasonal Fruit Fruit Juice  Lunch *Pepperoni / Cheese Pizza (32)  Baked Beans (22.5) Marinara (4) Pears (20) or

Skim (11) 1 % (11) Chocolate (24)

Orange (15) Apple/Cherry (16) Apple (15)