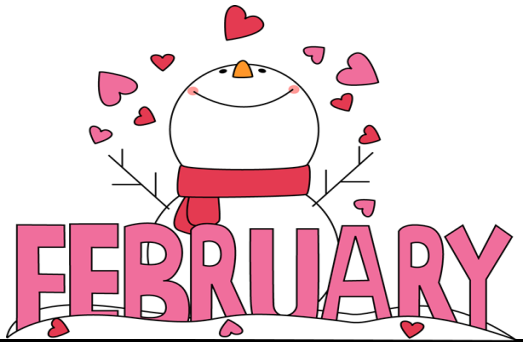

Express Menu 2017

Arlington INDEPENDENT SCHOOL DISTRICT

Breakfast
Student - $1.25
Reduced - $0.30

Lunch
Student - $2.55
Reduced - $0.40
Adult - $3.45

Menu Subject to Change

Breakfast : Includes Choice of Milk
Lunch: Includes Entrée, Vegetable and /or Fruit, and Choice of Milk

* Pork Containing Product

		1 **Breakfast** Mini Waffles Seasonal Fruit Fruit Juice **Lunch** Chef Salad w/ Popcorn Chicken Wheat Roll or Beef Enchiladas w/ Spanish Rice Refried Beans Corn Mandarin Oranges or Fruit Juice	2 **Breakfast** *Sausage Roll w/ Cheese Stick Seasonal Fruit Fruit Juice **Lunch** Breaded Chicken Sandwich or Pepperoni/Cheese Calzone California Blend Green Beans Marinara Seasonal Fruit or Fruit Juice	3 **Breakfast** Muffin & Yogurt Seasonal Fruit Fruit Juice **Lunch** Sloppy Joe Sandwich or *Pepperoni/Cheese Pizza Baby Carrots Tator Tots Marinara Pears or Fruit Juice
6 **Breakfast** Poptart & Cereal Applesauce Cup Fruit Juice **Lunch** Oven Crispy Chicken or Steak Fingers Wheat Roll Mashed Potatoes w/ Gravy Mixed Vegetables Pineapple Tidbits or Fruit Juice	7 **Breakfast** Mini Waffle Seasonal Fruit Fruit Juice **Lunch** Baked Ziti Garlic Wheat Roll or Hamburger/Cheeseburger Oven Fries Broccoli Sandwich Fixins Seasonal Fruit or Fruit Juice	8 **Breakfast** Muffin & Cereal Seasonal Fruit Fruit Juice **Lunch** Southwest Bowl w/ Spanish Rice or Chicken Tenders Biscuit Black Beans Corn Salad Topper Salsa Applesauce or Fruit Juice	9 **Breakfast** French Toast Sticks Seasonal Fruit Fruit Juice **Lunch** Turkey Tetrazzini Wheat Roll or Beef & Cheese Nachos Tossed Salad Winter Blend Salsa Seasonal Fruit or Fruit Juice	10 **Breakfast** Breakfast on a Stick Craisins Fruit Juice **Lunch** Fish Nuggets Wheat Roll or *Pepperoni/Cheese Pizza Green Beans Sweet Potato Fries Marinara Peaches or Fruit Juice

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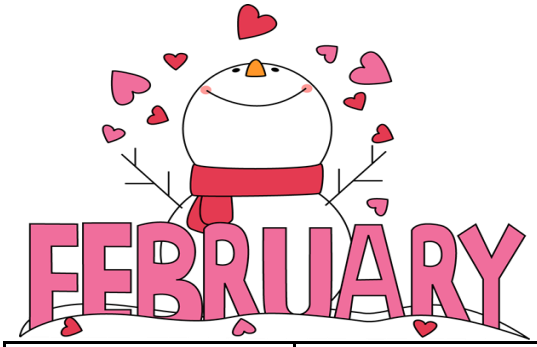

Express Menu 2017

Arlington
INDEPENDENT SCHOOL DISTRICT

13 **Breakfast** *Sausage Roll w/ Cheese Stick Applesauce Cup Fruit Juice **Lunch** Orange Chicken w/ Seasoned Rice Wheat Roll or Corn Dog Sugar Snap Peas Tator Tots Mandarin Oranges or Fruit Juice	**14** **Breakfast** Cinnamon Toast w/ Cheese Stick Seasonal Fruit Fruit Juice **Lunch** Mesquite Chicken Wheat Roll or Hamburger/Cheeseburger Sweat Potato Fries Steamed Broccoli Sandwich Fixins Seasonal Fruit or Fruit Juice	**15** **Breakfast** Mini Waffles Seasonal Fruit Fruit Juice **Lunch** Chicken Fajita Tacos or Fiestada Pizza Corn & Black Bean Fiesta Salsa Salad Topper Seasonal Fruit or Fruit Juice	**16** **Breakfast** Muffin & Yogurt Seasonal Fruit Fruit Juice **Lunch** Spaghetti w/ Meat Sauce Garlic Wheat Roll or Beef & Cheese Nachos Sonoma Blend Pinto Beans Salsa Seasonal Fruit or Fruit Juice	**17** **Breakfast** Pancakes Seasonal Fruit Fruit Juice **Lunch** Chicken Tenders Biscuit or *Pepperoni / Cheese Pizza Baby Carrots Green Beans Marinara Pears or Fruit Juice
20 NO SCHOOL **Breakfast** **Student - $1.25** **Reduced - $0.30** **Lunch** **Student - $2.55** **Reduced - $0.40** **Adult - $3.45**	**21** **Breakfast** Breakfast Pizza Craisins Fruit Juice **Lunch** Bean & Cheese Burrito or Baked Ziti Garlic Texas Toast Steamed Broccoli Crinkle Cut Carrots Salsa Peaches or Fruit Juice	**22** **Breakfast** Breakfast Wrap Seasonal Fruit Fruit Juice **Lunch** Fiesta Salad w/Spanish Rice or Chicken Fried Steak Sandwich Pinto Beans Corn Salad Topper Salsa Pineapple Tidbits or Fruit Juice	**23** **Breakfast** French Toast Sticks Peach Cup Fruit Juice **Lunch** Cheese Quesadilla or Lasagna Garlic Wheat Roll Cucumber Slices Green Peas Salsa Seasonal Fruit or Fruit Juice	**24** **Breakfast** *Sausage Roll w/ Cheese Stick Seasonal Fruit Fruit Juice **Lunch** Fish Fillet Sandwich or *Pepperoni / Cheese Pizza Tator Tots Baked Beans Marinara Pears or Fruit Juice
27 **Breakfast** Breakfast on a Stick Applesauce Cup Fruit Juice **Lunch** Orange Chicken w/ Seasoned Rice Wheat Roll or Cheese Stuffed Breadsticks Steamed Broccoli Crinkle Cut Carrots Marinara Sliced Peaches or Fruit Juice	**28** **Breakfast** Pancakes Craisins Fruit Juice **Lunch** Chicken Alfredo Garlic Texas Toast or Hamburger/Cheeseburger Mixed Vegetables Oven Fries Sandwich Fixins Seasonal Fruit or Fruit Juice	In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877- 8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider. **Breakfast :** Includes Choice of Milk **Lunch:** Includes Entrée, Vegetable and / or Fruit, and Choice of Milk * Pork Containing Product ***Menu Subject to Change***	