

December 2016

Elementary Menu



Arlington
INDEPENDENT SCHOOL DISTRICT

Milk—8oz

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

Fruit Juice—4oz

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



1 Breakfast
Pancakes (28)
w/ Sausage Patty (0)
or
Cereal (20-25)& Cinnamon
Toast (16)
Seasonal Fruit
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

2 Breakfast
Scramble Eggs w/ Cheese
(3)
& Biscuit (28)
or
Cereal (20-25)& Toast (16)
Seasonal Fruit
Fruit Juice

Lunch
Fish Nuggets (17)
Wheat Roll (27)
or
*Pepperoni / Cheese Pizza
(32)

Green Beans (4)
Sweet Potato Fries (21)
Marinara (4)
Peaches (22) or
Fruit Juice

5 Breakfast
*Sausage Roll (15)
w/ Cheese Stick (1)
or
Cereal (20-25)& Toast (16)
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)
or
Fruit Juice

6 Breakfast
Egg, Sausage, & Cheese
Biscuit (29)
or
Cereal (20-25)& Cinnamon
Toast (16)
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)
Seasonal Fruit
or Fruit Juice

7 Breakfast
Cinnamon Roll (37)
w/ Cheese Stick (1)
or
Cereal (20-25)& Toast (16)
Seasonal Fruit
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

8 Breakfast
*Egg Stravaganza (1)
Biscuit (28)
or
Cereal (20-25)& Cinnamon
Toast (16)
Seasonal Fruit
Fruit Juice

Lunch
Spaghetti w/ Meat Sauce
(29.5)
Garlic Wheat Roll (27)
or
Beef & Cheese Nachos (39)

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

9 Breakfast
Pancakes (28)
w/ *Little Smokies (1.5)
or
Cereal (20-25)& Toast (16)
Seasonal Fruit
Fruit Juice

Lunch
Chicken Tenders (13.5)
Biscuit (28)
or
*Pepperoni / Cheese Pizza
(32)

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

12 Breakfast
Breakfast Pizza (22)
or
Cereal (20-25)& Toast (16)
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)
Peaches (22) or
Fruit Juice

13 Breakfast
Cinnamon Roll (37)
w/ Cheese Stick (1)
Cereal (20-25)& Cinnamon
Toast (16)
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)
Seasonal Fruit or
Fruit Juice

14 Breakfast
Breakfast Wrap (16)
or
Cereal (20-25)& Toast (16)
Seasonal Fruit
Fruit Juice

Lunch
Fiesta Salad (26.5)
w/ Spanish Rice (17)
or
Chicken Fried Steak
Sandwich (45)

Pinto Beans (21)
Corn (27)
Salsa (3)
Salad Topper (0.5)
Pineapple Tidbits (20) or
Fruit Juice

15 Breakfast
French Toast Sticks (42)
w/ Sausage Patty (0)
or
Cereal (20-25)& Cinnamon
Toast (16)
Seasonal Fruit
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

16 Breakfast
*Sausage Roll (15)
w/ Cheese Stick (1)
or
Cereal (20-25)& Toast (16)
Seasonal Fruit
Fruit Juice

Lunch
Breaded Chicken
Sandwich (45)

Baby Carrots (8)
Pickle Slices (0)
Seasonal Fruit
Fruit Juice

**Early
Dismissal**

December 2016



Junior High School Menu



Arlington
INDEPENDENT SCHOOL DISTRICT



Fruit Juice—6oz

Orange (15)
Apple (15)

Milk—8oz

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

1 Breakfast
Pancakes (28)
w/ Sausage Patty (0)
or
Cereal (20-25)& Cinnamon
Toast (16)
Craisins (28)
Seasonal Fruit
Fruit Juice

Lunch
Turkey Tetrazzini (31)
Wheat Roll (27)
or
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

2 Breakfast
Scramble Eggs w/ Cheese
(3)
& Biscuit (28)
or
Cereal (20-25)& Toast (16)
Craisins (28)
Seasonal Fruit
Fruit Juice

Lunch
Fish Nuggets (17)
Wheat Roll (27)
or
Pepperoni / Cheese Pizza
(34)
or
Hot & Spicy
Chicken Sandwich (46)

Green Beans (4)
Sweet Potato Fries (21)
Marinara (4)
Peaches (22)
Seasonal Fruit or
Fruit Juice

5 Breakfast
*Sausage Roll (15)
w/ Cheese Stick (1)
or
Cereal (20-25)& Toast (16)
Craisins (28)
Applesauce Cup (12)
Fruit Juice

Lunch
Orange Chicken (37)
w/ Seasoned Rice (27)
Wheat Roll (27)
or
Corn Dog (31)
or
Four Meat (36)/ Cheese
Pizza (34)

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

6 Breakfast
Egg, Sausage, & Cheese
Biscuit (29)
or
Cereal (20-25)& Cinnamon
Toast (16)
Craisins (28)
Seasonal Fruit
Fruit Juice

Lunch
Mesquite Chicken (6)
Wheat Roll (27)
or
Hamburger (31)/
Cheeseburger (32)
or
Crispy Chicken Sandwich
(43)

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

7 Breakfast
Cinnamon Roll (37)
w/ Cheese Stick (1)
or
Cereal (20-25)& Toast (16)
Craisins (28)
Seasonal Fruit
Fruit Juice

Lunch
Chicken Fajita Tacos (32)
or
Fiestada Pizza (39)
or
Hot & Spicy Chicken
Sandwich (46)

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

8 Breakfast
*Egg Stravaganza (1)
Biscuit (28)
or
Cereal (20-25)& Cinnamon
Toast (16)
Craisins (28)
Seasonal Fruit
Fruit Juice

Lunch
Spaghetti w/Meat Sauce
(29.5)
Garlic Wheat Roll (27)
or
Beef & Cheese Nachos (39)
or
Ham & Cheese Deli
Sandwich (37) w/
Chips (14-20)

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

9 Breakfast
Pancakes (28) w/*Little
Smokies (1.5)
or
Cereal & Toast (16)
Craisins (28)
Seasonal Fruit
Fruit Juice

Lunch
Chicken Tenders (13.5)
Wheat Roll (27)
or
Pepperoni / Cheese Pizza
(34)
or
Spicy Asian Bowl (17.5)
w/ Brown Rice (27)
Wheat Roll (27)

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

December 2016



Junior High School Menu Arlington INDEPENDENT SCHOOL DISTRICT

<p>12 Breakfast Breakfast Pizza (22) or Cereal (20-25)& Toast (16) Applesauce Cup (12) Craisins (28) Fruit Juice</p> <p>Lunch Pepper Jack Enchiladas (32) w/ Spanish Rice (17) or Mac 'n Cheese (31) Wheat Roll (27) or *Four Meat (36)/ Cheese Pizza (34)</p> <p>Steamed Broccoli (4) Crinkle Cut Carrots (2) Peaches (22) Seasonal Fruit or Fruit Juice</p>	<p>13 Breakfast Cinnamon Roll (37) w/ Cheese Stick (1) Cereal (20-25)& Cinnamon Toast (16) Craisins (28) Seasonal Fruit Fruit Juice</p> <p>Lunch Beef Soft Tacos (31) or Hamburger (31)/ Cheeseburger (32) or Canadian Bacon/Cheese Pizza (34)</p> <p>Sweet Potato Fries (21) Refried Beans (32) Sandwich Fixins (1) Salad Topper (0.5) Salsa (3) Mandarin Oranges (20) Seasonal Fruit or Fruit Juice</p>	<p>14 Breakfast Breakfast Wrap (16) or Cereal (20-25) & Toast (16) Craisins (28) Seasonal Fruit Fruit Juice</p> <p>Lunch Fiesta Salad (26.5) w/ Spanish Rice (17) or Chicken Fried Steak Sandwich (45) or Crispy Chicken Sandwich (43)</p> <p>Pinto Beans (21) Corn (27) Salad Topper (0.5) Salsa (3) Pineapple Tidbits (20) Seasonal Fruit or Fruit Juice</p>	<p>15 Breakfast French Toast Sticks (42) w/ Sausage Patty (0) or Cereal (20-25) & Cinnamon Toast (16) Craisins (28) Seasonal Fruit Fruit Juice</p> <p>Lunch Hot & Spicy Chicken Sandwich (46)</p> <p>Cucumber Chips (2) Pickle Slices (0) Seasonal Fruit Fruit Juice</p> <hr/> <p>Early Dismissal</p>	<p>16 Breakfast *Sausage Roll (15) w/ Cheese Stick (1) or Cereal (20-25) & Toast (16) Craisins (28) Seasonal Fruit Fruit Juice</p> <p>Lunch Hamburger (31)/ Cheeseburger (32)</p> <p>Baby Carrots (8) Sandwich Fixins (1) Pickle Slices (0) Seasonal Fruit Fruit Juice</p> <hr/> <p>Early Dismissal</p>
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December 19-January 2 Winter Break

Fruit Juice—6oz

Orange (15)
Apple (15)

Milk—8oz

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

December 2016

High School Menu



Arlington
INDEPENDENT SCHOOL DISTRICT

Milk—8oz

Skim (11)

1 % (11)

Chocolate (24)



Fruit Juice—6oz

Orange (15)

Apple (15)

1 Breakfast
Pancakes (28)
w/ Sausage Patty (0)
or
Cereal (20-25)& Cinnamon
Toast (16)
Craisins (28)
Seasonal Fruit
Fruit Juice

Lunch
Turkey Tetrazzini (31)
Wheat Roll (27)
or
Beef & Cheese Nachos (39)
or
Turkey & Cheese Deli
Sandwich (37) w/ Chips (14-
20)
or
Hamburger (31) /
Cheeseburger (32)
or
Buffalo Chicken (35) / Cheese
Pizza (34)

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

2 Breakfast
Scramble Eggs w/ Cheese (3)
& Biscuit (28)
or
Cereal (20-25)& Toast (16)
Craisins (28)
Seasonal Fruit
Fruit Juice

Lunch
Fish Nuggets (17)
Wheat Roll (27)
or
*Pepperoni / Cheese Pizza
(34)
or
Hot & Spicy
Chicken Sandwich (46)
or
Spicy Chicken Bowl (17.5) w/
Seasoned Rice (27)
Wheat Roll (27)

Green Beans (4)
Sweet Potato Fries (21)
Marinara (4)
Peaches (22)
Seasonal Fruit or
Fruit Juice

5 Breakfast
*Sausage Roll (15)
w/ Cheese Stick (1)
or
Cereal (20-25)& Toast (16)
Craisins (28)
Applesauce Cup (12)
Fruit Juice

Lunch
Orange Chicken (37)
w/ Seasoned Rice (27)
Wheat Roll (27)
or
Corn Dog (31)w/
Chips (14-20)
or
Four Meat (36)/
Cheese Pizza (34)
or
Fish Fillet Sandwich (42)
or
Hot & Spicy
Chicken Sandwich (46)

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

6 Breakfast
Egg, Sausage, & Cheese
Biscuit (29)
or
Cereal (20-25)& Cinnamon
Toast (16)
Craisins (28)
Seasonal Fruit
Fruit Juice

Lunch
Mesquite Chicken (6)
Wheat Roll (27)
or
Hamburger (31)/
Cheeseburger (32)
or
Crispy Chicken Sandwich (43)
or
Turkey & Cheese
Deli Sandwich (37)
w/ Chips (14-20)
or
Canadian Bacon/Cheese Pizza
(34)

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

7 Breakfast
Cinnamon Roll (37)
w/ Cheese Stick (1)
or
Cereal (20-25)& Toast (16)
Craisins (28)
Seasonal Fruit
Fruit Juice

Lunch
Chicken Fajita Tacos (32)
or
Hot & Spicy Chicken
Sandwich (46)
or
Hot Dog w/ Chips (14-20)
or
Fiestada (39) /
Cheese Pizza (34)

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

8 Breakfast
*EggStravaganza (1)
Biscuit (28)
or
Cereal (20-25)& Cinnamon
Toast (16)
Craisins (28)
Seasonal Fruit
Fruit Juice

Lunch
Spaghetti w/Meat Sauce (29.5)
Garlic Wheat Roll (27)
or
Beef & Cheese Nachos (39)
or
Ham & Cheese Deli
Sandwich (37) w/ Chips (14-
20)
or
Hamburger (31)/
Cheeseburger (32)
or
Buffalo Chicken (35) /
Cheese Pizza (34)

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

9 Breakfast
Pancakes (28) w/*Little
Smokies (1.5)
or
Cereal& Toast (16)
Craisins (28)
Seasonal Fruit
Fruit Juice

Lunch
Chicken Tenders (13.5)
Wheat Roll (27)
or
Spicy Asian Bowl (17.5)
w/ Brown Rice (27)
Wheat Roll (27)
or
Chicken Fried Steak
Sandwich (45)
or
Pepperoni / Cheese Pizza (34)

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

December 2016



High School Menu **Arlington** INDEPENDENT SCHOOL DISTRICT

<p>12 Breakfast Breakfast Pizza (22) or Cereal (20-25)& Toast (16) Applesauce Cup (12) Craisins (28) Fruit Juice</p> <p>Lunch Pepper Jack Enchiladas (32) w/ Spanish Rice (17) or Mac 'n Cheese (31) Wheat Roll (27) or Beef & Cheese Nachos (39) or Hot & Spicy Chicken Sandwich (46) or *Four Meat (36)/ Cheese Pizza (34)</p> <p>Steamed Broccoli (4) Crinkle Cut Carrots (2) Sweet Potato Fries (21) Peaches (22) Seasonal Fruit or Fruit Juice</p>	<p>13 Breakfast Cinnamon Roll (37) w/ Cheese Stick (1) Cereal (20-25)& Cinnamon Toast (16) Craisins (28) Seasonal Fruit Fruit Juice</p> <p>Lunch Beef Soft Tacos (31) or Hamburger (31)/Cheeseburger (32) or Turkey & Cheese Deli Sandwich (37) w/ Chips (14-20) or Canadian Bacon/ Cheese Pizza (34)</p> <p>Oven Fries (17) Refried Beans (32) Sandwich Fixins (1) Salad Topper (0.5) Salsa (3) Mandarin Oranges (20) Seasonal Fruit or Fruit Juice</p>	<p>14 Breakfast Breakfast Wrap (16) or Cereal (20-25)& Toast (16) Craisins (28) Seasonal Fruit Fruit Juice</p> <p>Lunch Fiesta Salad (26.5) w/Spanish Rice (17) or Chicken Fried Steak Sandwich (45) or Crispy Chicken Sandwich (43) or Popcorn Chicken (14) Wheat Roll (27) or Fiestada (39) / Cheese Pizza (34)</p> <p>Pinto Beans (21) Corn (27) Salsa (3) Salad Topper (0.5) Pineapple Tidbits (20) Seasonal Fruit or Fruit Juice</p>	<p>15 Breakfast French Toast Sticks (42) w/ Sausage Patty (0) or Cereal (20-25)& Cinnamon Toast (16) Craisins (28) Seasonal Fruit Fruit Juice</p> <hr/> <p style="text-align: center;">Early Dismissal</p>	<p>16 Breakfast *Sausage Roll (15) w/ Cheese Stick (1) or Cereal (20-25)& Toast (16) Craisins (28) Seasonal Fruit Fruit Juice</p> <hr/> <p style="text-align: center;">Early Dismissal</p>
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December 19-January 2 Winter Break

Fruit Juice—6oz

Orange (15)
Apple (15)

Milk—8oz

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

December 2016



Alternative Menu



Fruit Juice—6oz

Orange (15)

Apple (15)

Milk—8oz

Skim (11)

1 % (11)

Chocolate (24)

1 Breakfast

Pancakes (28)
w/ Sausage Patty (0)
or
Cereal (20-25)&
Cinnamon Toast (16)
Craisins (28)
Seasonal Fruit
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

2 Breakfast

Scramble Eggs w/
Cheese (3)
& Biscuit (28)
or
Cereal (20-25)& Toast (16)
Craisins (28)
Seasonal Fruit
Fruit Juice

Lunch

Fish Nuggets (17)
Wheat Roll (27)
or
Pepperoni /
Cheese Pizza (34)

Green Beans (4)
Sweet Potato Fries (21)
Marinara (4)
Peaches (22)
Seasonal Fruit or
Fruit Juice

5 Breakfast

*Sausage Roll (15)
w/ Cheese Stick (1)
or
Cereal (20-25)&
Toast (16)
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

6 Breakfast

Egg, Sausage, &
Cheese Biscuit (29)
or
Cereal (20-25)&
Cinnamon Toast (16)
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

7 Breakfast

Cinnamon Roll (37)
w/ Cheese Stick (1)
or
Cereal (20-25)&
Toast (16)
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

8 Breakfast

*EggStravaganza (1)
Biscuit (28)
or
Cereal (20-25)&
Cinnamon Toast (16)
Craisins (28)
Seasonal Fruit
Fruit Juice

Lunch

Spaghetti w/
Meat Sauce (29.5)
Garlic Wheat Roll (27)
or
Beef & Cheese
Nachos (39)

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

9 Breakfast

Pancakes (28)
w/*Little Smokies (1.5)
or
Cereal (20-25)& Toast (16)
Craisins (28)
Seasonal Fruit
Fruit Juice

Lunch

Chicken Tenders (13.5)
Wheat Roll (27)
or
Pepperoni /
Cheese Pizza (34)

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

December 2016



Alternative Menu



Arlington
INDEPENDENT SCHOOL DISTRICT

<p>12 Breakfast Breakfast Pizza (22) or Cereal (20-25)& Toast (16) Craisins (28) Applesauce Cup (12) Fruit Juice</p> <p>Lunch Bean & Cheese Burrito (41) or Mac 'n Cheese (31) Wheat Roll (27)</p> <p>Steamed Broccoli (4) Crinkle Cut Carrots (2) Salsa (3) Peaches (22) Seasonal Fruit or Fruit Juice</p>	<p>13 Breakfast Cinnamon Roll (37) w/ Cheese Stick (1) or Cereal (20-25)& Cinnamon Toast (16) Craisins (28) Seasonal Fruit Fruit Juice</p> <p>Lunch Beef Soft Tacos (31) or Hamburger (31)/ Cheeseburger (32)</p> <p>Sweet Potato Fries (21) Refried Beans (32) Sandwich Fixins (1) Salad Topper (0.5) Salsa (3) Baby Carrots (8) Mandarin Oranges (20) Seasonal Fruit or Fruit Juice</p>	<p>14 Breakfast Breakfast Wrap (16) or Cereal (20-25)& Toast (16) Craisins (28) Seasonal Fruit Fruit Juice</p> <p>Lunch Fiesta Salad (26.5) w/Spanish Rice (17) or Chicken Fried Steak Sandwich (45)</p> <p>Pinto Beans (21) Corn (27) Salsa (3) Salad Topper (0.5) Pineapple Tidbits (20) Seasonal Fruit or Fruit Juice</p>	<p>15 Breakfast French Toast Sticks (42) w/ Sausage Patty (0) or Cereal (20-25)& Cinnamon Toast (16) Craisins (28) Seasonal Fruit Fruit Juice</p> <p>Lunch Hot & Spicy Chicken Sandwich (46)</p> <p>Cucumber Chips (2) Pickle Slices (0) Seasonal Fruit Fruit Juice</p> <hr/> <p>Early Dismissal</p>	<p>16 Breakfast *Sausage Roll (15) w/ Cheese Stick (1) or Cereal (20-25)& Toast (16) Craisins (28) Seasonal Fruit Fruit Juice</p> <p>Lunch Hamburger (31)/ Cheeseburger (32)</p> <p>Baby Carrots (8) Sandwich Fixins (1) Pickle Slices (0) Seasonal Fruit Fruit Juice</p> <hr/> <p>Early Dismissal</p>
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December 19-January 2 Winter Break

Fruit Juice—6oz

Orange (15)

Apple (15)

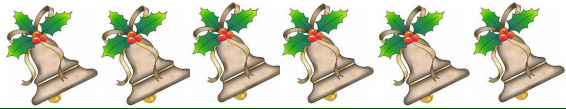
Milk—8oz

Skim (11)

1 % (11)

Chocolate (24)

December 2016



Express Menu



Milk—8oz

Skim (11)

1 % (11)

Chocolate (24)

Fruit Juice—4oz

Orange (15)

Apple/Cherry (16)

Apple (15)

Non-Meat choice is offered daily.



1 Breakfast
French Toast Sticks (37)
Seasonal Fruit
Fruit Juice

Lunch
Turkey Tetrizzini (31)
Wheat Roll (27)
or
Beef & Cheese
Nachos (39)

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

2 Breakfast
Breakfast on a Stick (22)
Craisins (28)
Fruit Juice

Lunch
Fish Nuggets (17)
Wheat Roll (27)
or
*Pepperoni /
Cheese Pizza (32)

Green Beans (4)
Sweet Potato Fries (21)
Marinara (4)
Peaches (22) or
Fruit Juice

5 Breakfast
*Sausage Roll (15)
w/ Cheese Stick (1)
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)
or
Fruit Juice

6 Breakfast
Cinnamon Toast (29) w/
Cheese Stick (1)
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)
Seasonal Fruit
or Fruit Juice

7 Breakfast
Mini Waffles (35)
Seasonal Fruit
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

8 Breakfast
Muffin (30-32) &
Yogurt (8)
Seasonal Fruit
Fruit Juice

Lunch
Spaghetti w/
Meat Sauce (29.5)
Garlic Wheat Roll (27)
or
Beef & Cheese
Nachos (39)

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

9 Breakfast
Pancakes (35)
Seasonal Fruit
Fruit Juice

Lunch
Chicken Tenders (13.5)
Biscuit (28)
or
*Pepperoni /
Cheese Pizza (32)

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

12 Breakfast
Breakfast Pizza (22)
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)
Peaches (22) or
Fruit Juice

13 Breakfast
Poptart (38) &
Cereal (20-25)
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)
Seasonal Fruit or
Fruit Juice

14 Breakfast
Breakfast Wrap (16)
Seasonal Fruit
Fruit Juice

Lunch
Fiesta Salad (26.5)
w/Spanish Rice (17)
or
Chicken Fried Steak
Sandwich (45)

Pinto Beans (21)
Corn (27)
Salad Topper (0.5)
Salsa (3)
Pineapple Tidbits (20) or
Fruit Juice

15 Breakfast
French Toast Sticks (37)
Craisins (28)
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

16 Breakfast
*Sausage Roll (15)
w/ Cheese Stick (1)
Seasonal Fruit
Fruit Juice

Lunch
Breaded Chicken
Sandwich (45)

Baby Carrots (8)
Pickle Slices (0)
Seasonal Fruit
Fruit Juice

**Early
Dismissal**

December 2016



Kooken Menu



Arlington
INDEPENDENT SCHOOL DISTRICT



Fruit Juice—4oz

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

Milk—8oz

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

<p><u>Fruit Juice—4oz</u></p> <p>Orange (15) Apple/Cherry (16) Apple (15)</p> <p><u>Milk—8oz</u></p> <p>Skim (11) 1 % (11) Chocolate (24)</p>	<p>1 Breakfast French Toast Sticks (37) Seasonal Fruit Fruit Juice</p> <p>Lunch Taco Snack (30)</p> <p>Winter Blend (4) Salsa (3) Seasonal Fruit or Fruit Juice</p> <p>2 Breakfast Breakfast on a Stick (17) Craisins (28) Fruit Juice</p> <p>Lunch *Pepperoni / Cheese Pizza (32)</p> <p>Green Beans (4) Marinara (4) Peaches (22) or Fruit Juice</p>			
<p>5 Breakfast *Sausage Roll (15) w/ Cheese Stick (1) Applesauce Cup (12) Fruit Juice</p> <p>Lunch Orange Chicken (37) w/ Seasoned Rice (27) Wheat Roll (27)</p> <p>Sugar Snap Peas (7) Mandarin Oranges (20) or Fruit Juice</p>	<p>6 Breakfast Cinnamon Toast (29) w/ Cheese Stick (1) Seasonal Fruit Fruit Juice</p> <p>Lunch Hamburger (31)/ Cheeseburger (32)</p> <p>Steamed Broccoli (4) Sandwich Fixins (1) Seasonal Fruit or Fruit Juice</p>	<p>7 Breakfast Mini Waffles (35) Seasonal Fruit Fruit Juice</p> <p>Lunch Fiestada (26.5)/ Cheese Pizza (32)</p> <p>Corn & Black Bean Fiesta (16) Seasonal Fruit or Fruit Juice</p>	<p>8 Breakfast Muffin (30-32) & Yogurt (8) Seasonal Fruit Fruit Juice</p> <p>Lunch Spaghetti w/ Meat Sauce (29.5) Garlic Wheat Roll (27)</p> <p>Sonoma Blend (6) Seasonal Fruit or Fruit Juice</p>	<p>9 Breakfast Pancakes (35) Seasonal Fruit Fruit Juice</p> <p>Lunch *Pepperoni / Cheese Pizza (32)</p> <p>Green Beans (4) Marinara (4) Pears (20) or Fruit Juice</p>
<p>12 Breakfast Breakfast Pizza (22) Applesauce Cup (12) Fruit Juice</p> <p>Lunch Mac 'n Cheese (31) Wheat Roll (27) Crinkle Cut Carrots (2) Peaches (22) or Fruit Juice</p>	<p>13 Breakfast Poptart (38) & Cereal (20-25) Seasonal Fruit Fruit Juice</p> <p>Lunch Hamburger (31)/ Cheeseburger (32)</p> <p>Sweet Potato Fries (21) Seasonal Fruit or</p>	<p>14 Breakfast Breakfast Wrap (16) Seasonal Fruit Fruit Juice</p> <p>Lunch Chicken Fried Steak Sandwich (45)</p> <p>Corn (27) Pineapple Tidbits (20) or Fruit Juice</p>	<p>15 Breakfast French Toast Sticks (37) Craisins (28) Fruit Juice</p> <p>Lunch Cheese Quesadilla (32)</p> <p>Green Peas (12) Seasonal Fruit or Fruit Juice</p>	<p>16 Breakfast *Sausage Roll (15) Cheese Stick (1) Seasonal Fruit Fruit Juice</p> <p>Lunch Breaded Chicken Sandwich (45)</p> <p>Baby Carrots (8) Pickle Slices (0) Seasonal Fruit</p>