

Cycle Lunch Menus for:

**Brown, Cobb, Crenshaw,
DeZavala, Hamblen,
McMullan & Schochler**

August 23, 2021—December 17, 2021

BREAKFAST

Monday: Eggo Mini Maple Pancakes
(2 G) (Cal./210)

Tuesday: Glazed Donut
(2 G) (Cal./289)

Wednesday: Pancake Wrapped Sausage on a Stick
(2 G) (Cal./200)

Thursday: Sausage Breakfast Pizza
(2 G) (Cal./210)

Friday: Eggo Mini Waffles
(2 G) (Cal./200)

AVAILABLE DAILY

Breakfast:

Assorted Cereal (1 G),
Strawberry Pop Tart (1 G),
Double Chocolate Mini Muffin (1G)
*Grahams are available with each of the
above entrées.*

Milk, Fruit & Juice

Students are required to take at least
3 food items, **including a fruit or
juice**. A choice of milk is offered
daily, but is optional.

Breakfast Calories:
350-500

Lunch:

Milk
Fruit
Vegetables

**A fruit or vegetable
is required
with all lunch trays.**

*If an entrée is not selected, the
student must take a fruit, 1-2
vegetables and a milk.*

Lunch Calories:
550-650

Weekly Breakfast Fruit Choices

Monday: Chilled Peach Cup

Tuesday: Fresh Banana

Wednesday: Fresh Sliced Apples

Thursday: Orange Smiles

Friday: Applesauce Cup

Juice available daily Monday - Friday

BREAKFAST PRODUCE NOTE:

For Tuesday: When bananas are delivered, please check color and serve if delivered too ripe or serve at a later date if too green.

For Thursday: If oranges are out of season, please serve another fruit. Please call the Nutrition office for approval of these changes.

Menus are subject to change based on supply.

WEEK 1: Elementary Featured Specials of the Day

August 23-27, September 13-17, October 11-15, November 1-5, November 29-December 3

LUNCH WEEKLY ENTREE

Monday: Gold Kist Chicken Smackers
1 G & 2 oz M/MA (Cal./260)

Tuesday: Flame Grilled Cheeseburger
2 G & 2.5 oz M/MA (Cal./361)

Wednesday: Toasted Ham & Cheese Sandwich
2 G & 2 oz M/MA (Cal./279)

Thursday: Beef Nachos with Cheese
1 G, 2 oz M/MA (Cal./328)

Friday: Pepperoni Pizza
2 G, 2 oz M/MA & ¼ c R/O (Cal./300)

DAILY ENTREE

MONDAY

**BBQ Rib
Sandwich**

= 2 G & 2 oz M/MA
(Cal./310)

**Seasoned
Green Beans**
(½ c O/V)

**Home Style Mashed
Potatoes with
Country Gravy**
(½ c Starch)

**Applesauce Cup
OR Mandarin Oranges**

Choice of Milk
Ketchup, Mustard, Gravy

TUESDAY

**Tyson Chicken
Tenders**

= 1 G & 2 oz M/MA
(Cal./260)

**Seasoned
Potato Wedges**
(½ c Starch)

Burger Salad
(¼ c R/O & ¼ c D/G)

**Fresh Fruit
OR Apple Chips**

Choice of Milk
Ketchup, Mayo, Mustard

WEDNESDAY

**Beef Burrito with
Cheese Sauce**

= 1.25 G, 2 oz M/MA, ¼ c R/O,
¼ O/V (Cal./327)

Golden Corn
(½ c Starch)

**Carrots, Cucumber
& Pickle Spear**
(¼ c R/O & ¼ c O/V)

**Chilled Strawberry Cup
OR Orange Smiles**

Choice of Milk
Salsa, Jalapeños

THURSDAY

**Tyson Chicken
Nuggets**

= 1 G & 2 oz M/MA
(Cal./260)

**Steamed Broccoli
with Cheese**
(½ c D/G)

**Seasoned
Oven Fries**
(½ c Starch)

**Fresh Sliced Apples
OR Mixed Fruit Jello
with Whipped Topping**

Choice of Milk
Ketchup, Salsa, Jalapeños

FRIDAY

**2 Carnita
Enchiladas**

= 2 G & 2 oz M/MA
(Cal./224)

**Sweet
Carrot Coins**
(½ c R/O)

Charro Beans
(½ c Legumes)

**Flavored Raisels
OR Chilled Peach Cup**

Choice of Milk
Salsa, Jalapeños

Lunch Requirements		
	Weekly/Daily Requirements	Menu Total
Milk	5 (1) c	5 c
Fruits	2 ½ (½) c	2 ½ c
Vegetables	3 ¾ (¾) c	5 ¾ c
Grains	8-9 (1.0) oz	9 oz
M/MA	8-10 (1.0) oz	10.5 oz

Lunch Vegetable Requirements		
	Weekly Requirements	Menu Total
Dark Green	½ c	¾ c
Red Orange	¾ c	1 ¾ c
Legumes	½ c	½ c
Starch	½ c	2 c
Other Veg.	½ c	1 c

This institution is an equal opportunity provider.

Updated: 8-25-21

Cycle Lunch Menus for:

**Brown, Cobb, Crenshaw,
DeZavala, Hamblen,
McMullan & Schochler**

August 23, 2021—December 17, 2021

Holidays: September 6, October 6-8, November 22-26 &
December 20-31

Student Holiday/Staff Dev: October 4-5

BREAKFAST

Monday: Pancake Wrapped Sausage on a Stick
(2 G) (Cal./200)

Tuesday: Glazed Donut Holes
(2 G) (Cal./289)

Wednesday: Pancake with Cheesy Eggs
(2 G) (Cal./)

Thursday: Sausage Breakfast Pizza
(2 G) (Cal./210)

Friday: Eggo Mini Maple Pancakes
(2 G) (Cal./210)

AVAILABLE DAILY

Breakfast:

Assorted Cereal (1 G),
Strawberry Pop Tart (1 G),
Double Chocolate Mini Muffin (1G)
*Grahams are available with each of the
above entrées.*

Milk, Fruit & Juice

Students are required to take at least
3 food items, **including a fruit or
juice**. A choice of milk is offered
daily, but is optional.

Breakfast Calories:
350-500

Lunch:

Milk
Fruit
Vegetables

**A fruit or vegetable
is required
with all lunch trays.**

*If an entrée is not selected, the
student must take a fruit, 1-2
vegetables and a milk.*

Lunch Calories:
550-650

Weekly Breakfast Fruit Choices

Monday: Chilled Peach Cup

Tuesday: Fresh Banana

Wednesday: Fresh Sliced Apples

Thursday: Orange Smiles

Friday: Applesauce Cup

Juice available daily Monday - Friday

BREAKFAST PRODUCE NOTE:

For Tuesday: When bananas are delivered, please check color and serve if
delivered too ripe or serve at a later date if too green.

For Thursday: If oranges are out of season, please serve another fruit.
Please call the Nutrition office for approval of these changes.

Menus are subject to change based on supply.

Week 2: Elementary Featured Specials of the Day

August 30-September 3, September 20-24, October 18-22, November 8-12, December 6-10

LUNCH

WEEKLY ENTREE

Monday: Gold Kist Chicken Smackers
1 G & 2 oz M/MA (Cal./260)

Tuesday: Flame Grilled Cheeseburger
2 G & 2.5 oz M/MA (Cal./361)

Wednesday: Toasted Ham & Cheese Sandwich
2 G & 2 oz M/MA (Cal./279)

Thursday: Beef Nachos with Cheese
1 G & 2 oz M/MA (Cal./328)

Friday: Pepperoni Pizza
2 G, 2 oz M/MA & 1/8 c R/O (Cal./300)

DAILY ENTREE

MONDAY

**2 Crispy Beef
Tacos with
Spanish Rice**
= 1 G & 2.5 oz M/MA
(Cal./479)

**Sweet
Carrot Coins**
(1/2 c R/O)

Charro Beans
(1/2 c Legumes)

**Applesauce Cup
OR Mandarin Oranges**

Choice of Milk
Ketchup, Salsa, Jalapeños

TUESDAY

**Hot
Dog**
= 1.5 G & 2 oz M/MA
(Cal./240)

Crispy Tater Tots
(1/2 c Starch)

**Seasoned
Green Beans**
(1/2 c O/V)

**Fresh Fruit
OR Apple Chips**

Choice of Milk
Ketchup, Mayo, Mustard

WEDNESDAY

**Spaghetti &
Meatballs**
= 1 G, 2 oz M/MA & 1/4 c R/O
(Cal./299)

**Home Style Mashed
Potatoes with
Country Gravy**
(1/2 c Starch)

**Fresh
Vegetable Medley**
(1/4 c R/O & 1/4 c O/V)

**Chilled Strawberry Cup
OR Orange Smiles**

Choice of Milk
Gravy

THURSDAY

**Tyson Chicken
Tenders**
= 1 G & 2 oz M/MA
(Cal./260)

**Seasoned
Curly Fries**
(1/2 c Starch)

Shredded Pico Salad
(1/4 c R/O & 1/4 c D/G)

**Fresh Sliced Apples
OR Mixed Fruit Jello
with Whipped Topping**

Choice of Milk
Ketchup, Salsa, Jalapeños

FRIDAY

**Beefy
Macaroni**
= 1 G, 2 oz M/MA & 1/8 c OV
(Cal./283)

**Steamed Broccoli
with Cheese**
(1/2 c D/G)

Golden Corn
(1/2 c Starch)

**Flavored Raisels
OR Chilled Peach Cup**

Choice of Milk

Lunch Requirements

	Weekly/Daily Requirements	Menu Total
Milk	5 (1) c	5 c
Fruits	2 1/2 (1/2) c	2 1/2 c
Vegetables	3 3/4 (3/4) c	5 3/4 c
Grains	8-9 (1.0) oz	9 oz
M/MA	8-10 (1.0) oz	11 oz

Lunch Vegetable Requirements

	Weekly Requirements	Menu Total
Dark Green	1/2 c	3/4 c
Red Orange	3/4 c	1 3/8 c
Legumes	1/2 c	1/2 c
Starch	1/2 c	2 c
Other Veg.	1/2 c	1 1/8 c

This institution is an equal opportunity provider.

Updated: 8-25-21

Cycle Lunch Menus For: Brown, Cobb, Crenshaw, DeZavala, Hamblen, McMullan & Schochler

August 23, 2021–December 17, 2021

BREAKFAST

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Tuesday: Glazed Donut
(2 G) (Cal./289)

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(2 G) (Cal./200)

Thursday: Sausage Breakfast Pizza
(2 G) (Cal./210)

Friday: Eggo Mini Waffles
(2 G) (Cal./200)

AVAILABLE DAILY

Breakfast:

Assorted Cereal (1 G),
Strawberry Pop Tart (1 G),
Double Chocolate Mini Muffin (1G)
*Grahams are available with each of the
above entrées.*

Milk, Fruit & Juice

Students are required to take at least 3
food items, **including a fruit or
juice**. A choice of milk is offered
daily, but is optional.

Breakfast Calories:
350-500

Lunch:

Milk
Fruit
Vegetables

**A fruit or vegetable
is required
with all lunch trays.**

*If an entrée is not selected, the
student must take a fruit, 1-2
vegetables and a milk.*

Lunch Calories:
550-650

Weekly Breakfast Fruit Choices

Monday: Chilled Peach Cup

Tuesday: Fresh Banana

Wednesday: Fresh Sliced Apples

Thursday: Orange Smiles

Friday: Applesauce Cup

Juice available daily Monday - Friday

BREAKFAST PRODUCE NOTE:

For Tuesday: When bananas are delivered, please check color and
serve if delivered too ripe or serve at a later date if too green.

For Thursday: If oranges are out of season, please serve another
fruit. Please call the Nutrition office for approval of these changes.

Menus are subject to change based on supply.

Week 3: Elementary Featured Specials of the Day

September 7-10, September 27-October 1, October 25-29, November 15-19, December 13-17

LUNCH WEEKLY ENTREE

Monday: Gold Kist Chicken Smackers
1 G & 2 oz M/MA (Cal./260)

Tuesday: Flame Grilled Cheeseburger
2 G & 2.5 oz M/MA (Cal./361)

Wednesday: Toasted Ham & Cheese Sandwich
2 G & 2 oz M/MA (Cal./279)

Thursday: Beef Nachos with Cheese
1 G & 2 oz M/MA (Cal./328)

Friday: Pepperoni Pizza
2 G, 2 oz M/MA & 1/8 c R/O (Cal./300)

DAILY ENTREE

MONDAY

**Pulled Pork
Sandwich**
= 2 G & 2 oz M/MA
(Cal./500)

Golden Corn
(½ c Starch)

**Seasoned
Green Beans**
(½ c O/V)

Applesauce Cup
OR Mandarin Oranges

Choice of Milk
Ketchup, Mustard

TUESDAY

**Tyson Chicken
Nuggets**
= 1 G & 2 oz M/MA
(Cal./260)

Seasoned Oven Fries
(½ c Starch)

**Carrots, Cucumbers &
Pickle Spears**
(¼ c R/O & ¼ c O/V)

Fresh Fruit
OR Apple Chips

Choice of Milk
Ketchup, Mayo, Mustard

WEDNESDAY

**Steak
Fingers**
= 1 G & 2 oz M/MA
(Cal./300)

**Steamed Broccoli
with Cheese**
(½ c D/G)

**Home Style Mashed
Potatoes with
Country Gravy**
(½ c Starch)

Chilled Strawberry Cup
OR Orange Smiles

Choice of Milk
Ketchup, Gravy

THURSDAY

**Corn
Dog**
= 2 G & 2 oz M/MA
(Cal./240)

**Seasoned
Waffle Fries**
(½ c Starch)

Shredded Pico Salad
(¼ c D/G & ¼ c R/O)

Fresh Sliced Apples
OR Mixed Fruit Jello
with Whipped Topping

Choice of Milk
Ketchup, Mustard,
Salsa, Jalapeños

FRIDAY

**Chicken
Sticks**
= 1 G & 2 oz M/MA
(Cal./260)

Sweet Carrot Coins
(½ c R/O)

Baked Beans
(½ c Legumes)

Flavored Raisels
OR Chilled Peach Cup

Choice of Milk
Ketchup

Lunch Requirements

	Weekly/Daily Requirements	Menu Total
Milk	5 (1) c	5 c
Fruits	2 ½ (½) c	2 ½ c
Vegetables	3 ¾ (¾) c	5 ¼ c
Grains	8-9 (1.0) oz	10 oz
M/MA	8-10 (1.0) oz	10.5 oz

Lunch Vegetable Requirements

	Weekly Requirements	Menu Total
Dark Green	½ c	¾ c
Red Orange	¾ c	1 ¼ c
Legumes	½ c	½ c
Starch	½ c	2 c
Other Veg.	½ c	¾ c

This institution is an equal opportunity provider.

Updated: 8-25-21