

NOVEMBER 2009

CYPRESS-FAIRBANKS INDEPENDENT SCHOOL DISTRICT

**ELEMENTARY and
KINDERGARTEN
BREAKFAST MENU**

Excellence in Nutrition = An Investment in the Future

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sausage & Cheese Kolache or Sausage Kolache Cereal and Grammy Bears or Yogurt and Animal Crackers Juice Milk #21	2 Chicken Biscuit or Cereal and Grammy Bears or Yogurt and Animal Crackers Juice Milk #22	4 Whole Wheat Cinnamon Roll or Cereal and Grammy Bears or Yogurt and Animal Crackers Juice Milk #23	5 Ham & Cheese Croissant or Cheese Croissant or Cereal and Grammy Bears or Yogurt and Animal Crackers Juice Milk #24	6 Breakfast Sausage Pizza or Cereal and Grammy Bears or Yogurt and Animal Crackers Juice Milk #25
Sausage & Cheese Kolache or Sausage Kolache Cereal and Grammy Bears or Yogurt and Animal Crackers Juice Milk #1	9 Chicken Biscuit or Cereal and Grammy Bears or Yogurt and Animal Crackers Juice Milk #2	11 Whole Wheat Cinnamon Roll or Cereal and Grammy Bears or Yogurt and Animal Crackers Juice Milk #3	12 Ham & Cheese Croissant or Cheese Croissant or Cereal and Grammy Bears or Yogurt and Animal Crackers Juice Milk #4	13 Apple Bread Sticks or Cereal and Grammy Bears or Yogurt and Animal Crackers Juice Milk #5
French Toast Boat/Sausage Link or Cereal and Grammy Bears or Yogurt and Animal Crackers Juice Milk #6	16 Sausage & Cheese Kolache or Sausage Kolache or Cereal and Grammy Bears or Yogurt and Animal Crackers Juice Milk #7	17 Whole Wheat Cinnamon Roll or Cereal and Grammy Bears or Yogurt and Animal Crackers Juice Milk #8	18 Ham & Cheese Croissant or Cheese Croissant or Cereal and Grammy Bears or Yogurt and Animal Crackers Juice Milk #9	19 Pancake & Sausage on Stick or Cereal and Grammy Bears or Yogurt and Animal Crackers Juice Milk #10
Sausage & Cheese Kolache or Sausage Kolache Cereal and Grammy Bears or Yogurt and Animal Crackers Juice Milk #11	23 Pancake & Chicken Sausage Sandwich or Cereal and Grammy Bears or Yogurt and Animal Crackers Juice Milk #12	24 HOLIDAY #13	25 HOLIDAY #14	26 HOLIDAY #15
Mini Waffles or Cereal and Grammy Bears or Yogurt and Animal Crackers Juice Milk #16	30			
<i>"Menu is subject to change without notice due to price and availability of food."</i>				

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CYPRESS-FAIRBANKS INDEPENDENT SCHOOL DISTRICT

**ELEMENTARY and
KINDERGARTEN
LUNCH BOX MENU**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Turkey/Cheese on White Peach Cup 100% White Grape Juice Whole Wheat Honey Grahams Milk</p> <p style="text-align: right;">#21</p>	<p>Turkey / Cheese on Whole Wheat Croissant Carrots / Dip 100% Apple Juice Goldfish Milk</p> <p style="text-align: right;">#22</p>	<p>Ham / Cheese on White Peach Cup 100% White Grape Juice Whole Wheat Honey Grahams Milk</p> <p style="text-align: right;">#23</p>	<p>Turkey / Cheese on Whole Wheat Carrots / Dip 100% Apple Juice All Sports Bites Milk</p> <p style="text-align: right;">#24</p>	<p>Ham / Cheese on White Peach Cup 100% White Grape Juice Raisins Milk</p> <p style="text-align: right;">#25</p>
<p>Turkey/Cheese on White Peach Cup 100% White Grape Juice Whole Wheat Honey Grahams Milk</p> <p>7522-1-F</p> <p style="text-align: right;">#1</p>	<p>Turkey / Cheese on Whole Wheat Croissant Carrots / Dip 100% Apple Juice Goldfish Milk</p> <p>4069-1-F</p> <p style="text-align: right;">#2</p>	<p>Ham / Cheese on White Peach Cup 100% White Grape Juice Whole Wheat Honey Grahams Milk</p> <p>4067-1-F</p> <p style="text-align: right;">#3</p>	<p>Turkey / Cheese on Whole Wheat Carrots / Dip 100% Apple Juice All Sports Bites Milk</p> <p>7520-1-F</p> <p style="text-align: right;">#4</p>	<p>Ham / Cheese on White Peach Cup 100% White Grape Juice Raisins Milk</p> <p>7824-1-F</p> <p style="text-align: right;">#5</p>
<p>Turkey/Cheese on White Peach Cup 100% White Grape Juice Whole Wheat Honey Grahams Milk</p> <p style="text-align: right;">#6</p>	<p>Turkey / Cheese on Whole Wheat Croissant Carrots / Dip 100% Apple Juice Goldfish Milk</p> <p style="text-align: right;">#7</p>	<p>Ham / Cheese on White Peach Cup 100% White Grape Juice Whole Wheat Honey Grahams Milk</p> <p style="text-align: right;">#8</p>	<p>Turkey / Cheese on Whole Wheat Carrots / Dip 100% Apple Juice All Sports Bites Milk</p> <p style="text-align: right;">#9</p>	<p>Ham / Cheese on White Peach Cup 100% White Grape Juice Raisins Milk</p> <p style="text-align: right;">#10</p>
<p>Turkey/Cheese on White Peach Cup 100% White Grape Juice Whole Wheat Honey Grahams Milk</p> <p style="text-align: right;">#11</p>	<p>Turkey / Cheese on Whole Wheat Croissant Carrots / Dip 100% Apple Juice Goldfish Milk</p> <p style="text-align: right;">#12</p>	<p style="text-align: center;">HOLIDAY</p> <p style="text-align: right;">#13</p>	<p style="text-align: center;">HOLIDAY</p> <p style="text-align: right;">#14</p>	<p style="text-align: center;">HOLIDAY</p> <p style="text-align: right;">#15</p>
<p>Turkey/Cheese on White Peach Cup 100% White Grape Juice Whole Wheat Honey Grahams Milk</p> <p style="text-align: right;">#16</p>				

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**ELEMENTARY
PRE-DISH
LUNCH MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Popcorn Chicken / Macaroni & Cheese / Seasoned Peas Baby Carrots / Diced Pears Wheat Roll Cold Milk <i>Hamburger or Cheeseburger</i> #21	3 Whole Wheat Mini Corn Dogs / Diced Carrots / Spiced Apples Tossed Salad / Pineapple Tidbits Wheat Roll Cold Milk <i>Chicken Patty on Bun</i> #22	4 Hamburger / Cheeseburger Lettuce / Tomato / Pickle Baked Chips Peach Cup Banana Bread Cold Milk <i>Chef's Salad</i> #23	5 Cheese / Beef Nachos Seasoned Pinto Beans Tossed Salad / Fresh Mixed Fruit Cornbread Cold Milk <i>Chicken Patty on Bun</i> #24	6 Cheese Pizza / Whole Kernel Corn / Fruit Cobbler Tossed Salad / Red Grapes Wheat Roll Cold Milk <i>Hamburger or Cheeseburger</i> #25
9 Popcorn Chicken / Macaroni & Cheese / Seasoned Peas Baby Carrots / Fruit Cocktail Wheat Roll Cold Milk <i>Hot Dog or Chili Cheese Dog</i> #1	10 Cheese Pizza / Whole Kernel Corn / Fruit Cobbler Tossed Salad / Pineapple Tidbits Wheat Roll Cold Milk <i>Hamburger or Cheeseburger</i> #2	11 Seasoned Breaded Chicken Breast on Wheat Bun Lettuce/Tomato/Pickle Baked Chips Peach Cup Banana Bread Cold Milk <i>Chef's Salad</i> #3	12 Cheese / Beef Nachos Seasoned Pinto Beans Tossed Salad / Orange Smiles Cornbread Cold Milk <i>Hamburger or Cheeseburger</i> #4	13 Cheese Sticks / Marinara Sauce / Diced Carrots Tossed Salad / Applesauce Wheat Roll Cold Milk <i>Chicken Patty on Bun</i> #5
16 Cheese / Beef Nachos Seasoned Pinto Beans Baby Carrots / Pineapple Tidbits Cornbread Cold Milk <i>Hamburger or Cheeseburger</i> #6	17 Steak Fingers / Mashed Potatoes / Fat Free Country Gravy Green Beans Tossed Salad / Applesauce Wheat Roll Cold Milk <i>Chicken Patty on Bun</i> #7	18 Popcorn Chicken / Macaroni & Cheese / Diced Carrots Tossed Salad / Fresh Mixed Fruit Wheat Roll Cold Milk <i>Hot Dog or Chili Cheese Dog</i> #8	Hamburger / Cheeseburger Lettuce / Tomato / Pickle Baked Chips Peach Cup Banana Bread Cold Milk <i>Chef's Salad</i> #9	20 Cheese Pizza / Mixed Vegetables / Fruit Cobbler Tossed Salad / Red Grapes Wheat Roll Cold Milk <i>Hamburger or Cheeseburger</i> #10
23 THANKSGIVING DINNER (for PPCD, K, 2 nd & 5 th) Turkey/Bread Dressing/Gravy/ Peas / Sweet Potatoes Cranberry Sauce/Peach Cup Frozen Yogurt Cup Wheat Roll Cold Milk Lunch Box Menu for 1st, 3rd, & 4th #11	24 THANKSGIVING DINNER (for 1 st , 3 rd , & 4 th) Turkey/Bread Dressing/Gravy/ Peas / Sweet Potatoes Cranberry Sauce/Peach Cup Frozen Yogurt Cup Wheat Roll Cold Milk Lunch Box Menu for PPCD, K, 2nd & 5th #12	25 HOLIDAY #13	26 HOLIDAY #14	27 HOLIDAY #15
30 Hamburger / Cheeseburger Lettuce / Tomato / Pickle Baked Chips Mandarin Oranges Banana Bread Cold Milk Chef's Salad #16				
<i>"Menu is subject to change without notice due to price and availability of food."</i>				
AVAILABLE DAILY: Cold Box Lunches, Bun Sandwich, Grilled Chicken Caesar Salad & Vegetarian Spinach Salad AVAILABLE ON MONDAY/WEDNESDAY/FRIDAY: Chef's Salad AVAILABLE ON TUESDAY/THURSDAY: Southwest Chicken Salad				

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**KINDERGARTEN
PRE-DISH
LUNCH MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Popcorn Chicken / Macaroni & Cheese / Seasoned Peas Baby Carrots / Diced Pears Wheat Roll Cold Milk #21	3 Whole Wheat Mini Corn Dogs / Diced Carrots / Spiced Apples Tossed Salad / Pineapple Tidbits Wheat Roll Cold Milk #22	4 Hamburger / Cheeseburger Lettuce / Tomato / Pickle Baked Chips Peach Cup Banana Bread Cold Milk #23	5 Cheese / Beef Nachos Seasoned Pinto Beans Tossed Salad / Fresh Mixed Fruit Cornbread Cold Milk #24	6 Cheese Pizza / Whole Kernel Corn / Fruit Cobbler Tossed Salad / Red Grapes Wheat Roll Cold Milk #25
9 Popcorn Chicken / Macaroni & Cheese / Seasoned Peas Baby Carrots / Fruit Cocktail Wheat Roll Cold Milk #1	10 Cheese Pizza / Whole Kernel Corn / Fruit Cobbler Tossed Salad / Pineapple Tidbits Wheat Roll Cold Milk #2	11 Seasoned Breaded Chicken Breast on Wheat Bun Lettuce/Tomato/Pickle Baked Chips Peach Cup Banana Bread Cold Milk #3	12 Cheese / Beef Nachos Seasoned Pinto Beans Tossed Salad / Orange Smiles Cornbread Cold Milk #4	13 Cheese Sticks / Marinara Sauce / Diced Carrots Tossed Salad / Applesauce Wheat Roll Cold Milk #5
16 Cheese / Beef Nachos Seasoned Pinto Beans Baby Carrots / Pineapple Tidbits Cornbread Cold Milk #6	17 Steak Fingers / Mashed Potatoes / Fat Free Country Gravy Green Beans Tossed Salad / Applesauce Wheat Roll Cold Milk #7	18 Popcorn Chicken / Macaroni & Cheese / Diced Carrots Tossed Salad / Fresh Mixed Fruit Wheat Roll Cold Milk #8	Hamburger / Cheeseburger Lettuce / Tomato / Pickle Baked Chips Peach Cup Banana Bread Cold Milk #9	20 Cheese Pizza / Mixed Vegetables / Fruit Cobbler Tossed Salad / Red Grapes Wheat Roll Cold Milk #10
23 THANKSGIVING DINNER Turkey/Bread Dressing/Gravy/ Peas / Sweet Potatoes Cranberry Sauce/Peach Cup Frozen Yogurt Cup Wheat Roll Cold Milk #11	24 LUNCH BOX MENU #12	25 HOLIDAY #13	26 HOLIDAY #14	27 HOLIDAY #15
30 Hamburger / Cheeseburger Lettuce / Tomato / Pickle Baked Chips Mandarin Oranges Banana Bread Cold Milk #16				

"Menu is subject to change without notice due to price and availability of food."

AVAILABLE DAILY: Cold Box Lunches, Bun Sandwich, Grilled Chicken Caesar Salad & Vegetarian Spinach Salad
AVAILABLE ON MONDAY/WEDNESDAY/FRIDAY: Chef's Salad AVAILABLE ON TUESDAY/THURSDAY: Southwest Chicken Salad