

2016-2017

Breakfast & Lunch Menu Selections for

WELDER & SINTON ELEMENTARY SCHOOLS

LUNCH MENU



Sinton Pirates

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTREES: CHOOSE ONE Pizza Wedge or Combo Meat & Cheese Sandwich SIDE DISHES: CHOOSE TWO Seasoned Green Beans Carrot Sticks w/Ranch Dip Peach Cup or Fresh Fruit Basket CHOICE OF MILK	ENTREES: CHOOSE ONE Salisbury Steak with Brown Gravy or Turkey & Cheese Sandwich SIDE DISHES: CHOOSE TWO Whipped Potatoes w/Brown Gravy Steamed Broccoli with Cheese Blushing Pears or Fresh Fruit Basket WHEAT ROLL CHOICE OF MILK	ENTREES: CHOOSE ONE Italian Spaghetti with Meat Sauce or Combo Meat & Cheese Sandwich SIDE DISHES: CHOOSE TWO California Blend Vegetables Salad with Ranch Dressing Chilled Fruit Cup or Fresh Fruit Basket Texas Toast CHOICE OF MILK	ENTREES: CHOOSE ONE Hamburger on Wheat Bun w/Condiments or Turkey Ham & Cheese Sandwich SIDE DISHES: CHOOSE TWO Baked Tator Tots or French Fries w/Catsup Hamburger Salad Cookie or Fresh Fruit Basket CHOICE OF MILK	ENTREES: CHOOSE ONE Cheese Enchiladas w/Chili Gravy or Bean & Cheese Burrito or Tuna Salad Sandwich SIDE DISHES: CHOOSE TWO Seasoned Pinto Beans Lettuce and Tomato Salad w/Dressing Fresh Fruit - Apple WHEAT CRACKERS CHOICE OF MILK
ENTREES: CHOOSE ONE Hot Dog or Corn Dog or Combo Meat & Cheese Sandwich SIDE DISHES: CHOOSE TWO Whole Kernel Corn Vegetables with Ranch Dip Pineapple Cup or Fresh Fruit Basket CHOICE OF MILK	ENTREES: CHOOSE ONE Steak Fingers w/ Country Gravy or Turkey & Cheese Sandwich SIDE DISHES: CHOOSE TWO Whipped Potatoes w/Gravy Mixed Vegetables Chilled Fruit Cup or Fresh Fruit Basket WHEAT ROLL CHOICE OF MILK	ENTREES: CHOOSE ONE Meaty Meat Sauce with Macaroni or Combo Meat & Cheese Sandwich SIDE DISHES: CHOOSE TWO Seasoned Green Beans Lettuce/Tomato Salad Sliced Peaches or Fresh Fruit Basket Texas Toast CHOICE OF MILK	ENTREES: CHOOSE ONE Hamburger on Wheat Bun w/Condiments or Turkey Ham & Cheese Sandwich SIDE DISHES: CHOOSE TWO Baked Tator Tots or French Fries w/Catsup Hamburger Salad Cookie or Fresh Fruit Basket CHOICE OF MILK	ENTREES: CHOOSE ONE Crispy Beef Tacos w/Spanish Rice or Tuna Salad Sandwich SIDE DISHES: CHOOSE TWO Seasoned Pinto Beans Shredded Lettuce and Tomato Salad Fruit Cup or Fresh Fruit Basket CHOICE OF MILK
ENTREES: CHOOSE ONE Pepperoni Pizza Wedge or Combo Meat & Cheese Sandwich SIDE DISHES: CHOOSE TWO Golden Corn Broccoli Florets with Ranch Dip Pineapple Cup or Fresh Fruit Basket CHOICE OF MILK	ENTREES: CHOOSE ONE Fish Nuggets or Chicken Nuggets w/Macaroni & Cheese or Combo Meat & Cheese Sandwich SIDE DISHES: CHOOSE TWO Seasoned Green Beans Garden Salad w/Dressing Rosy Applesauce or Fresh Fruit Basket Wheat Roll CHOICE OF MILK	ENTREES: CHOOSE ONE Chicken Fajitas w/Spanish Rice or Combo Meat & Cheese Sandwich SIDE DISHES: CHOOSE TWO Taco Salad Seasoned Pinto Beans Fresh Fruit - Banana WHEAT FLOUR TORTILLA CHOICE OF MILK	ENTREES: CHOOSE ONE Hamburger on Wheat Bun w/Condiments or Turkey Ham & Cheese Sandwich SIDE DISHES: CHOOSE TWO Baked Tator Tots or French Fries w/Catsup Hamburger Salad Cookie or Fresh Fruit Basket CHOICE OF MILK	ENTREES: CHOOSE ONE Beef Tips or Creamed Chicken over White Rice or Tuna Salad Sandwich SIDE DISHES: CHOOSE TWO Candied Sweet Potatoes Seasoned Peas and Carrots Chilled Fruit Cup or Fresh Fruit Basket WHEAT ROLL CHOICE OF MILK

2016-2017 WEEKLY LUNCH MENU CYCLE TO BE SERVED

WEEK ONE WEEK TWO WEEK THREE

AUG/SEPT							OCTOBER							NOVEMBER							DECEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
21	22	23	24	25	26	27							1		1	2	3	4	5						1	2	3
28	29	30	31	1	2	3	2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10
4	5	6	7	8	9	1	9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17
11	12	13	14	15	16	17	16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24
18	19	20	21	22	23	24	23	24	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31
25	26	27	28	29	30		30	31																			

JANUARY							FEBRUARY							MARCH							APRIL							MAY						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7				1	2	3	4				1	2	3	4							1		1	2	3	4	5	6
8	9	10	11	12	13	14	5	6	7	8	9	10	11	5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13
15	16	17	18	19	20	21	12	13	14	15	16	17	18	12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20
22	23	24	25	26	27	28	19	20	21	22	23	24	25	19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27
29	30	31					26	27	28					26	27	28	29	30	31	23	24	25	26	27	28	29	28	29	30	31				
														30																				

CALENDAR KEY

- ▲ EARLY RELEASE
- ☺ NO SCHOOL DAYS



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

BREAKFAST MENU

MONDAY

Orange Juice
Fresh Fruit Basket and Assorted Cereal with Toast and Jelly
or
Breakfast Bar with Toast and Choice of Milk

TUESDAY

Orange Juice
Fresh Fruit Basket and Assorted Cereal with Toast and Jelly
or
Potato & Egg Taquitos and Choice of Milk

WEDNESDAY

Orange Juice
Fresh Fruit Basket and Assorted Cereal with Toast and Jelly
or
Cinnamon Roll and Choice of Milk

THURSDAY

Orange Juice
Fresh Fruit Basket and Assorted Cereal with Toast and Jelly
or
Pig-in-a-Blanket and Choice of Milk

FRIDAY

Orange Juice
Fresh Fruit Basket and Assorted Cereal with Toast and Jelly
or
Breakfast Pizza and Choice of Milk



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