

2016-2017

Breakfast & Lunch Menu Selections for SINTON HIGH SCHOOL



Sinton Pirates

LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTREES: CHOOSE ONE Chicken Nuggets w/ Wheat Roll or Ham & Cheese Sandwich or Pizzeria SIDE DISHES: CHOOSE TWO Oven Fries Finger Vegetables w/Ranch Dip Fruit Cup or Fresh Fruit Basket CHOICE OF MILK	ENTREES: CHOOSE ONE Salisbury Steak with Brown Gravy or Chicken Salad Sandwich or Pizzeria 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 Cheese Enchiladas w/Chili Gravy or Bean & Cheese Burrito or Peanut Butter & Jelly Sandwich or Pizzeria SIDE DISHES: CHOOSE TWO Seasoned Pinto Beans Salad with Ranch Dressing Chilled Fruit Cup or Fresh Fruit Basket Crackers CHOICE OF MILK	ENTREES: CHOOSE ONE Hamburger on Wheat Bun w/Condiments or Turkey & Cheese Sandwich or Pizzeria SIDE DISHES: CHOOSE TWO French Fries w/Catsup Hamburger Salad Cookie Fresh Fruit Basket CHOICE OF MILK	ENTREES: CHOOSE ONE Steakette on Bun or Tuna Salad Sandwich or Pizzeria SIDE DISHES: CHOOSE TWO Steak Fries Lettuce, Tomato, Pickle Salad Ice Cream Sandwich or Fresh Fruit Basket CHOICE OF MILK
ENTREES: CHOOSE ONE Chicken Nuggets w/Cream Gravy or Ham & Cheese Sandwich or Pizzeria SIDE DISHES: CHOOSE TWO Oven Fries Finger Vegetables w/Ranch Dip Pineapple Cup or Fresh Fruit Basket CHOICE OF MILK	ENTREES: CHOOSE ONE Steak Fingers w/Country Gravy or Chicken Salad Sandwich or Pizzeria 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 Italian Spaghetti with Meat Sauce or Peanut Butter & Jelly Sandwich or Pizzeria SIDE DISHES: CHOOSE TWO Seasoned Green Beans Garden Salad w/Dressing Sliced Peaches or Fresh Fruit Basket Texas Toast CHOICE OF MILK	ENTREES: CHOOSE ONE Hamburger on Wheat Bun w/Condiments or Turkey & Cheese Sandwich or Pizzeria SIDE DISHES: CHOOSE TWO French Fries w/Catsup Hamburger Salad Cookie Fresh Fruit Basket CHOICE OF MILK	ENTREES: CHOOSE ONE Chicken Burger or Tuna Salad Sandwich or Pizzeria SIDE DISHES: CHOOSE TWO Finger Vegetables w/Dressing Lettuce, Tomato, Pickle Salad Ice Cream Cup or Fresh Fruit Basket CHOICE OF MILK
ENTREES: CHOOSE ONE Chicken Nuggets w/Cream Gravy or Ham & Cheese Sandwich or Pizzeria SIDE DISHES: CHOOSE TWO Oven Fries Broccoli Florets with Ranch Dip Pineapple Cup or Fresh Fruit Basket Wheat Roll CHOICE OF MILK	ENTREES: CHOOSE ONE Crispy Beef Taco w/Spanish Rice or Chicken Salad Sandwich or Pizzeria SIDE DISHES: CHOOSE TWO Seasoned Pinto Beans Lettuce and Tomato Salad Rosy Applesauce or Fresh Fruit Basket Wheat Roll CHOICE OF MILK	ENTREES: CHOOSE ONE Beef Tips or Creamed Chicken Over White Rice or Peanut Butter & Jelly Sandwich or Pizzeria SIDE DISHES: CHOOSE TWO Candied Sweet Potatoes Peas and Carrots Fresh Fruit - Banana Wheat Roll CHOICE OF MILK	ENTREES: CHOOSE ONE Hamburger on Wheat Bun w/Condiments or Turkey & Cheese Sandwich or Pizzeria SIDE DISHES: CHOOSE TWO Baked Tator Tots w/Catsup or French Fries w/Catsup Hamburger Salad Cookie Fresh Fruit Basket CHOICE OF MILK	ENTREES: CHOOSE ONE BBQ on Bun or Tuna Salad Sandwich or Pizzeria SIDE DISHES: CHOOSE TWO Baked Beans Finger Vegetables w/Dressing Ice Cream Sandwich 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

Apple or Orange Juice
Fresh Fruit Basket and
Assorted Cereal with Toast and Jelly
or
Bacon & Egg Taquito w/Toast
and Choice of Milk

TUESDAY

Apple or Orange Juice
Fresh Fruit Basket and
Assorted Cereal with Toast and Jelly
or
Sausage with Biscuit
and Choice of Milk

WEDNESDAY

Apple or Orange Juice
Fresh Fruit Basket and
Assorted Cereal with Toast and Jelly
or
Waffle Sticks w/Syrup
and Choice of Milk

THURSDAY

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

FRIDAY

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



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Lunch Menu
Selections for**

SINTON HIGH SCHOOL