

2016-2017

Breakfast & Lunch Menu Selections for E. MERLE SMITH MIDDLE SCHOOL

LUNCH MENU



Sinton Pirates

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTREES: CHOOSE ONE Pepperoni Pizza Wedge or Ham & Cheese Sandwich or Peanut Butter & Jelly Sandwich SIDE DISHES: CHOOSE TWO Seasoned Green Beans Carrot Sticks w/Ranch Dip Fruit Cup or Fresh Fruit Basket CHOICE OF MILK	ENTREES: CHOOSE ONE Salisbury Steak with Brown Gravy or Ham & Cheese Sandwich or Tuna Salad 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 Ham & Cheese Sandwich or Peanut Butter & Jelly Sandwich SIDE DISHES: CHOOSE TWO California Blend Vegetables Garden Salad with Dressing Chilled Fruit Cup or Fresh Fruit Basket Texas Toast CHOICE OF MILK	ENTREES: CHOOSE ONE Hamburger on Wheat Bun w/Condiments or Ham & Cheese Sandwich or Tuna Salad Sandwich SIDE DISHES: CHOOSE TWO Baked French Fries w/Catsup or Hamburger Salad Cookie Fresh Fruit Basket CHOICE OF MILK	ENTREES: CHOOSE ONE Cheese Enchiladas w/Chili Gravy or Bean & Cheese Burrito or Peanut Butter & Jelly Sandwich SIDE DISHES: CHOOSE TWO Seasoned Pinto Beans Lettuce and Tomato Salad w/Dressing Chilled Fruit Cup Fresh Fruit Basket Crackers CHOICE OF MILK
ENTREES: CHOOSE ONE BBQ on Bun w/Pickle Chips or Ham & Cheese Sandwich or Peanut Butter & Jelly Sandwich SIDE DISHES: CHOOSE TWO Whole Kernel Corn Finger Vegetables with Ranch Dip Pineapple Cup or Fresh Fruit Basket CHOICE OF MILK	ENTREES: CHOOSE ONE Steak Fingers w/ Country Gravy or Ham & Cheese Sandwich or Tuna Salad 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 Ham & Cheese Sandwich or Peanut Butter & Jelly 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 Ham & Cheese Sandwich or Tuna Salad Sandwich SIDE DISHES: CHOOSE TWO Baked French Fries w/Catsup Hamburger Salad Cookie Fresh Fruit Basket CHOICE OF MILK	ENTREES: CHOOSE ONE Bean Chalupas or Crispy Beef Tacos w/Spanish Rice or Ham & Cheese Sandwich or Peanut Butter & Jelly Sandwich SIDE DISHES: CHOOSE TWO Shredded Lettuce and Tomato Salad Fruit Cup or Fresh Fruit Basket CHOICE OF MILK
ENTREES: CHOOSE ONE Chicken Burger or Ham & Cheese Sandwich or Peanut Butter & Jelly Sandwich SIDE DISHES: CHOOSE TWO Golden Corn Lettuce & Tomato Salad Pineapple Cup or Fresh Fruit Basket CHOICE OF MILK	ENTREES: CHOOSE ONE Fish Nuggets w/Macaroni & Cheese or Ham & Cheese Sandwich or Tuna Salad Sandwich SIDE DISHES: CHOOSE TWO Seasoned Green Beans Rosy Applesauce or Fresh Fruit Basket Wheat Roll CHOICE OF MILK	ENTREES: CHOOSE ONE Chicken Fajitas w/Spanish Rice or Ham & Cheese Sandwich or Peanut Butter & Jelly Sandwich SIDE DISHES: CHOOSE TWO Taco Salad Seasoned Pinto Beans Fruit Cup Fresh Fruit Basket Wheat Flour Tortilla CHOICE OF MILK	ENTREES: CHOOSE ONE Hamburger on Wheat Bun w/Condiments or Ham & Cheese Sandwich or Tuna Salad Sandwich SIDE DISHES: CHOOSE TWO Baked French Fries w/Catsup Hamburger Salad Cookie Fresh Fruit Basket CHOICE OF MILK	ENTREES: CHOOSE ONE Beef Tips or Creamed Chicken over White Rice or Ham & Cheese Sandwich or Peanut Butter & Jelly 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 or Apple Juice
Fresh Fruit Basket and
Assorted Cereal with Toast and Jelly
or Bacon & Egg Taquito or
Biscuit w/Sausage
and Choice of Milk

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

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



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Selections for**

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