

NOVEMBER

2018



Call me
CAPTAIN CARROTENE!

GOOD EATS AT

Sinton High School
Breakfast
Menu

SPECIAL ANNOUNCEMENTS

Please note: Sinton ISD is approved by the Texas Department of Agriculture to operate the Community Eligibility Program which allows the Sinton ISD Food Service Department to provide breakfast for all students at no charge for the 2018-2019 school year.

The breakfast meal requires students to select a fruit or juice as part of their breakfast meal. Available milk flavors: 1% White and Fat Free Chocolate Menu subject to change based on product availability.

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER
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M	T	W	TH	F
<ol style="list-style-type: none"> 1. Breakfast Pizza 2. Assorted Muffins 3. Assorted Cereal 4. Assorted Pastries 5. Yogurt Sides: Toast, Breakfast Crackers, Fruit, Juice, ⁵	<ol style="list-style-type: none"> 1. Potato/Egg/Cheese Breakfast Taco 2. Assorted Muffins 3. Assorted Cereal 4. Assorted Pastries 5. Yogurt Sides: Toast, Breakfast Crackers, Fruit, Juice, ⁶	<ol style="list-style-type: none"> 1. Cinnamon Roll 2. Assorted Muffins 3. Assorted Cereal 4. Assorted Pastries 5. Yogurt Sides: Toast, Breakfast Crackers, Fruit, Juice, ⁷	<ol style="list-style-type: none"> 1. Assorted Flavorful Mini Pancakes 2. Assorted Muffins 3. Assorted Cereal 4. Assorted Pastries 5. Yogurt Sides: Toast, Breakfast ¹	<ol style="list-style-type: none"> 1. Pig in Blanket 2. Assorted Muffins 3. Assorted Cereal 4. Assorted Pastries 5. Yogurt Sides: Toast, Breakfast Crackers, Fruit, Juice, ²
<ol style="list-style-type: none"> 1. Sausage & Biscuit 2. Assorted Muffins 3. Assorted Cereal 4. Assorted Pastries 5. Yogurt Sides: Toast, Breakfast Crackers, Fruit, Juice, ¹²	<ol style="list-style-type: none"> 1. Ham/Egg/Cheese Bar 2. Assorted Muffins 3. Assorted Cereal 4. Assorted Pastries 5. Yogurt Sides: Toast, Breakfast Crackers, Fruit, Juice, ¹³	<ol style="list-style-type: none"> 1. Donut Holes 2. Assorted Muffins 3. Assorted Cereal 4. Assorted Pastries 5. Yogurt Sides: Toast, Breakfast Crackers, Fruit, Juice, ¹⁴	<ol style="list-style-type: none"> 1. Waffle Bar 2. Assorted Muffins 3. Assorted Cereal 4. Assorted Pastries 5. Yogurt Sides: Toast, Breakfast Crackers, Fruit, Juice, ⁸	<ol style="list-style-type: none"> 1. Sausage/Egg/Cheese Breakfast on a Bun 2. Assorted Muffins 3. Assorted Cereal 4. Assorted Pastries 5. Yogurt Sides: Toast, Breakfast Crackers, Fruit, Juice, ⁹
School Holiday ¹⁹	School Holiday ²⁰	School Holiday ²¹	School Holiday ²²	School Holiday ²³
<ol style="list-style-type: none"> 1. Ham/Egg/Cheese Bar 2. Assorted Muffins 3. Assorted Cereal 4. Assorted Pastries 5. Yogurt Sides: Toast, Breakfast Crackers, Fruit, Juice, ²⁶	<ol style="list-style-type: none"> 1. Sausage/Egg/Cheese Breakfast Taco 2. Assorted Muffins 3. Assorted Cereal 4. Assorted Pastries 5. Yogurt Sides: Toast, Breakfast Crackers, Fruit, Juice, ²⁷	<ol style="list-style-type: none"> 1. French Toast Sticks 2. Assorted Muffins 3. Assorted Cereal 4. Assorted Pastries 5. Yogurt Sides: Toast, Breakfast Crackers, Fruit, Juice, ²⁸	<ol style="list-style-type: none"> 1. Assorted Fall Pastries 2. Assorted Muffins 3. Assorted Cereal 4. Assorted Pastries 5. Yogurt Sides: Toast, Breakfast Crackers, Fruit, Juice, ¹⁵	<ol style="list-style-type: none"> 1. Pig in Blanket 2. Assorted Muffins 3. Assorted Cereal 4. Assorted Pastries 5. Yogurt Sides: Toast, Breakfast Crackers, Fruit, Juice, ¹⁶
<ol style="list-style-type: none"> 1. Asst. Breakfast Items 2. Assorted Muffins 3. Assorted Cereal 4. Assorted Pastries 5. Yogurt Sides: Toast, Breakfast Crackers, Fruit, Juice, ²⁹	<ol style="list-style-type: none"> 1. Asst. Breakfast Items 2. Assorted Muffins 3. Assorted Cereal 4. Assorted Pastries 5. Yogurt Sides: Toast, Breakfast Crackers, Fruit, Juice, ³⁰	<ol style="list-style-type: none"> 1. Assorted Fall Pastries 2. Assorted Muffins 3. Assorted Cereal 4. Assorted Pastries 5. Yogurt Sides: Toast, Breakfast Crackers, Fruit, Juice, ¹⁵	<ol style="list-style-type: none"> 1. Assorted Fall Pastries 2. Assorted Muffins 3. Assorted Cereal 4. Assorted Pastries 5. Yogurt Sides: Toast, Breakfast Crackers, Fruit, Juice, ¹⁵	<ol style="list-style-type: none"> 1. Assorted Fall Pastries 2. Assorted Muffins 3. Assorted Cereal 4. Assorted Pastries 5. Yogurt Sides: Toast, Breakfast Crackers, Fruit, Juice, ¹⁵

November
Breakfast
Celebrations

Nov. 28th:
National
French Toast
Day

NOVEMBER

2018

GOOD EATS AT

Sinton High School
Main Line
Lunch
Menu

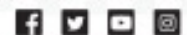
SPECIAL ANNOUNCEMENTS

Please note: Sinton ISD is approved by the Texas Department of Agriculture to operate the Community Eligibility Program which allows the Sinton ISD Food Service Department to provide lunch for all students at no charge for the 2018-2019 school year.

The lunch meal requires students to select a fruit or vegetable as part of their lunch meal. Milk choice available daily.

Menu subject to change based on product availability.

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1. BBQ Chicken on Bun
2. Grilled Cheese
Sides: Cheddar Sunchips, Tater Tots, Baked Beans, Fruit & Veggie Bar **5**

1. Chicken Tenders, Gravy
2. Popcorn Chicken
Sides: Roll, Gravy Mashed Potatoes, Steamed Corn, Fruit & Veggie Bar, **6**

1. Pirate Burgers
2. Chicken Burgers
Sides: Fries, Burger Toppings, Fruit & Veggie Bar, **Pumpkin Spice Ice Cream Cup** **7**

1. Teriyaki Chicken w/ Asian Noodles
2. Egg Rolls
Sides: Steamed Broccoli, Fruit & Veggie Bar **1**

1. Chili Cheese Bowl
2. Cheese Quesadilla
Sides: Cornbread, Pinto Beans, Baby Carrots, Seasonal Fruit, Fruit & Veggie Bar
Birthday Ice Cream **2**

1. Cherry Blossom Chicken w/ Asian Rice
2. Egg Rolls
Sides: Steamed Broccoli, Fruit & Veggie Bar **8**

1. Chkn. Fajitas, Tortilla
2. Bean & Chz. Burrito
Sides: Rice, Pinto Beans, Lettuce/Tomato, Seasonal Fruit, Fruit & Veggie Bar **9**

1. **Chicken Soup** Bowl w/ Grilled Cheese
2. Hot Dog
Sides: Tater Tots, Baked Beans, Fruit & Veggie Bar **12**

Thanksgiving Meal:
Turkey, Gravy, Roll, Dressing, Sweet Potatoes, Green Beans, Pumpkin Pie **13**

1. Pirate Burgers
2. Chicken Burgers
Sides: **SMILE FRIES**, Burger Toppings, Fresh Fruit & Veggie Bar, **Smoothie on a Stick** **14**

1. Teriyaki Chicken w/ Asian Noodles
2. Egg Rolls
Sides: Steamed Broccoli, Fruit & Veggie Bar **15**

1. Chicken & Chz Nachos
2. Bean & Chz. Burrito
Sides: Rice, Pinto Beans, Lettuce/Tomato, Seasonal Fruit, Fruit & Veggie Bar **16**

School Holiday **19**

School Holiday **20**

School Holiday **21**

School Holiday **22**

School Holiday **23**

1. Corn Dog
2. BBQ Chicken on Bun
Sides: French Onion Sunchips, Baked Beans, Baby Carrots, Fruit & Veggie Bar, **Apple Slices w/ Peanut** **26**

1. Creamy Chicken & Rice
2. Popcorn Chicken
Sides: Roll, Sweet Potatoes, Green Beans, Fruit & Veggie Bar, **27**

1. Pirate Burgers
2. Chicken Burgers
Sides: Fries, Burger Toppings, Fruit & Veggie Bar, Mini Rice Krispies **28**

1. Mandarin Orange Chicken w/ Asian Rice
2. Egg Rolls
Sides: Steamed Broccoli, Fruit & Veggie Bar **29**

1. Crispy Turkey Tacos
2. Cheese Quesadilla
Sides: Rice, Pinto Beans, Lettuce/Tomato, Seasonal Fruit, Fruit & Veggie Bar **30**

November Lunch Celebrations

- **Nov. 2nd:** November Birthdays (Birthday Ice Cream Cup)
- **Nov. 7th:** Flavor of Fall (Pumpkin Spice Ice Cream Cup)
- **Nov. 12th:** Chicken Soup Day
- **Nov. 13th (Observed 10/14 at SHS):** World Kindness Day (Smile Fries & Smoothie on a Stick)
- **Nov. 26th:** National Peanut Butter Lover's Month

NOVEMBER

2018



M T W TH F

Call me
CAPTAIN CARROTENE!

GOOD EATS AT

Sinton High School
Deli Line Lunch Menu

SPECIAL ANNOUNCEMENTS

November Lunch Celebrations

- **Nov. 2nd:** November Birthdays (Birthday Ice Cream Cup)
- **Nov. 7th:** Flavor of Fall (Pumpkin Spice Ice Cream Cup)
- **Nov. 12th:** Chicken Soup Day
- **Nov. 13th (Observed 10/14 at SHS):** World Kindness Day (Smile Fries & Smoothie on a Stick)
- **Nov. 26th:** National Peanut Butter Lover's Month

1. Ham Chef Salad Plate
2. Sub Sandwich Plate
3. Uncrustable PB&J Plate
4. Yogurt/Fruit/Chz.Plates
Sides: Fresh Fruit & Veggie Bar, Tater Tots **5**

1. Ham Chef Salad Plate
2. Sub Sandwich Plate
3. Uncrustable PB&J Plate
4. Chicken Salad Croissant
Sides: Fresh Fruit & Veggie Bar **6**

1. Baked Potato Plate
2. Sub Sandwich Plate
3. Uncrustable PB&J
4. Santa Fe Deli Wrap
Sides: Fresh Fruit & Veggie Bar, **Pumpkin Spice Ice Cream Cup** **7**

1. Chkn. Fajita Chef Salad
2. Sub Sandwich Plate
3. Uncrustable PB&J Plate
4. Tuna Salad Croissant
Sides: Fresh Fruit & Veggie Bar **8**

1. Chk. Fajita Chef Salad
2. Sub Sandwich Plate
3. Uncrustable PB&J
4. Yogurt/Fruit/Chz.
Sides: Fresh Fruit & Veggie Bar, Pinto Beans, **Birthday Ice Cream** **2**

1. Ham Chef Salad Plate
2. Sub Sandwich Plate
3. Uncrustable PB&J Plate
4. Yogurt/Fruit/Chz.Plates
Sides: Fresh Fruit & Veggie Bar, Tater Tots **12**

Assorted Sandwich Plates (Due to Thanksgiving meal day)
Sides: Fresh Fruit & Veggie Bar, Pumpkin Pie **13**

1. Baked Potato Plate
2. Sub Sandwich Plate
3. Uncrustable PB&J
4. Santa Fe Deli Wrap
Sides: **SMILE FRIES**, Fresh Fruit & Veggie Bar, **Smoothie on a Stick** **14**

1. Chkn. Fajita Chef Salad
2. Sub Sandwich Plate
3. Uncrustable PB&J Plate
4. Tuna Salad Croissant
Sides: Fresh Fruit & Veggie Bar **15**

1. Chk. Fajita Chef Salad
2. Sub Sandwich Plate
3. Uncrustable PB&J
4. Yogurt/Fruit/Chz.
Sides: Fresh Fruit & Veggie Bar, Pinto Beans, **9**

School Holiday **19**

School Holiday **20**

School Holiday **21**

School Holiday **22**

School Holiday **23**

1. Ham Chef Salad Plate
2. Sub Sandwich Plate
3. Uncrustable PB&J Plate
4. Yogurt/Fruit/Chz.Plates
Sides: Fresh Fruit & Veggie Bar, Tater Tots, **Apple Slices w/ Peanut Butter** **26**

1. Ham Chef Salad Plate
2. Sub Sandwich Plate
3. Uncrustable PB&J Plate
4. Chicken Salad Croissant
Sides: Fresh Fruit & Veggie Bar **27**

1. Baked Potato Plate
2. Sub Sandwich Plate
3. Uncrustable PB&J
4. Santa Fe Deli Wrap
Sides: Fresh Fruit & Veggie Bar, Mini Rice Krispies **28**

1. Chkn. Fajita Chef Salad
2. Sub Sandwich Plate
3. Uncrustable PB&J Plate
4. Tuna Salad Croissant
Sides: Fresh Fruit & Veggie Bar **29**

1. Chk. Fajita Chef Salad
2. Sub Sandwich Plate
3. Uncrustable PB&J
4. Yogurt/Fruit/Chz.
Sides: Fresh Fruit & Veggie Bar, Pinto Beans, **30**

Please note: Sinton ISD is approved by the Texas Department of Agriculture to operate the Community Eligibility Program which allows the Sinton ISD Food Service Department to provide lunch for all students at no charge for the 2018-2019 school year. **The lunch meal requires students to select a fruit or vegetable as part of their lunch meal. Milk choice available daily.**

Menu subject to change based on product availability.

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NOVEMBER

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Call me
CAPTAIN CARROTENE!

GOOD EATS AT

Sinton High School
Pizzeria Line
Lunch
Menu

SPECIAL ANNOUNCEMENTS

November Lunch Celebrations

- **Nov. 2nd:** November Birthdays (Birthday Ice Cream Cup)
- **Nov. 7th:** Flavor of Fall (Pumpkin Spice Ice Cream Cup)
- **Nov. 12th:** Chicken Soup Day
- **Nov. 13th (Observed 10/14 at SHS):** World Kindness Day (Smile Fries & Smoothie on a Stick)
- **Nov. 26th:** National Peanut Butter Lover's Month

1. Pepperoni Pizza
2. Cheesy Breadsticks
3. Chicken Penne Bowl
4. Boneless Hot Wings
Sides: Tater Tots, Baby Carrots, Fruit **5**

1. Pepperoni Pizza
2. Cheesy Breadsticks
3. Spaghetti & Meatballs
4. Boneless Hot Wings
Sides: Breadstick, Steamed Corn, Baby Carrots, Fruit **6**

1. Pepperoni Pizza
2. Cheesy Breadsticks
3. Chkn.AlredoBowtie
4. Boneless Hot Wings
Sides: Fries Salad, Fruit, **Pumpkin Spice Ice Cream Cup** **7**

1. Pepperoni Pizza
2. Cheesy Breadsticks
3. Rotini & Meat Sauce
4. Boneless Hot Wings
Sides: Breadstick, Steamed Broccoli, Salad, Fruit **8**

1. Pepperoni Pizza
2. Cheesy Breadsticks
3. Chicken Parm. Bowl
4. Boneless Hot Wings
Sides: Pinto Beans, Baby Carrots, Fruit **9**

1. Pepperoni Pizza
2. Cheesy Breadsticks
3. Chicken Penne Bowl
4. Boneless Hot Wings
Sides: Tater Tots, Baby Carrots, Fruit **12**

1. Pepperoni Pizza only (Due to Thanksgiving meal day)
Sides: Sweet Potatoes, Green Beans, Fruit, Pumpkin Pie **13**

1. Pepperoni Pizza
2. Cheesy Breadsticks
3. Chkn.AlredoBowtie
4. Boneless Hot Wings
Sides: **SMILE FRIES**, Salad, Fruit, **Smoothie on a Stick** **14**

1. Pepperoni Pizza
2. Cheesy Breadsticks
3. Rotini & Meat Sauce
4. Boneless Hot Wings
Sides: Breadstick, Steamed Broccoli, Salad, Fruit **15**

1. Pepperoni Pizza
2. Cheesy Breadsticks
3. Ravioli w/ Marinara
4. Boneless Hot Wings
Sides: Pinto Beans, Baby Carrots, Fruit **16**

School Holiday **19**

School Holiday **20**

School Holiday **21**

School Holiday **22**

School Holiday **23**

1. Pepperoni Pizza
2. Cheesy Breadsticks
3. Chicken Penne Bowl
4. Boneless Hot Wings
Sides: Tater Tots, Baby Carrots, **Apple Slices w/ Peanut Butter** **26**

1. Pepperoni Pizza
2. Cheesy Breadsticks
3. Spaghetti & Meatballs
4. Boneless Hot Wings
Sides: Breadstick, Sweet Potatoes, Green Beans Fruit & Veggie Bar, **27**

1. Pepperoni Pizza
2. Cheesy Breadsticks
3. Chkn.AlredoBowtie
4. Boneless Hot Wings
Sides: Fries Salad, Fruit Mini Rice Krispies **28**

1. Pepperoni Pizza
2. Cheesy Breadsticks
3. Rotini & Meat Sauce
4. Boneless Hot Wings
Sides: Breadstick, Steamed Broccoli, Salad, Fruit **29**

1. Pepperoni Pizza
2. Cheesy Breadsticks
3. Lasagna Roll Bowl
4. Boneless Hot Wings
Sides: Pinto Beans, Baby Carrots, Fruit **30**

Please note: Sinton ISD is approved by the Texas Department of Agriculture to operate the Community Eligibility Program which allows the Sinton ISD Food Service Department to provide lunch for all students at no charge for the 2018-2019 school year.

The lunch meal requires students to select a fruit or vegetable as part of their lunch meal. Milk choice available daily.

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