

FEBRUARY

2019



I'm on your team...
**RUBY RED
BEAM**

M

**ART
CONTEST
BEGINS**

T

**"You ART What You Eat"
Art Contest
STARTS FEBRUARY 4TH
squaremeals.org/artcontest**

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**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/juice or vegetable 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



This product was funded by USDA.
This institution is an equal opportunity provider.

- 1. Breakfast Pizza
- 2. Assorted Muffins
- 3. Assorted Cereal
- 4. Assorted Pastries
- 5. Yogurt
- Sides: Toast, Breakfast Crackers, Fruit, Juice, **4**

- 1. Bacon/Egg/Chz. Taco
- 2. Assorted Muffins
- 3. Assorted Cereal
- 4. Assorted Pastries
- 5. Yogurt
- Sides: Toast, Breakfast Crackers, Fruit, Juice, **5**

- 1. Glazed Donut
- 2. Assorted Muffins
- 3. Assorted Cereal
- 4. Assorted Pastries
- 5. Yogurt
- Sides: Toast, Breakfast Crackers, Fruit, Juice, **6**

- 1. Oatmeal
- 2. Assorted Muffins
- 3. Assorted Cereal
- 4. Assorted Pastries
- 5. Yogurt
- Sides: Toast, Breakfast Crackers, Fruit, Juice, **7**

- 1. Pig in Blanket
- 2. Assorted Muffins
- 3. Assorted Cereal
- 4. Assorted Pastries
- 5. Yogurt
- Sides: Toast, Breakfast Crackers, Fruit, Juice, **8**

- 1. Ham/Egg/Cheese Bar
- 2. Assorted Muffins
- 3. Assorted Cereal
- 4. Assorted Pastries
- 5. Yogurt
- Sides: Toast, Breakfast Crackers, Fruit, Juice, **11**

- 1. Sausage/Egg/Chz. Taco
- 2. Assorted Muffins
- 3. Assorted Cereal
- 4. Assorted Pastries
- 5. Yogurt
- Sides: Toast, Breakfast Crackers, **Strawberries**, Juice, **12**

- 1. Cinnamon Roll
- 2. Assorted Muffins:
- New: StrwbYan. Muffin**
- 3. Assorted Cereal
- 4. Assorted Pastries
- 5. Yogurt
- Sides: : Toast, Breakfast Crackers, Fruit, Juice, **13**

- 1. **Strawberry Splash Mini Pancakes**
- 2. Assorted Muffins
- 3. Assorted Cereal
- 4. Assorted Pastries
- 5. Yogurt
- Sides: Toast, Breakfast Crackers, Fruit, Juice, **14**

- 1. Scrambled Eggs w/ Biscuits & Gravy
- 2. Assorted Muffins
- 3. Assorted Cereal
- 4. Assorted Pastries
- 5. **Yogurt Parfait Bar**
- Sides: Toast, Breakfast Crackers, Fruit, Juice, **15**

- 1. Pancake on Stick, Syrup
- 2. Assorted Muffins
- 3. Assorted Cereal
- 4. Assorted Pastries
- 5. Yogurt
- Sides: Toast, Breakfast Crackers, Fruit, Juice, **18**

- 1. Potato/Egg/Chz. Taco
- 2. Assorted Muffins
- 3. Assorted Cereal
- 4. Assorted Pastries
- 5. Yogurt
- Sides: Toast, Breakfast Crackers, Fruit, Juice, **19**

- 1. Donut Holes
- 2. Assorted Muffins
- 3. Assorted Cereal
- 4. Assorted Pastries
- 5. Yogurt
- Sides: Toast, Breakfast Crackers, Fruit, Juice, **20**

- 1. Waffle Bar
- 2. Assorted Muffins
- 3. Assorted Cereal
- 4. Assorted Pastries
- 5. Yogurt
- Sides: Toast, Breakfast Crackers, Fruit, Juice, **21**

- 1. Breakfast on a Bun
- 2. Assorted Muffins
- 3. Assorted Cereal
- 4. Assorted Pastries
- 5. Yogurt
- Sides: Toast, Breakfast Crackers, Fruit, Juice, **22**

- 1. Ham/Egg/Cheese Bar
- 2. Assorted Muffins
- 3. Assorted Cereal
- 4. Assorted Pastries
- 5. Yogurt
- Sides: Toast, Breakfast Crackers, Fruit, Juice, **25**

- 1. Sausage/Egg/Chz. Taco
- 2. Assorted Muffins
- 3. Assorted Cereal
- 4. Assorted Pastries
- 5. Yogurt
- Sides: Toast, Breakfast Crackers, Fruit, Juice, **26**

- 1. French Toast Sticks
- 2. Assorted Muffins
- 3. Assorted Cereal
- 4. Assorted Pastries
- 5. Yogurt
- Sides: Toast, Breakfast Crackers, Fruit, Juice, **27**

- 1. Asst. Breakfast Items
- 2. Assorted Muffins
- 3. Assorted Cereal
- 4. Assorted Pastries
- 5. Yogurt
- Sides: Toast, Breakfast Crackers, Fruit, Juice, **28**

**February
Breakfast
Celebrations**

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**We Love Our
Customers
Week!
Feb. 11th -
Feb. 14th**

Available on Feb. 14th:
Naturally flavored Fat
Free Strawberry Milk

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**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.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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1. BBQ Chicken on Bun
2. Grilled Cheese & Soup

Sides: Assorted Sunchips, French Fries, Baked Beans, Fruit & Veggie Bar **4**

1. BBQ Chicken on Bun
2. Corn Dog

Sides: **Heartzel Pretzels**, French Fries, Baked Beans, Fruit & Veggie Bar **11**

1. BBQ Chicken on Bun
2. Grilled Cheese

Sides: Assorted Sunchips, Tater Tots, Baked Beans, Fruit & Veggie Bar **18**

1. BBQ Chicken on Bun
2. Hot Dog/ Chili Chz Dog

Sides: Assorted Sunchips, Tater Tots, Baked Beans, Fruit & Veggie Bar **25**

1. Steak Fingers, Gravy
2. Popcorn Chicken

Sides: Roll, Gravy, Mashed Potatoes, Steamed Corn, Fruit & Veggie Bar **5**

1. **Chicken Drumstick & Waffles w/ syrup**
2. Popcorn Chicken

Sides: Waffle Fries, Steamed Corn, Fruit & Veggie Bar **12**

1. Creamy Chicken & Rice
2. Popcorn Chicken

Sides: Roll, Gravy, Mashed Potatoes, Green Beans, Fruit & Veggie Bar **19**

1. Salisbury Steak, Gravy
2. Popcorn Chicken

Sides: Roll, Mashed Potatoes, Green Beans, Fruit & Veggie Bar **26**

1. Pirate Burgers
2. Chicken Burgers

Sides: French Fries, Burger Toppings, Fruit & Veggie Bar, **Mini Rice Krispies** **6**

1. Pirate Burgers
2. Chicken Burgers

Sides: French Fries, Burger Toppings, Fruit & Veggie Bar, **Cherry Vanilla Icecream** **13**

1. Pirate Burgers
2. Chicken Burgers

Sides: French Fries, Burger Toppings, Fruit & Veggie Bar, **Cherry Pie Fruit Pocket** **20**

1. Pirate Burgers
2. Chicken Burgers

Sides: French Fries, Burger Toppings, Fruit & Veggie Bar, **Assorted Cookies** **27**

1. Honey Sriracha Chicken w/ Asian Rice
2. Egg Rolls

Sides: Steamed Broccoli, Fruit & Veggie Bar **7**

1. Cherry Blossom Chicken w/ Asian Rice
2. Egg Rolls

Sides: Steamed Broccoli, Fruit & Veggie Bar **14**
Heart Cookie

1. Mandarin Orange Chicken w/ Asian Rice
2. Egg Rolls

Sides: Steamed Broccoli, Fruit & Veggie Bar **21**

1. Chicken Teriyaki w/ Asian Rice
2. Egg Rolls

Sides: Steamed Broccoli, Fruit & Veggie Bar **28**

1. Chili Cup w/ Cornbread
2. Bean & Chz. Burrito
Sides: Cheez It Crackers, Pinto Beans, Fruit & Veggie Bar
Birthday Ice Cream 1

1. Chkn. Fajitas, Tortilla
2. Bean & Chz. Burrito

Sides: Rice, Pinto Beans, Lettuce/Tomato, Fruit & Veggie Bar **8**

1. Beef & Cheese Nachos
2. Cheese Quesadilla

Sides: Rice, Pinto Beans, Baby Carrots, Fruit & Veggie Bar **15**
Fresh Strawberries

1. Crispy Beef Tacos
2. Cheese Quesadilla

Sides: Rice, Pinto Beans, Baby Carrots, Fruit & Veggie Bar **22**

**February
Breakfast
Celebrations...**

Feb 1-4: "Souper" Bowl

Feb. 1: Celebrate February birthdays: Birthday Ice Cream

Feb. 11th - Feb. 14th We Love Our Customers Week! See menu for fun items. Available on Feb. 14th: Naturally flavored Fat Free Strawberry Milk

Feb. 20: National Cherry Pie Day

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GOOD EATS AT

Sinton High School Pizzeria 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.

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- 1. Pepperoni Pizza
 - 2. Cheesy Breadsticks
 - 3. Chicken Penne Bowl
 - 4. Boneless Hot Wings
- Sides: French Fries, Baby Carrots, Fruit

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

- 1. Pepperoni Pizza
 - 2. Cheesy Breadsticks
 - 3. Chkn.AlredoBowtie
 - 4. Boneless Hot Wings
- Sides: French Fries, Baby Carrots, Fruit, **Mini Rice Krispies Treat**

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

- 1. Pepperoni Pizza
 - 2. Cheesy Breadsticks
 - 3. Chicken Parm. Bowl
 - 4. Boneless Hot Wings
- Sides: Pinto Beans, Baby Carrots, Fruit
Birthday Ice Cream

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

- 1. Pepperoni Pizza
 - 2. Cheesy Breadsticks
 - 3. Chicken Penne Bowl
 - 4. Boneless Hot Wings
- Sides: French Fries, Baby Carrots, Fruit
Heartzel Pretzels

- 1. Pepperoni Pizza
 - 2. Cheesy Breadsticks
 - 3. Spaghetti & Meatballs
 - 4. Boneless Hot Wings
- Sides: Breadstick, Baby Carrots, Fruit,
Waffle Fries

- 1. Pepperoni Pizza
 - 2. Cheesy Breadsticks
 - 3. Chkn.AlredoBowtie
 - 4. Boneless Hot Wings
- Sides: Fries, Baby Carrots, Fruit, **Cherry Vanilla Icecream**

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

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

- 1. Pepperoni Pizza
 - 2. Cheesy Breadsticks
 - 3. Chicken Penne Bowl
 - 4. Boneless Hot Wings
- Sides: French Fries, Baby Carrots, Fruit

- 1. Pepperoni Pizza
 - 2. Cheesy Breadsticks
 - 3. Spaghetti & Meatballs
 - 4. Boneless Hot Wings
- Sides: Breadstick, Green Beans, Baby Carrots, Fruit

- 1. Pepperoni Pizza
 - 2. Cheesy Breadsticks
 - 3. Chkn.AlredoBowtie
 - 4. Boneless Hot Wings
- Sides: French Fries, Baby Carrots, Fruit,
Cherry Pie Fruit Pocket

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

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

- 1. Pepperoni Pizza
 - 2. Cheesy Breadsticks
 - 3. Chicken Penne Bowl
 - 4. Boneless Hot Wings
- Sides: French Fries, Baby Carrots, Fruit

- 1. Pepperoni Pizza
 - 2. Cheesy Breadsticks
 - 3. Spaghetti & Meatballs
 - 4. Boneless Hot Wings
- Sides: Breadstick, Green Beans, Baby Carrots, Fruit

- 1. Pepperoni Pizza
 - 2. Cheesy Breadsticks
 - 3. Chkn.AlredoBowtie
 - 4. Boneless Hot Wings
- Sides: French Fries, Baby Carrots, Fruit,
Assorted Cookies

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

February Breakfast Celebrations...

Feb 1-4: "Souper" Bowl

Feb. 1: Celebrate February birthdays: Birthday Ice Cream

Feb. 11th - Feb. 14th We Love Our Customers Week! See menu for fun items. Available on Feb. 14th: Naturally flavored Fat Free Strawberry Milk

Feb. 20: National Cherry Pie Day

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**GOOD
EATS AT**

**Sinton
High School
Deli Line
Lunch
Menu**

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ANNOUNCEMENTS**

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- 1. Ham Chef Salad Plate
 - 2. Sub Sandwich Plate
 - 3. Uncrustable PB&J Plate
 - 4. Yogurt/Fruit/Chz. Plate
- Sides: Fruit & Veggie Bar, French Fries

- 1. Ham Chef Salad Plate
 - 2. Sub Sandwich Plate
 - 3. Uncrustable PB&J Plate
 - 4. Yogurt/Fruit/Chz. Plate
- Sides: Fruit & Veggie Bar, French Fries
Heartzel Pretzels 11

- 1. Ham Chef Salad Plate
 - 2. Sub Sandwich Plate
 - 3. Uncrustable PB&J Plate
 - 4. Yogurt/Fruit/Chz. Plate
- Sides: Fruit & Veggie Bar, French Fries **18**

- 1. Ham Chef Salad Plate
 - 2. Sub Sandwich Plate
 - 3. Uncrustable PB&J Plate
 - 4. Yogurt/Fruit/Chz. Plate
- Sides: Fruit & Veggie Bar, French Fries **25**

- 1. Ham Chef Salad Plate
 - 2. Sub Sandwich Plate
 - 3. Uncrustable PB&J Plate
 - 4. Chicken Salad Croissant
- Sides: Fruit & Veggie Bar **5**

- 1. Ham Chef Salad Plate
 - 2. Sub Sandwich Plate
 - 3. Uncrustable PB&J Plate
 - 4. Chicken Salad Croissant
- Sides: Fruit & Veggie Bar, Waffle Fries **12**

- 1. Ham Chef Salad Plate
 - 2. Sub Sandwich Plate
 - 3. Uncrustable PB&J Plate
 - 4. Chicken Salad Croissant
- Sides: Fruit & Veggie Bar **19**

- 1. Ham Chef Salad Plate
 - 2. Sub Sandwich Plate
 - 3. Uncrustable PB&J Plate
 - 4. Chicken Salad Croissant
- Sides: Fruit & Veggie Bar **26**

- 1. Baked Potato Plate
 - 2. Sub Sandwich Plate
 - 3. Uncrustable PB&J
 - 4. Santa Fe Deli Wrap
- Sides: Fruit & Veggie Bar, **Mini Rice Krispies Treat Treat 6**

- 1. Baked Potato Plate
 - 2. Sub Sandwich Plate
 - 3. Uncrustable PB&J
 - 4. Santa Fe Deli Wrap
- Sides: Fruit & Veggie Bar, **Cherry Vanilla Icecream 13**

- 1. Baked Potato Plate
 - 2. Sub Sandwich Plate
 - 3. Uncrustable PB&J
 - 4. Santa Fe Deli Wrap
- Sides: Fruit & Veggie Bar, **Cherry Pie Fruit Pocket 20**

- 1. Baked Potato Plate
 - 2. Sub Sandwich Plate
 - 3. Uncrustable PB&J
 - 4. Santa Fe Deli Wrap
- Sides: Fruit & Veggie Bar, **Assorted Cookies 27**

- 1. Chkn. Fajita Chef Salad
 - 2. Sub Sandwich Plate
 - 3. Uncrustable PB&J Plate
 - 4. Tuna Salad Croissant
- Sides: Fruit & Veggie Bar **7**

- 1. Chkn. Fajita Salad
 - 2. Sub Sandwich Plate
 - 3. Uncrustable PB&J
 - 4. Tuna Salad Croissant
- Sides: Fruit & Veggie Bar **Heart Cookie 14**

- 1. Chkn. Fajita Chef Salad
 - 2. Sub Sandwich Plate
 - 3. Uncrustable PB&J Plate
 - 4. Tuna Salad Croissant
- Sides: Fruit & Veggie Bar **21**

- 1. Chkn. Fajita Chef Salad
 - 2. Sub Sandwich Plate
 - 3. Uncrustable PB&J Plate
 - 4. Tuna Salad Croissant
- Sides: Fruit & Veggie Bar **28**

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

- 1. Chk. Fajita Chef Salad
 - 2. Sub Sandwich Plate
 - 3. Uncrustable PB&J
 - 4. Yogurt/Fruit/Chz.
- Sides: Fruit & Veggie Bar, Pinto Beans, **8**

- 1. Chk. Fajita Chef Salad
 - 2. Sub Sandwich Plate
 - 3. Uncrustable PB&J
 - 4. Yogurt/Fruit/Chz.
- Sides: Fruit & Veggie Bar, Pinto Beans, **Fresh Strawberries 15**

- 1. Chk. Fajita Chef Salad
 - 2. Sub Sandwich Plate
 - 3. Uncrustable PB&J
 - 4. Yogurt/Fruit/Chz.
- Sides: Fruit & Veggie Bar, Pinto Beans, **22**

**February
Breakfast
Celebrations...**

Feb 1-4: "Souper" Bowl

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February birthdays:
Birthday Ice Cream**

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