

October 2016

RULE ISD

BREAKFAST



MENU IS SUBJECT TO CHANGE.



*In accordance with the Federal law and U.S. Department of Agriculture policy, this is prohibited from discriminating on the basis of race,color,national origin,sex,age or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866)632-9992(Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800)877 8339 or (800)845 6163 (Spanish). USDA is an equal opportunity provider and employer.

Monday

Tuesday

Wednesday

Thursday

Friday

SAUSAGE KOLACHE **3**
YOGURT
JUICE
FRUIT
MILK

CHEESE OMELET **4**
WRAP
FRUIT
JUICE
MILK

WAFFLES AND **5**
SAUSAGE
FRUIT
JUICE MILK

BREAKFAST PIZZA **6**
YOGURT
FRUIT
JUICE
MILK

CINNAMON ROLL **7**
BACON
FRUIT
JUICE
MILK

PANCAKES **10**
BACON
FRUIT
JUICE
MILK

CHEESY TOAST **11**
FRUIT
JUICE
MILK

BISCUIT & GRAVY **12**
SCRAMBLED EGGS
SAUSAGE FRUIT
JUICE MILK

BREAKFAST STRUDE **13**
YOGURT
FRUIT
JUICE
MILK

BREAKFAST BURRIT **14**
HASHBROWN
FRUIT JUICE
MILK

PANCAKE WRAP **17**
YOGURT
FRUIT
JUICE MILK

CHICKEN-N- **18**
BISCUIT FRUIT
JUICE
MILK

FRENCH TOAST **19**
SAUSAGE
FRUIT
JUICE MILK

BREAKFAST PIZZA **20**
FRUIT
JUICE
MILK

DUTCH WAFFLE **21**
BACON
FRUIT
JUICE MILK

PANCAKES **24**
SAUSAGE
FRUIT
JUICE MILK

BISCUIT **25**
SCRAMBLED EGGS
SAUSAGE
FRUIT JUICE MILK

BREAKFAST PIZZA **26**
FRUIT
JUICE
MILK

SAUSAGE KOLACHE **27**
YOGURT
FRUIT
JUICE MILK

EGG & CHEESE **28**
SANDWICH
FRUIT JUICE
MILK

WAFFLES **31**
BACON
FRUIT
JUICE MILK





MENU IS SUBJECT TO CHANGE.



*In accordance with the Federal law and U.S. Department of Agriculture policy, this is prohibited from discriminating on the basis of race,color,national origin,sex,age or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866)632-9992(Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800)877-8339; or

Monday

Tuesday

Wednesday

Thursday

Friday

COUNTRY FRIED STEAK 3
MASHED POTATOS &
GRAVY SAVORY GREEN
BEANS STRAWBERRY CUP
ROLL MILK

MEAT & CHEESE 4
TOATADAS RICE SALSA
ZESTY CUCUMBERS
REFRIED BEANS SALAD
TOPPER MILK
ROSY APPLESAUCE

PIZZA GARDEN SALAD 5
VEGETABLE MEDLEY
ORANGE SLICE
MILK

FRITO PIE 6
BABY CARROTS SALSA
MEXICALI CORN
SALAD
PEACHES
COOKIE MILK

CHICKEN STRIPS 7
TX TOAST GRAVY
GREEN BEANS
SWEET POTATO FRIES
APPLE SLICES
MILK

PIZZA 10
BABY CARROTS
STEAMED BROCCOLI
PINEAPPLE TIDBITS
COOKIE
MILK

NACHO GRANDE 11
REFRIED BEANS SALSA
SALAD TOPPER
CUCUMBER DIPPERS
TOMATO CUPS
PEARS LIME SHERBERT MILK

CHICKEN SANDWICH 12
FRIES
FRESH VEGGIE CUP
SALAD
MANDARIN ORANGES
MILK

SALISBURY STEAK W/ 13
BROWN GRAVY
ROASTED POTATOES
BISCUIT
SALAD
FRUITY JELLO SALAD MILK

PIZZA 14
BABY CARROTS
CRUNCHY BROCCOLI
SALAD
GRAPES
COOKIE MILK

CHICKEN NUGGETS 17
MASHED POTATOTES
ROLL SALAD
TUSCAN VEGGIES
PEACHES
MILK

PIZZA 18
BABY CARROTS
STEAMED BROCCOLI
PINEAPPLE TIDBITS
COOKIE
MILK

TEX-MEX STACK 19
SPANISH RICE
SALAD SALSA
REFRIED BEANS
TOMATO CUP MILK
CINNAMON APPLES

HAMBURGER W/ OR WO 20
CHEESE SALAD GARNISH
FRIES
VEGGIE CUP
ORANGE SMILES
MILK

PULLED PORK 21
SANDWICH
COLESLAW
CHIPS
GREEN BEANS
APPLES MILK

PORK CHOPS W/ 24
BROWN GRAVY ROLL
MASHED POTATOES
CARROT COINS
STRAWBERRIES & BANNANAS
MILK

FRENCH BREAD PIZZA 25
GARDEN SALAD
CALAFORNIA BLEND VEGGIES
PEACHES
PUDDING MILK

SLOPPY JOE SANDWICH 26
TOTS
CUCUMBER DIPPERS
FRUIT CHOICE
COOKIE MILK

TEXAS CHILI 27
CORNBREAD BITES
FRESH BROCCOLI/TOMATO
CUP
ORANGE SMILES
MILK

SLOPPY JOE SANDWICH 28
TOTS
CUCUMBER DIPPERS
FRUIT CHOICE
COOIKE
MILK

PIZZA 31
BABY CARROTS
BROCCOLI BITES
MIXED FRUIT
MILK

