

LUNCH

October 2014

RULE ISD

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* monday

School Information:

All menus subject to change.

High School may receive added foods to meet state

Mandated requirements.

Milk offered daily.

* tuesday

* wednesday

* thursday

* friday

Chicken Fried Steak
Gravy Mashed Potatoes
Green Beans
Strawberry Cup
Roll Milk

Chicken Quesadilla
Salsa Garden Salad
Refried Beans
Applesauce
Milk

Chicken Spaghetti
Breadsticks
Garden Salad
California Blend
Apple Slices Milk

Turley N Cheese Subs
Baby Carrots
Seasoned Corn
Orange Smiles
H.S. T or chips Milk

Popcorn Chicken
Zesty Cucumbers
Sweet Potato Fries
Sliced Peaches
Roll Milk

Corn Dog
Baked Beans
Crunchy Broccoli Salad
Apple Pineapple Delight
Milk

Beefy Queso Nachos
Refried Beans
Garden Salad
Pears
Lime Sherbet Cup Milk

Beef N Bean Burrito
Salsa
Mexicali Corn
Veggie Cup
Fruity Gelatin Milk

Chicken Nuggets
Mashed Potatoes/Gravy
Breadstick
Garden Salad
Grapes Cookie Milk

Pizza Choice
Tom/Cuc Cup
Baby Carrots
Mandarin Oranges
Milk

Chicken Fajitas
Salad
Baby Carrots
Seasoned Corn
Fresh Fruit Bowl Milk

Cheese Pizza
Savory Green Beans
Garden Salad
Fresh Apple Slices
Milk

Tex Mex Stack
Spanish Rice
Refried Beans
Salsa Garden Salad
Hot Cinn. Apples Milk

Chicken Sandwich
HB Garnish
Potato Rounds
Western Beans
Diced Pears Milk

Pigs N Blanket
Baby Carrots
Steamed Broccoli
Chilled Pineapple
Sugar Cookie Milk

Spaghetti With Meatballs
Garden Salad
Breadstick
Carrot Coins
Peaches Cookie Milk

Chicken Enchiladas
Garden Salad
Charro Beans
Salsa Applesauce
HS-Tor Chips Milk

Salisbury Steak with
Brown Gravy
Mashed Potatoes
Green Beans
Straw/Bananas Roll Milk

Teriyaki Beef Sandwich
Baked Potatoes Chips
Broccoli Bites
Garden Salad
Orange Smiles Mile

Hot Dog
Sweet Potato Fries
Cucumber Dippers
Seasoned Fruit
Chocolate Chip Cookie Milk