

LUNCH

September 2014

RULE ISD

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NO SCHOOL

1

Beefy Queso Nachos
Refried Beans
Garden Salad
Pears
Lime Sherbert Milk

2

Chicken Sandwich
Oven Fries
Fresh Veggie Cup
Fruity Gelatin
Milk

3

Meaty Macaroni
Garden Salad
Mashed Potatoes
Grapes Breadstick
Choc. Chip Cookies Milk

4

Ultimate Taco
Salad, Baby Carrots
Spanish Rice Salsa
Tom/Cucumber cups
Mandarin Oranges Milk

5

BBQ on Bun
Baked Potato or Fries
Seasoned Corn
Baby Carrots
Fresh Fruit Bowl Milk

8

Asian Chicken
Oven Brown Rice
Baby Carrots Steamed Broccoli
Chilled Pineapple
Sugar Cookie Milk

9

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

10

Cheeseburger
HB Garnish
Potato Rounds
Western Beans
Diced Pears Milk

11

Chicken Parmesan
Breadsticks
Savory Green Beans
Garden Salad
Apple Slices Milk

12

Breaded Pork Chops
Garden Salad
Carrot Coins
Sliced Peaches
Choc Pudding Milk

15

2 Crispy Tacos
Spanish Rice
Tortilla Chips Garden Salad
Charro Beans Salsa
Cinn. Apples Milk

16

Chicken Nuggets
Mashed Potatoes
Green Beans
Straw/Bananas
Roll Gravy Milk

17

Teriyaki Beef Sandwich
Baked Pot Chips
Broccoli Bites
Garden Salad
Orange Smiles Milk

18

Sloppy Joe Sliders
Sweet Potato Fries
Cucumber Dippers
Seasoned Fruit
Chocolate chip Cookie Milk

19

Pizza
Garden Salad
Fresh Veggie Cup
Mixed Fruit
Milk

22

Baked Potato
With Ham & Cheese
Roll Garden Salad
Seasoned Corn
Snowball Salad Milk

23

Pizza Sticks W/ Spag
Sauce Garden
Baby Carrots
Apple Slices
Brownie Cookie Milk

24

Meatloaf
Green Beans
Mashed Potatoes
Apple Pineapple Delight
Roll Milk

25

Fish Strips
TX Toast
Coleslaw Pinto Beans
Baby Carrots
Orange Smiles Milk

26

TX Combo Basket
Charro Beans
Garden Salad
Hot Cinn. Apples
Milk

29

Texas Chili
With Cornbread
Potato Rounds Veggie Cup
Seasoned Fruit
Choc, Chip cookie Milk

30

High School May receive
added foods to meet state
mandated requirements.

**September is
Whole Grains
Month**