

OCTOBER 2009
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

IRVING INDEPENDENT SCHOOL DISTRICT

Secondary Breakfast & Lunch Menu

Breakfast: \$0.85 Reduced Price Breakfast: \$0.30
 Lunch: \$1.85 Reduced Price Lunch: \$0.40

A variety of low-fat and non-fat milks are offered daily for Breakfast & Lunch

Visit <http://www.irvingisd.net/foodservices/> for more information

Menu Subject to Change Based on Availability

<p>5 BREAKFAST Sausage Breakfast Pizza or Oatmeal & Cinnamon Toast or Malt-o-Meal Big Bowl Cereal or PB&J Sandwich, Assorted Juice or Fresh Fruit LUNCH Corndog or Chicken Tenders, Mashed Potatoes w/ Gravy, Peas & Carrots, Diced Pears</p>	<p>6 BREAKFAST Egg & Cheese Breakfast Sandwich or Honey Bun or Malt-o-Meal Big Bowl Cereal or PB&J Sandwich, Assorted Juice or Fresh Fruit LUNCH Chicken Parmesan w/ Pasta or Country Fried Steak w/ Gravy, Steamed Carrots, Italian Green Beans, Fruit Crisp, Homemade Roll</p>	<p>7 BREAKFAST Yogurt & Honey Graham Crackers or Cinnamon Roll or Malt-o-Meal Big Bowl Cereal or PB&J Sandwich, Assorted Juice or Fresh Fruit LUNCH Buffalo Chicken Sandwich or Frito Pie, Lettuce & Pickles, Fresh Fruit</p>	<p>1 BREAKFAST Scrambled Eggs w/ Refried Beans, Salsa & Tortilla or Honey Bun or Malt-o-Meal Big Bowl Cereal or PB&J Sandwich, Assorted Juice or Fresh Fruit LUNCH Meatloaf or Chicken Poppers, Mashed Potatoes w/ Gravy, Steamed Peas, Cinnamon Apples, Homemade Roll</p>	<p>2 BREAKFAST Morning Sausage Roll or Fruit Turnover or Malt-o-Meal Big Bowl Cereal or PB&J Sandwich, Assorted Juice or Fresh Fruit LUNCH Baked Potato w/ Chili & Cheese or Steak Fingers, Broccoli w/ Cheese Sauce, Tossed Salad w/ Dressing, Fresh Fruit, Jalapeno Cheese Cornbread</p>
<p>12 Student Holiday <i>October 12-16th is National School Lunch Week-Eat a School Lunch for Good Health!</i></p>	<p>13 BREAKFAST Yogurt & Toast or Nutridonut or Malt-o-Meal Big Bowl Cereal or PB&J Sandwich, Assorted Juice or Fresh Fruit LUNCH Chicken Alfredo w/ Bread Stick or Pizza Cheese Sticks w/ Sauce, Italian Salad w/ Dressing, Golden Corn, Fresh Fruit <i>Report Cards</i></p>	<p>14 BREAKFAST Sausage Breakfast Pizza or Oatmeal & Cinnamon Toast or Malt-o-Meal Big Bowl Cereal or PB&J Sandwich, Assorted Juice or Fresh Fruit LUNCH Country Fried Steak w/ Gravy or Beef & Cheese Burrito, Potatoes O'Brien, Green Beans, Fruited Gelatin w/ Whipped Topping, Homemade Roll</p>	<p>15 BREAKFAST Waffles w/ Syrup or Honey Bun or Malt-o-Meal Big Bowl Cereal or PB&J Sandwich, Assorted Juice or Fresh Fruit LUNCH Hot Ham & Cheese Sandwich on WG Bun or Orange Chicken & Steamed Rice, California Blend Veggies, Tossed Salad w/ Dressing, Sliced Peaches</p>	<p>16 BREAKFAST Fruit Turnover or Cinnamon Roll or Malt-o-Meal Big Bowl Cereal or PB&J Sandwich, Assorted Juice or Fresh Fruit LUNCH Grilled Cheese Sandwich or Shrimp Poppers, Macaroni & Cheese, Mixed Vegetables, Mandarin Oranges</p>
<p>19 BREAKFAST Pancake on a Stick or Biscuit & Jelly or Malt-o-Meal Big Bowl Cereal or PB&J Sandwich, Assorted Juice or Fresh Fruit LUNCH BBQ Beef Sandwich or Chili Cheese Dog, Oven Fries, Creamy Coleslaw, Mandarin Orange Salad</p>	<p>20 BREAKFAST Ham & Egg Breakfast Taco or Blueberry Muffin Square or Malt-o-Meal Big Bowl Cereal or PB&J Sandwich, Assorted Juice or Fresh Fruit LUNCH Pasta w/ Meat Sauce & Garlic Toast or Parmesan Chicken Sandwich, California Blend Vegetables, Italian Salad w/ Dressing, Pineapple Tidbits</p>	<p>21 BREAKFAST French Toast Sticks w/ Syrup or Cinnamon Toast or Malt-o-Meal Big Bowl Cereal or PB&J Sandwich, Assorted Juice or Fresh Fruit LUNCH Crispy Turkey Tacos or Enchiladas, Lettuce & Tomato Salad, Charro Beans, Assorted Juice</p>	<p>22 BREAKFAST Scrambled Eggs w/ Refried Beans, Salsa & Tortilla or Honey Bun or Malt-o-Meal Big Bowl Cereal or PB&J Sandwich, Assorted Juice or Fresh Fruit LUNCH Meatloaf or Chicken Poppers, Mashed Potatoes w/ Gravy, Steamed Peas, Cinnamon Apples, Homemade Roll</p>	<p>23 BREAKFAST Morning Sausage Roll or Fruit Turnover or Malt-o-Meal Big Bowl Cereal or PB&J Sandwich, Assorted Juice or Fresh Fruit LUNCH Baked Potato w/ Chili & Cheese or Steak Fingers, Broccoli w/ Cheese Sauce, Tossed Salad w/ Dressing, Fresh Fruit, Jalapeno Cheese Cornbread <i>Progress Reports</i></p>
<p>26 BREAKFAST Sausage Breakfast Pizza or Oatmeal & Cinnamon Toast or Malt-o-Meal Big Bowl Cereal or PB&J Sandwich, Assorted Juice or Fresh Fruit LUNCH Corndog or Chicken Tenders, Mashed Potatoes w/ Gravy, Peas & Carrots, Diced Pears</p>	<p>27 BREAKFAST Egg & Cheese Breakfast Sandwich or Honey Bun or Malt-o-Meal Big Bowl Cereal or PB&J Sandwich, Assorted Juice or Fresh Fruit LUNCH Chicken Parmesan w/ Pasta or Country Fried Steak w/ Gravy, Steamed Carrots, Italian Green Beans, Fruit Crisp, Homemade Roll</p>	<p>28 BREAKFAST Yogurt & Honey Graham Crackers or Cinnamon Roll or Malt-o-Meal Big Bowl Cereal or PB&J Sandwich, Assorted Juice or Fresh Fruit LUNCH Buffalo Chicken Sandwich or Frito Pie, Lettuce & Pickles, Fresh Fruit</p>	<p>29 BREAKFAST Pancakes w/ Syrup or Blueberry Muffin Square or Malt-o-Meal Big Bowl Cereal or PB&J Sandwich, Assorted Juice or Fresh Fruit LUNCH Turkey w/ Gravy & Roll or Teriyaki Sandwich, Squash Casserole, Green Beans, Fruit Cocktail</p>	<p>30 BREAKFAST Biscuit & Sausage or Cinnamon Tastry or Malt-o-Meal Big Bowl Cereal or PB&J Sandwich, Assorted Juice or Fresh Fruit LUNCH Chicken Tamale Pie or Fish Sandwich on Bun, Spanish Rice, Lettuce & Tomato Salad, Fiesta Corn, Assorted Juice</p>

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