

September 2010 Elementary School Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Carb count beside item on each daily menu. Does not include milk.</p> <p>White 12 Chocolate 25 Strawberry 27</p>		<p>1 Grill Cheese Sand 16 Vegetable Soup 13 Oranges Wedges 15 Milk</p>	<p>2 Beef/Cheese Burrito 40 Mexican Rice 35 Pinto Beans 20 Seasoned Corn 23 Milk</p>	<p>3 BBQ on Bun 41 Veg. Beans 26 Pickle Spears 2 Pineapple Tidbits 25 Milk</p>
<p>6 LABOR DAY</p>	<p>7 Chili 10 Corn Chips 15 Seasoned Corn 17 Diced Pears 20 Milk</p>	<p>8 Spaghetti/ Meatballs 52 Hot Rolls 15 Steamed Broccoli 4 Pineapple Tidbits 25 Milk</p>	<p>9 Beef Tacos 28 Pinto Beans 27 Lettuce & Tomatoes 2 Spanish Rice 43 Applesauce 12 & Milk</p>	<p>10 Hamburgers 21 Lettuce & Pickles 2 Goldfish 19 Diced Pears 20 Milk</p>
<p>13 Sweet/Sour Chicken 18 Rice 35 Seasoned Corn 23 Pineapple 25 Milk</p>	<p>14 Beef Stroganoff 45 Tossed Salad 5 Glazed Carrots 12 Pizza Sticks 30 Milk</p>	<p>15 Chicken Rings 11 Whipped Potatoes 14 Green Beans 7 Sliced Peaches 17 Hot Rolls 15 & Milk</p>	<p>16 Mini Corn Dogs 22 Macaroni & Cheese 15 Sweet Peas 12 Fresh Apples 15 Milk</p>	<p>17 Chicken Sandwich 30 Lettuce & Pickles 2 Gold Fish 19 Bananas 27 Milk</p>
<p>20 Steak Fingers 17 Whipped Potatoes 36 Sweet Peas 12 Scooby Bones 21 Hot Rolls 15 & Milk</p>	<p>21 Chicken Fajitas 27 Lettuce & Tomatoes 2 Mexican Corn 23 Fresh Apples 15 Milk</p>	<p>22 Chicken Tendeers 11 Whipped Potatoes 14 Green Beans 7 Mixed Fruit 18 Hot Rolls 15 & Milk</p>	<p>23 BBQ Rib Sand. 41 Corn on Cob 11 Pickle Spears 2 Baked Beans 26 Milk</p>	<p>24 Hot Dogs 22 Baked Beans 26 Fresh Fruit 15 Gold Fish 17 Milk</p>
<p>27 Pizza Sticks w/ 30 Marinara Sauce 3 Seasoned Corn 23 Glazed Carrots 12 Milk</p>	<p>28 Smoky Beef Bites 10 Tossed Salad 7 Mixed Fruit 18 Hot Rolls 15 Milk</p>	<p>29 Grill Cheese Sand 16 Vegetable Soup 13 Oranges Wedges 15 Milk</p>	<p>30 Beef /Cheese Burrito 40 Mexican Rice 43 Pinto Beans 20 Seasoned Corn 17 Milk</p>	



Central ISD

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Deli Express Served Daily

Choice of:
Peanut Butter & Jelly
Sandwich Plate

Second Choice Beginning August 30, 2010

Monday: Chicken Nuggets
Tuesday: Stuffed Crust Pizza
Wednesday: Mini Corn Dogs
Thursday: Steakfingers
Friday: No Second Choice