



STAFFORD HIGH 2019 - 2020

LUNCH CYCLE MENU

Monday	Tuesday	Wednesday	Thursday	Friday
CYCLE 1 OVEN FRIED CHICKEN GREEN BEANS MASHED POTATOES BROWN GRAVY HOMEMADE ROLL POPCORN CHICKEN WRAP SALAD BAR	CYCLE 1 CHIPOTLEE BOWL with CHICKEN MEXI-PINTO BEANS BLACK BEANS CILANTRO RICE CORN & SALSA SPICY SHRIMP WRAP	CYCLE 1 MEXICAN LASAGNA CARROT STICKS WITH RANCH DRESSING CHEESY GARLIC BREAD STICK POPCORN CHICKEN WRAP	CYCLE 1 ORANGE CHICKEN STEAMED RICE ASIAN BLEND VEGETABLES FORTUNE COOKIE SPICY SHRIMP WRAP	CYCLE 1 TOP & GO CHILI CHEESE CORNBREAD FRENCH FRIES OR CURLY FRIES GARDEN SALAD POPCORN CHICKEN WRAP SALAD BAR
CYCLE 2 SPAGHETTI AND MEATBALLS GARLIC BREAD CARROT STICKS POPCORN CHICKEN WRAP SALAD BAR	CYCLE 2 CRISPY TACOS CHARRA BEANS SPANISH RICE SALSA SPICY SHRIMP WRAP	CYCLE 2 CHICKEN SPAGHETTI STEAMED BROCCOLI CHEESY GARLIC BREAD STICK GARDEN SALAD POPCORN CHICKEN WRAP	CYCLE 2 SICHUAN CHICKEN LOW MEIN NOODLES EGGROLL ASIAN BLEND VEGGIES FORTUNE COOKIE SPICY SHRIMP WRAP	CYCLE 2 CHICKEN WING BASKET CELERY STICKS CURLY POTATOES SALAD BAR
CYCLE 3 BAKED POTATO WITH BBQ BEEF BROCCOLI HOMEMADE ROLL POPCORN CHICKEN WRAP SALAD BAR	CYCLE 3 OVEN FRIED CHICKEN BAKED BEANS STEAMED CORN ON THE COB GARLIC BREAD STICK SPICY SHRIMP WRAP	CYCLE 3 BREAKFAST FOR LUNCH DUTCH WAFFLE SCRAMBLED EGGS TURKEY SAUSAGE HASHBROWN POTATOES JICAMA STICKS with TAJIN POPCORN CHICKEN WRAP SALAD BAR	CYCLE 3 ORANGE CHICKEN STEAMED RICE ASIAN BLEND VEGETABLES FORTUNE COOKIE SPICY SHRIMP WRAP	CYCLE 3 CHILI CHEESE FRIES BOWL CORNBREAD MUFFIN STEAMED BROCCOLI SPICY SHRIMP WRAP SALAD BAR
CYCLE 4 CHICKEN & WAFFLES GREEN BEANS POPCORN CHICKEN WRAP SALAD BAR	CYCLE 4 CARNITA STREET TACOS CHARRA BEANS PICO DE GALLO SPICY SHRIMP WRAP	CYCLE 4 CHICKEN ALFREDO GARLIC BREAD STEAMED BROCCOLI POPCORN CHICKEN WRAP SALAD BAR	CYCLE 4 ORANGE CHICKEN STEAMED RICE ASIAN BLEND VEGGIES FORTUNE COOKIE SPICY SHRIMP WRAP	CYCLE 4 LASAGNA CHEESY GARLIC BREAD VEGETABLE MEDLEY SALAD BAR
CYCLE 1 WEEK OF 8/14/19 - 8/16/19 9/9/19 - 9/13/19 10/7/19 - 10/11/19 11/4/19 - 11/8/19 12/2/19 - 12/6/19 1/27/20 - 1/31/20 2/24/20 - 2/28/20 3/23/20 - 3/27/20 4/20/20 - 4/24/20 <i>Manager's Choice</i> 5/18/20 - 5/22/20	CYCLE 2 WEEK OF 8/19/19 - 8/23/19 9/16/19 - 9/20/19 10/14/19 - 10/18/19 11/11/19 - 11/15/19 12/9/19 - 12/13/19 1/6/20 - 1/10/20 2/3/20 - 2/7/20 3/2/20 - 3/6/20 3/30/20 - 4/3/20 4/27/20 - 5/1/20	CYCLE 3 WEEK OF 8/26/19 - 8/30/19 9/23/19 - 9/27/19 10/21/19 - 10/25/19 11/18/19 - 11/22/19 12/16/19 - 12/19/19 1/13/20 - 1/17/20 2/10/20 - 2/14/20 4/6/20 - 4/10/20 5/4/20 - 5/8/20	CYCLE 4 WEEK OF 9/2/19 - 9/6/19 9/30/19 - 10/4/19 10/28/19 - 11/1/19 1/20/20 - 1/24/20 2/17/20 - 2/21/20 3/16/20 - 3/20/20 4/13/20 - 4/17/20 5/11/20 - 5/15/20 MENUS SUBJECT TO CHANGE	To make a payment or view student balance information please visit www.schoolcafe.com <u>Meal Prices</u> Paid Breakfast \$1.45 Reduced Breakfast \$0.30 Adult Breakfast \$2.50 Paid Lunch \$2.65 Reduced Lunch \$0.40 Adult Lunch \$3.75

OFFERED DAILY: Cheese Sticks with Marinara Sauce, Assorted Cold and Hot Sandwiches, Hoagies and Wraps with Tuna Salad, Sliced Turkey, Turkey Ham, American Cheese and Swiss Cheese, Cheese Pizza, Pepperoni Pizza, Variety of Fries, Hamburger Salad, Assorted Fresh Fruit, Chilled Fruit and Variety of Fat Free Flavored Milk and 1% White Milk.

****Menus Subject to Change****
CHARGE POLICY 3 BREAKFAST AND 3 LUNCHES

Your family may qualify for free or reduced priced meals.

Please visit www.schoolcafe.com to complete a meal application.

Paper applications also available; please check with the cafeteria managers, PAT BRIONES 281-208-6123 pbriones@staffordmsd.org
Assistant Cafeteria Manager, Claudia Garcia 281-208-6123 cgarcia2@staffordmsd.org

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