



# SBEC/WAIS Breakfast Menu 2019-2020

## Breakfast Prices

- Students (Full Price) \$0.75
- Students (Reduced Price) \$0.30
- Students (2nd Breakfast) \$1.95
- Adult & Staff Breakfast \$2.10

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Weekly Options</b>	<p><b>Turkey Sausage Breakfast Pizza</b> or <b>Breakfast Pastry Bar</b> or <i>Choice of Cereal or Pop Tarts</i></p> <p>Apple OR Grape OR Orange Juice</p> <p>Choice of Fruit</p> <p>1% White Milk OR Nonfat Milk</p>	<p><b>Sausage Eggs &amp; Waffle Platter or Cinnamon Burst Bread</b> or <i>Choice of Cereal or Yogurt and Graham Crackers</i></p> <p>Apple OR Grape OR Orange Juice</p> <p>Choice of Fruit</p> <p>1% White Milk OR Nonfat Milk</p>	<p><b>Cinnamon Glazed Pancakes w/Tator Tots or Chicken &amp; Beef Kolache w/Tator Tots or</b> <i>Choice of Cereal or Yogurt and Graham Crackers</i></p> <p>Apple OR Grape OR Orange Juice</p> <p>Fresh Orange or Diced Pears</p> <p>1% White Milk OR Nonfat Milk</p>	<p><b>Sausage &amp; Cheese Breakfast Sandwich or Cinnamon Burst Bread</b> or <i>Choice of Cereal or Yogurt and Graham Crackers</i></p> <p>Apple OR Grape OR Orange Juice</p> <p>Fresh Banana or Mixed Fruit</p> <p>1% White Milk OR Nonfat Milk</p>	<p><b>Glazed WG Donut or French Toast Sticks</b> or <i>Choice of Cereal or Yogurt and Graham Crackers</i></p> <p>Apple OR Grape OR Orange Juice</p> <p>Fresh Orange or Sliced Peaches</p> <p>1% White Milk OR Nonfat Milk</p>

Menus are subject to change

## 2019

- 8/15 School Year Begins - Students
- 9/2 Holiday Students and Staff
- 10/11 Holiday Students only
- 10/14 Holiday Students and Staff
- 11/25-11/29 Holiday Students and Staff
- 12/23-12/31 Holiday Students and Staff

## 2020

- 1/1-1/3 Holiday Students and Staff
- 1/6 Holiday Students only
- 1/20 Holiday Students and Staff
- 2/17 Holiday Students only
- 3/16-3/20 Holiday Students and Staff
- 4/10-4/13 Holiday Students and Staff
- 5/25 Holiday Students and Staff
- 5/28 School Year Ends - Students



# Middle School Lunch Menu 2019-2020

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<b>Mighty Mini Meal (Mini Hot Dog, Burger &amp; TX Toast) or Baked Potato w/Breadstick or Choice of Yogurt w/granola</b>  Choice of Fruit  Baby Carrots and Roasted Zucchini  1% White Milk or Nonfat Chocolate Milk	<b>Chicken Strips w/Texas toast or Fajita Chicken Salad or Baked Potato w/Breadstick</b>  Choice of Fruit  Mashed Potato and Steamed Green Beans  1% White Milk or Nonfat Chocolate Milk	<b>Italian Pasta Bake or Baked Potato w/Breadstick or Ham &amp; Cheese Pinwheel Kit or Hummus or Protein Bistro Box</b>  Choice of Fruit  Steamed Corn and Parmesan Broccoli  1% White Milk or Nonfat Chocolate Milk	<b>Crispitos w/cheese sauce or Chicken Bacon Ranch Salad or Baked Potato w/Breadstick</b>  Choice of Fruit  Peas & Carrots and Veggie Dippers  1% White Milk or Nonfat Chocolate Milk	<b>Breaded Chicken Minis w/ Texas Toast or Baked Potato w/Breadstick or Choice of Yogurt w/granola</b>  Choice of Fruit  Baked Beans and Sweet Potato Crinkle Cut Fries  1% White Milk or Nonfat Chocolate Milk
<b>Week 2</b>	<b>Breaded Cheesesticks w/marinara sauce or Baked Potato w/Breadstick or Choice of Yogurt w/granola</b>  Choice of Fruit  Roasted Vegetables and Sweet Potato Crinkle Cut Fries  1% White Milk or Nonfat Chocolate Milk	<b>Beef Nachos or Fajita Chicken Salad or Baked Potato w/Breadstick</b>  Choice of Fruit  Charro Beans and Street Corn  1% White Milk or Nonfat Chocolate Milk	<b>General Tso's Chicken w/rice and eggroll or Baked Potato w/Breadstick or Ham &amp; Cheese Pinwheel Lunch Kit or Hummus Bistro Box or Protein Bistro Box</b>  Choice of Fruit  Roasted Broccoli and Tossed Side Salad  1% White Milk or Nonfat Chocolate Milk	<b>Chicken Alfredo or Chicken Bacon Ranch Salad or Baked Potato w/Breadstick</b>  Choice of Fruit  Peas & Carrots and Veggie Dippers  1% White Milk or Nonfat Chocolate Milk	<b>Chili Cheese Hotdog or Baked Potato w/Breadstick or Choice of Yogurt w/granola</b>  Choice of Fruit  Baked Beans and Curly Fries  1% White Milk or Nonfat Chocolate Milk
<b>Week 3</b>	<b>Oven Breaded Chicken w/mac &amp; cheese or Baked Potato w/Breadstick or Choice of Yogurt w/granola</b>  Choice of Fruit  Mashed Potato and Parmesan Broccoli  1% White Milk or Nonfat Chocolate Milk	<b>Frito Pie &amp; Cornbread or Fajita Chicken Salad or Baked Potato w/Breadstick</b>  Choice of Fruit  Steamed Corn and Peas & Carrots  1% White Milk or Nonfat Chocolate Milk	<b>Chicken &amp; Waffles or Baked Potato w/Breadstick or Ham &amp; Cheese Pinwheel Kit or Hummus or Protein Bistro Box</b>  Choice of Fruit  Sweet Potato Waffle Fries and Veggie Dippers  1% White Milk or Nonfat Chocolate Milk	<b>Spicy Boneless Wings w/Roll or Chicken Bacon Ranch Salad or Baked Potato w/Breadstick</b>  Choice of Fruit  Baby Carrots and Roasted Vegetables  1% White Milk or Nonfat Chocolate Milk	<b>Chicken Fried Steak Sandwich or Baked Potato w/Breadstick or Choice of Yogurt Parfait w/granola</b>  Choice of Fruit  Baked Beans and Tater Tots  1% White Milk or Nonfat Chocolate Milk

## Lunch Prices

Students (Full Price)  
\$2.25

Students (Reduced Price)  
\$0.40

Students (2nd Lunch)  
\$3.50

Adult & Staff Lunch  
\$3.75

## 2020

1/1-1/3 Holiday Students and Staff

1/6 Holiday Students only

1/20 Holiday Students and Staff

2/17 Holiday Students only

3/16-3/20 Holiday Students and Staff

4/10-4/13 Holiday Students and Staff

5/25 Holiday Students and Staff

5/28 School Year Ends - Students

NO ITEMS CONTAIN PORK

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Spring Branch ISD is an equal opportunity provider

January 2020						
Sun	Mon	Tue	We	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February 2020						
Sun	Mon	Tue	We	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

March 2020						
Sun	Mon	Tue	We	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April 2020						
Sun	Mon	Tue	We	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



# Middle School Snack Shop Lunch Menu 2019-2020

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Daily Options</b>	<b>Hamburger or Cheeseburger or Personal Pepperoni or Cheese Pizza or Regular Chicken Sandwich or Spicy Chicken Sandwich</b>  Choice of Fruit  Baby Carrots and Sweet Potato Crinkle Cut Fries  1% White Milk or Nonfat Chocolate Milk	<b>Pepperoni Pizza or Cheese Pizza or Regular Chicken Sandwich or Spicy Chicken Sandwich</b>  Choice of Fruit  Cucumber Coins and Street Corn  1% White Milk or Nonfat Chocolate Milk	<b>Hamburger or Cheeseburger or Personal Pepperoni or Cheese Pizza or Regular Chicken Sandwich or Spicy Chicken Sandwich</b>  Choice of Fruit  Broccoli Florets and Tator Tots  1% White Milk or Nonfat Chocolate Milk	<b>Pepperoni Pizza or Cheese Pizza or Buffalo Chicken Pizza or Regular Chicken Sandwich or Spicy Chicken Sandwich</b>  Choice of Fruit  Baby Carrots and Veggie Dippers  1% White Milk or Nonfat Chocolate Milk	<b>Hamburger or Cheeseburger or Personal Pepperoni or Cheese Pizza or Regular Chicken Sandwich or Spicy Chicken Sandwich</b>  Choice of Fruit  Curly Fries and Baked Beans  1% White Milk or Nonfat Chocolate Milk

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Adult & Staff Lunch

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Students and Staff

1/6 Holiday  
Students only

1/20 Holiday  
Students and Staff

2/17 Holiday Students only

3/16-3/20 Holiday  
Students and Staff

4/10-4/13 Holiday  
Students and Staff

5/25 Holiday  
Students and Staff

5/28 School Year Ends - Students