



Always Innovating

South Texas ISD

RIO GRANDE VALLEY | GRADES 6-12

BREAKFAST

JANUARY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
						<u>BREAKFAST MEAL</u> PRICES: STUDENTS FREE!!!!
WEEK 1	6 Breakfast Bar W/Yogurt Cereal Fresh fruit Orange Juice Milk choice	7 Breakfast Bar W/Muffin Honey Bun Fresh Fruit Orange Juice Milk Choice	8 Maple Waffle Sandwich Pop Tarts Fresh Fruit Orange Juice Milk Choice	9 Tamales Muffins Fresh Fruit Orange Juice Milk Choice	10 Pancake Sandwich Cereal Fresh Fruit Orange Juice Milk Choice	<u>A LA CARTE</u> ENTREE \$2.00 EXTRA MILK \$1.00 EXTRA FRUIT \$.50
WEEK 2	13 Uncrustable PB&J Cereal Fresh Fruit Orange Juice Milk Choice	14 Kolache-Sausage & Cheese Banana Bread Slice Fresh fruit Orange Juice Milk Choice	15 Pancake on a Stick Snack' n Waffle-Blueberry Fresh Fruit Orange Juice Milk Choice	16 Mini Pancakes w/Sausage patty Muffins Fresh Fruit Orange Juice Milk Choice	17 French Toast Sticks Cereal Fresh Fruit Orange Juice Milk Choice	<u>MILK CHOICES:</u> 1% Low Fat Milk Fat Free Chocolate Milk
WEEK 1	20 Breakfast Bar W/Yogurt Cereal Fresh fruit Orange Juice Milk choice	21 Breakfast Bar W/Muffin Honey Bun Fresh Fruit Orange Juice Milk Choice	22 Maple Waffle Sandwich Pop Tarts Fresh Fruit Orange Juice Milk Choice	23 Tamales Muffins Fresh Fruit Orange Juice Milk Choice	24 Pancake Sandwich Cereal Fresh Fruit Orange Juice Milk Choice	STISD Child Nutrition Dept. (956)514-4230
WEEK 2	27 Uncrustable PB&J Cereal Fresh Fruit Orange Juice Milk Choice	28 Kolache-Sausage & Cheese Banana Bread Slice Fresh fruit Orange Juice Milk Choice	29 Pancake on a Stick Snack' n Waffle-Blueberry Fresh Fruit Orange Juice Milk Choice	30 Mini Pancakes w/Sausage patty Muffins Fresh Fruit Orange Juice Milk Choice	31 French Toast Sticks Cereal Fresh Fruit Orange Juice Milk Choice	<u>Menu subject to</u> <u>change without</u> <u>notice</u>

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

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LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
						BREAKFAST MEAL PRICES: STUDENTS FREE!!!!
						A LA CARTE ENTREE \$2.00 EXTRA MILK \$1.00 EXTRA FRUIT \$.50
WEEK 1	6 Popcorn Chicken Mash Bowl Cooked Carrots Dinner Roll Fresh fruit Peach Slices Milk Choice	7 Chicken Wings Tator Tots Romaine Salad Baby Carrots Fresh Fruit Fruit Cocktail Milk Choice	8 Cheese Enchiladas Pinto Beans Spanish Rice Romaine Salad Fresh Fruit Diced Pears Milk Choice	9 Chicken Alfredo Mashed Potatoes Green Beans Fresh Fruit Applesauce Milk Choice	10 Fish Tacos Corn Baby Carrots Fresh Fruit Milk Choice	MILK CHOICES: 1% Low Fat Milk Fat Free Chocolate Milk
WEEK 2	13 Spaghetti & Meatballs Garlic Stick Cooked Carrots Romaine Salad Fresh apple Peach Slices Milk Choice	14 Orange Chicken w/Fried Rice Broccoli Baby Carrots Fresh Fruit Fruit Cocktail Milk Choice	15 Street Tacos Pinto Beans Baby Carrots Rice Banana Mandarins Milk Choice	16 Beef & Cheese Lasagna Twisted Cheese Breadstick Green Beans Romaine Salad Fresh Fruit Apple Sauce Milk Choice	17 Chicken Fried Chicken Green Beans Mashed Potato Fresh Fruit Pineapple Tidbits Milk Choice	
WEEK 3	20 Breaded Chicken Creamy Mashed Potatoes Cooked Carrots Dinner Roll Fresh fruit Peach Slices Milk Choice	21 Cheeseburger Tator Tots Romaine Salad Baby Carrots Fresh Fruit Fruit Cocktail Milk Choice	22 Burrito Bowl Pinto Beans Spanish Rice Romaine Salad Fresh Fruit Mandarins Milk Choice	23 Nachos corn Cucumbers Fresh Fruit Applesauce Milk Choice	24 Chili Cheese Dogs Green Beans Baby Carrots Fresh Fruit Milk Choice	STISD Child Nutrition Dept. (956)514-4230
WEEK 1	27 Popcorn Chicken Mash Bowl Cooked Carrots Dinner Roll Fresh fruit Peach Slices Milk Choice	28 Chicken Wings Tator Tots Romaine Salad Baby Carrots Fresh Fruit Fruit Cocktail Milk Choice	29 Cheese Enchiladas Pinto Beans Spanish Rice Romaine Salad Fresh Fruit Diced Pears Milk Choice	30 Chicken Alfredo Mashed Potatoes Green Beans Fresh Fruit Applesauce Milk Choice	31 Fish Tacos Corn Baby Carrots Fresh Fruit Milk Choice	Menu subject to change without notice

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PIZZA & MORE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
						BREAKFAST MEAL PRICES: STUDENTS FREE!!!!
						A LA CARTE ENTREE \$2.00 EXTRA MILK \$1.00 EXTRA FRUIT \$.50
WEEK 1	6 Chicken Tenders Hot Pocket Creamy Mashed Potatoes Cooked Carrots Dinner Roll Fresh Fruit Peach Slices Milk Choice	7 Cheeseburger Personal Pizza Chef Salad Romaine Salad Tator Tots Fresh Fruit Fruit Cocktail Milk Choice	8 Pizza Burrito Chef Salad Pinto Beans Romaine Salad Fresh Fruit Diced Pears Milk Choice	9 Spicy Chicken Sandwich Hot Pocket Chef Salad Green Beans Romaine Salad Fresh Fruit Applesauce Milk Choice	10 Personal Pizza Cheese Sticks Buffalo Boneless Wings /Waffle Fries Green Beans Baby Carrots Fresh Fruit Pineapple Tidbits Milk Choice	MILK CHOICES: 1% Low Fat Milk Fat Free Chocolate Milk
WEEK 2	13 Chicken Tenders Hot Pocket Creamy Mashed Potatoes Cooked Carrots Dinner Roll Fresh Fruit Peach Slices Milk Choice	14 Cheeseburger Personal Pizza Chef Salad Baby Carrots Tator Tots Fresh Fruit Fruit Cocktail Milk Choice	15 Pizza Burritos Chef Salad Pinto Beans Romaine Salad Fresh Fruit Mandarins Milk Choice	16 Spicy Chicken Sandwich Hot Pocket Chef Salad Green Beans Romaine Salad Fresh Fruit Applesauce Milk Choice	17 Pizza W/Buffalo Chicken Wings Green Beans Baby Carrots Fresh Fruit Pineapple Tidbits Milk Choice	
WEEK 3	20 Chicken Tenders Hot Pocket Creamy Mashed Potatoes Cooked Carrots Dinner Roll Fresh Fruit Peach Slices Milk Choice	21 Ham & Cheese Sandwich Personal Pizza Pizza Cheese Crunchers Chef Salad Romaine Salad Tator Tots Fresh Fruit Fruit Cocktail Milk Choice	22 Pizza Burritos Chef Salad Pinto Beans Romaine Salad Fresh Fruit Mandarins Milk Choice	23 Spicy Chicken Sandwich Hot Pocket Chef Salad Corn Cucumber Slices Fresh Fruit Applesauce Milk Choice	24 Personal Pizza Corn Dogs Green Beans Baby Carrots Fresh Fruit Pineapple Tidbits Milk Choice	STISD Child Nutrition Dept. (956)514-4230
WEEK 1	27 Chicken Tenders Hot Pocket Creamy Mashed Potatoes Cooked Carrots Dinner Roll Fresh Fruit Peach Slices Milk Choice	28 Cheeseburger Personal Pizza Chef Salad Romaine Salad Tator Tots Fresh Fruit Fruit Cocktail Milk Choice	29 Pizza Burrito Chef Salad Pinto Beans Romaine Salad Fresh Fruit Diced Pears Milk Choice	30 Spicy Chicken Sandwich Hot Pocket Chef Salad Green Beans Romaine Salad Fresh Fruit Applesauce Milk Choice	31 Personal Pizza Cheese Sticks Buffalo Boneless Wings /Waffle Fries Green Beans Baby Carrots Fresh Fruit Pineapple Tidbits Milk Choice	Menu subject to change without notice

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