



  
**Fort Worth**  
 INDEPENDENT SCHOOL DISTRICT  
**Elementary School Breakfast & Lunch Menu**  
**November 1 - November 30, 2009**

**2009 - 2010 Meal Prices**

Breakfast	Lunch
Student (All Grades) - \$0.75	Students - \$1.50
Reduced (All Grades)	Reduced - \$.40
Adult/Visitor - \$1.75	Adult - \$3.00

myLunchMoney.com

Monday

Tuesday

Wednesday

Thursday

Friday

***Breakfast - November 1 - November 30, 2009***      *This Breakfast menu is repeated weekly.*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Group A</b>	<b>Group A</b>	<b>Group A</b>	<b>Group A</b>	<b>Group A</b>
Honey Nut Cheerios Cereal w/ Wheat Toast & Jelly	Frosted Flakes Cereal w/ Wheat Toast & Jelly	Kix Cereal w/ Wheat Toast & Jelly	Cookie Crisp Cereal w/ Wheat Toast & Jelly	Trix Cereal w/ Wheat Toast & Jelly
Sausage Combo w/ Wheat Toast & Jelly	Breakfast Burrito	Breakfast Corny Dog	Ham Combo w/ Wheat Toast & Jelly	Sausage Cheese Kolache
Pancake w/ Sausage Patty	Oatmeal w/ Brown Sugar Wheat Toast & Jelly	Scrambled Eggs w/ Cheese, Bacon Wheat Toast & Jelly	Oatmeal w/ Brown Sugar Wheat Toast & Jelly	French Toast w/Sausage Link
<b>Group B</b>	<b>Group B</b>	<b>Group B</b>	<b>Group B</b>	<b>Group B</b>
Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice
Awesome Applesauce	Orange Smiles	Blast Off Banana	Heart Healthy Apple	Awesome Applesauce
Mighty Milk	Mighty Milk	Mighty Milk	Mighty Milk	Mighty Milk

***Students may select one Group A item, one Group B item, and Mighty Milk daily for breakfast meal***

Monday

Tuesday


Wednesday

Thursday

Friday

***Lunch - November 1 - November 30, 2009***

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Entrées</b>	<b>Entrées</b>	<b>Entrées</b>	<b>Entrées</b>	<b>Entrées</b>
Steak Fingers w/ Wheat Roll Crispy Fish on Bun w/ Chips Vegetarian Plate	Cheeseburger w/ Oven Fries Cheese Quesadilla Chef Salad w/ Ham & Crackers	Orange Chicken w/ Steamed Rice Pasta w/ Marinara Sauce & Breadstick Turkey & Cheese Sandwich w/ Baked Doritos	Pepperoni Pizza Cheese Pizza Sloppy Joe on Bun Taco Salad in Boat	Chicken Tenders w/ Wheat Roll Turkey Wrap w/ Baked Cheetos Yogurt Combo
<b>Sides</b>	<b>Sides</b>	<b>Sides</b>	<b>Sides</b>	<b>Sides</b>
Mashed Potatoes Glazed Carrots Cucumber Tomato Salad Pineapple Flowers	Mexicali Corn Lettuce, Tomato, Pickles Fresh Fruit / Grapes Strawberry Cup	Garden Blend Vegetables Spinach Salad Fresh Fruit / Apple Peanut Butter Chewie	Seasoned Black Beans Baby Carrots Pears & Cherries Gelatin Jewels	Seasoned Spinach Celery Sticks Fresh Orange Wedges Rice Krispies Treat
2	3	4	5	6

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Waiver Day</b></p> 	<p><b>Entrées</b></p> <p>Beefy Ravoli w/ Wheat Roll Peanut Butter &amp; Jelly Sandwich w/ Apple Bites Chicken Littles on Buns</p> <p><b>Sides</b></p> <p>Pasta Salad Lettuce, Tomato, Pickles Winter Kiwi Fruit Salad Cherry Waldorf Salad</p>	<p><b>Entrées</b></p> <p>Honey BBQ Rib on Bun Stuffed Sticks w/Marinara Sauce Turkey Tetrazzini w/ Breadstick</p> <p><b>Sides</b></p> <p>Texas Ranch Beans Steamed Broccoli Cinnamon Apples Oatmeal Cherry Cookies</p>	<p><b>Entrées</b></p> <p>Chicken Quesadilla Chili Mac w/ Cornbread Yogurt Fruit Parfait</p> <p><b>Sides</b></p> <p>Seasoned Green Beans Garden Salad w/ Drsg. Confetti Fruit Salad Fresh Apple Wedges</p>	<p><b>Entrées</b></p> <p>Spaghetti w/ Meat Sauce Ranch Baked Chicken w/ Wheat Roll Turkey Chef Salad w/Crackers</p> <p><b>Sides</b></p> <p>Happy Face Potatoes Marinated Tomatoes Fresh Orange Wedges Banana Pudding</p>
9	10	11	12	13

<p><b>Entrées</b></p> <p>Chicken Nuggets Crispy Tacos Vegetarian Plate</p> <p><b>Sides</b></p> <p>Mashed Potatoes Charro Beans Lettuce &amp; Diced Tomatoes Cherry Cup</p>	<p><b>Entrées</b></p> <p>BBQ Nibbler w/ Wheat Roll Hot Dog on Bun w/ Baked Chips Deli Turkey Sandwich w/ Baked Chips</p> <p><b>Sides</b></p> <p>Seasoned English Peas Squash Caliente Fresh Fruit / Banana Fruit Turnover</p>	<p><b>Entrées</b></p> <p>Turkey w/ Dressing , Gravy, Cranberry Sauce &amp; Wheat Roll Rib-B-Que on Bun</p> <p><b>Sides</b></p> <p>Seasoned Green Beans Garden Salad w/ Drsg. Fresh Orange Wedges Sweet Potato Pie</p>	<p><b>Entrées</b></p> <p>Hamburger on Bun Spicy Chicken Tenders w/ Wheat Roll Baked Potato w/Margarine &amp; Cheese</p> <p><b>Sides</b></p> <p>Seasoned Corn Lettuce, Tomato, &amp; Pickles Fruit Turnover Harvest Theme Cookies</p>	<p><b>Entrées</b></p> <p>Spaghetti w/Meatballs/Breadstick Chicken Patty on Bun Turkey Chef Salad w/ Crackers</p> <p><b>Sides</b></p> <p>Creamed Spinach Italian Squash Medley Glazed Carrots Fresh Fruit / Pear</p>
16	17	18	19	20

Monday
<p><b>Entrées</b></p> <p>Cheese Pizza Chicken Burrito Meatloaf on Bun</p> <p><b>Sides</b></p> <p>Spanish Rice Garden Blend Vegetables Applesauce Seasoned Corn</p>
30



*Thanksgiving Holidays*  
*November 23 - 27*  
*Have a Safe & Happy Holiday*



A variety of low fat & skim milks are offered with all breakfasts & lunches as part of the meal.

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