




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sausage Biscuit 03 ~~~~~ Chicken Nuggets Corn Dog Mashed Potatoes/Gravy Carrot Coins Whole Grain Roll Rosey Pears	Cinnamon Oatmeal/Toast 04 ~~~~~ Tangerine Chicken/Asian Rice Grilled Chicken Burger Steamed Broccoli Mixed Vegetables Egg Roll/Fortune Cookie Fruited Jello	Pancake Sausage Bites 05 ~~~~~ Pepperoni Pizza Chicken Quesadilla Cherry Tomatoes & Cucumber/ Dip Seasoned Corn Chilled Fruit Cocktail	Cinni Minni 06 ~~~~~ Beef Nachos w/ Cheese Beef & Bean Burrito Spanish Rice Pinto Beans Salad Texas Grapefruit	Sausage Egg Taco 07 ~~~~~ Cheese Burger Chicken Burger Oven French Fries Sweet Tator Tots Burger Salad Chilled Peaches
Pancake Wrap 10 ~~~~~ Popcorn Chicken Steak Burger Oven French Fries Seasoned Corn Whole Grain Biscuit Peach Delight	Eggs/Toast/Hash Brown 11 ~~~~~ Pepperoni Pizza BBQ on Bun Broccoli & Cheese Baby Carrots / Dip Banana Pudding	Honey Bun 12 ~~~~~ Turkey & Gravy w/ Dressing Steak Fingers Mashed Potatoes / Yams Green Beans Whole Grain Roll Peach Crisp	Breakfast Pizza 13 ~~~~~ Crispy Beef Tacos Chicken Fajita Taco Spanish Rice Refried Beans Salad w/ Cheese Strawberry Cup	Assorted Pop Tart 14 ~~~~~ Hamburger Cheesy Fish Burger Tator Tots Burger Salad Chilled Fruit Cocktail
Pig-in-a-Blanket 17 ~~~~~ Chicken Tenders Mini Corn Dog Scalloped Potatoes Broccoli & Cheese Whole Grain Roll Rosey Applesauce	French Toast Sticks 18 ~~~~~ Sack Lunch Early Release Day	<p>19 20 21</p> <h2 style="color: red;">Christmas Holidays</h2> <h2 style="color: red;">December 19 – January 2</h2>		
24 	25 	26 	27 	28 
31 				<p>Meal Applications Available All year long... Just apply!!</p>

InSeason! Grapefruit

In just 1/2 (100g) of a grapefruit there's roughly 60% daily value for vitamin C! That's more than half of your daily need in less than a cup!



May increase metabolic rate (i.e. metabolism!), by working on a cellular level increasing the amount of ATP, which is a fancy way of saying "cellular energy".

Announcements

<http://www.calallen.healthliving.net>



NOW AVAILABLE
Tuesday/Thursday
Paw Pak (Pre-Packed Meal)

Protein - Turkey/Ham/Cheese
Vegetable – Carrots/Cucumbers/Dip
Fruit – Fresh Apple/Orange/Grapes
Grain- Package WG Cracker
Dairy – Choice of Milk

Join us for lunch, visitor \$ 3.50



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Meal Prices

Student Breakfast

\$1.50

100% Juice/Fresh Fruits/Veggies
Assorted WG Cereal
Yogurt
Milk Variety

Student Lunch

PK-5th - \$2.40
6th-12th - \$2.65

Fresh Fruits/Vegetables
Milk Variety
Menu subject to change due to availability.