

Menus

District: Centerville ISD

Menu: SY-2016-2017 Lunch Menu K-5

September 2016

Mon	Tue	Wed	Thu	Fri
<p>29</p> <p>Chicken Fajitas on WG Flour Tortilla w/Lettuce/ Tomato & Salsa</p> <p>Pineapple Tidbits</p> <p>Spanish Rice</p> <p>1% Lowfat Milk</p> <p>Fatfree Chocolate Milk</p>	<p>30</p> <p>Hamburger on WG Bun w/Lettuce/Tomato/Pickles</p> <p>Oven Baked Potato FF</p> <p>Fresh Grapes</p> <p>Sliced Pears</p> <p>1% Lowfat Milk</p> <p>Fatfree Chocolate Milk</p> <p>Ketchup PC</p> <p>FF Mayonnaise</p> <p>Mustard PC</p>	<p>31</p> <p>Chicken Spaghetti</p> <p>Green Beans</p> <p>Seasoned Whole Kernal Corn</p> <p>Hot Cinnamon Apples</p> <p>Fresh Bananas</p> <p>Wheat Roll</p> <p>1% Lowfat Milk</p> <p>Fatfree Chocolate Milk</p>	<p>1</p> <p>Beef and Cheese Nachos-Elem w/Lettuce/Tomato & Salsa</p> <p>Refried Beans</p> <p>Chilled Pineapple Tidbits</p> <p>1% Lowfat Milk</p> <p>Fatfree Chocolate Milk</p>	<p>2</p> <p>Orange Chicken & Rice</p> <p>California Blend</p> <p>Green Beans</p> <p>Hot Cinnamon Apples</p> <p>Fortune Cookie</p> <p>1% Lowfat Milk</p> <p>Fatfree Chocolate Milk</p>
<p>5</p> <p>Labor Day</p>	<p>6</p> <p>Beef Taco Pie</p> <p>Mexicali Corn</p> <p>Green Beans</p> <p>Fresh Apples</p> <p>1% Lowfat Milk</p> <p>Fatfree Chocolate Milk</p>	<p>7</p> <p>WG Mini Corn Dogs</p> <p>Baked Beans</p> <p>Steamed Carrots</p> <p>Frozen Strawberry Cup</p> <p>1% Lowfat Milk</p> <p>Fatfree Chocolate Milk</p> <p>Ketchup PC</p> <p>Mustard PC</p> <p>FF Mayonnaise</p>	<p>8</p> <p>Mexican Ground Beef</p> <p>Garlic Broccoli</p> <p>Romaine Salad</p> <p>Applesauce</p> <p>1% Lowfat Milk</p> <p>Fatfree Chocolate Milk</p> <p>Ranch Dressing</p>	<p>9</p> <p>Chicken Smackers</p> <p>Potato Wedges</p> <p>Green Peas</p> <p>Pears in Strawberry Gelatin</p> <p>Wheat Roll</p> <p>1% Lowfat Milk</p> <p>Fatfree Chocolate Milk</p> <p>FF Gravy</p> <p>Ketchup PC</p>
<p>12</p> <p>Mini Meatball Sub</p> <p>Tossed Side Salad</p> <p>Peaches w/Cool Whip</p> <p>1% Lowfat Milk</p> <p>Fatfree Chocolate Milk</p> <p>Ranch Dressing</p>	<p>13</p> <p>Pepperoni Pizza w/WG Crust</p> <p>Seasoned Whole Kernal Corn</p> <p>Steamed Carrots</p> <p>Fresh Apples</p> <p>1% Lowfat Milk</p> <p>Fatfree Chocolate Milk</p> <p>Lite Ranch Dressing</p>	<p>14</p> <p>Chicken Fajitas on WG Flour Tortilla w/Lettuce/ Tomato & Salsa</p> <p>Refried Beans</p> <p>Fresh Bananas</p> <p>1% Lowfat Milk</p> <p>Fatfree Chocolate Milk</p> <p>Lite Ranch Dressing</p>	<p>15</p> <p>Chicken Nuggets</p> <p>Baked Beans</p> <p>Green Peas</p> <p>Mixed Fruit</p> <p>1% Lowfat Milk</p> <p>Fatfree Chocolate Milk</p> <p>BBQ Sauce Cup</p>	<p>16</p> <p>Chicken Fried Steak</p> <p>Mashed Potatoes</p> <p>Green Beans</p> <p>Fresh Oranges (1/2 cup) - Elem. Only</p> <p>Wheat Roll</p> <p>1% Lowfat Milk</p> <p>Fatfree Chocolate Milk</p>
<p>19</p> <p>WG Mini Corn Dogs</p> <p>Sweet Potato Puffs</p> <p>Baked Beans</p> <p>Frozen Strawberry Cup</p> <p>1% Lowfat Milk</p> <p>Fatfree Chocolate Milk</p> <p>Ketchup PC</p> <p>Mustard PC</p> <p>FF Mayonnaise</p>	<p>20</p> <p>Walking Taco</p> <p>Salsa</p> <p>Fresh Apples</p> <p>Tortilla Scoops</p> <p>1% Lowfat Milk</p> <p>Fatfree Chocolate Milk</p>	<p>21</p> <p>Orange Chicken & Rice</p> <p>Tossed Side Salad</p> <p>Steamed Carrots</p> <p>Apricot Halves, Canned (1/2 cup)</p> <p>1% Lowfat Milk</p> <p>Fatfree Chocolate Milk</p>	<p>22</p> <p>Chicken and Rotini</p> <p>Green Peas</p> <p>Black Eyed Peas</p> <p>Chilled Sliced Pears</p> <p>Wheat Roll</p> <p>1% Lowfat Milk</p> <p>Fatfree Chocolate Milk</p>	<p>23</p> <p>Hamburger on WG Bun w/Lettuce/Tomato/Pickles</p> <p>Oven Baked Potato FF</p> <p>Frozen Strawberry Cup</p> <p>1% Lowfat Milk</p> <p>Fatfree Chocolate Milk</p> <p>Ketchup PC</p> <p>FF Mayonnaise</p> <p>Mustard PC</p>

<p>26</p> <p>Beef Burrito w/Lettuce/Tomato & Salsa</p> <p>Seasoned Whole Kernal Corn</p> <p>Diced Peaches</p> <p>1% Lowfat Milk</p> <p>Fatfree Chocolate Milk</p> <p>Shredded Cheese</p>	<p>27</p> <p>Chicken Smackers</p> <p>Steamed Carrots</p> <p>Green Beans</p> <p>Blue Raspberry Smoothie Cup</p> <p>Peaches Sliced</p> <p>Wheat Roll</p> <p>1% Lowfat Milk</p> <p>Fatfree Chocolate Milk</p> <p>FF Gravy</p>	<p>28</p> <p>Hot Dog on WG Bun</p> <p>Oven Baked Fries</p> <p>Baked Beans</p> <p>Fresh Grapes</p> <p>Dried Fruit (Cranberry/Cherry)</p> <p>Mixed Fruit</p> <p>1% Lowfat Milk</p> <p>Fatfree Chocolate Milk</p> <p>FF Mayonnaise</p> <p>Mustard PC</p> <p>Ketchup PC</p>	<p>29</p> <p>Spaghetti and Meat Sauce</p> <p>Romaine Salad</p> <p>Broccoli Florets</p> <p>Fresh Apples</p> <p>Pineapple Tidbits</p> <p>1% Lowfat Milk</p> <p>Fatfree Chocolate Milk</p> <p>Ranch Dressing</p>	<p>30</p> <p>Pepperoni Pizza w/WG Crust</p> <p>Romaine Salad</p> <p>Baby Carrots</p> <p>Fresh Bananas</p> <p>Sliced Pears</p> <p>1% Lowfat Milk</p> <p>Fatfree Chocolate Milk</p> <p>Lite Ranch Dressing</p>
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