

San Angelo Independent School District

4-Week Cycle Menu

2011-12 School Year

CATCH

Updated 8-2011

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|--|---|--|---|--|
| Week 1 | <ul style="list-style-type: none"> ● *Sunrise Bites ▲ Breakfast Burrito ● Orange Juice ▲ Non fat Chocolate Milk ● 1% White Milk <hr style="border-top: 1px dashed black;"/> <ul style="list-style-type: none"> ▲ Pizza <li style="text-align: center;">Or ▲ Spaghetti w/ Meat Sauce ● Broccoli ● Fresh Orange ▲ Garlic Roll ▲ Non fat Flavored Milk ● 1% White Milk | <ul style="list-style-type: none"> ● Sausage Roll ● Apple Juice ▲ Non fat Chocolate Milk ● 1% White Milk <hr style="border-top: 1px dashed black;"/> <ul style="list-style-type: none"> ▲ Corn Dog <li style="text-align: center;">Or ▲ Sloppy Joe on a Bun ● Baby Carrots ▲ w/Low fat Ranch Dip ▲ Applesauce ▲ Non fat Flavored Milk ● 1% White Milk | <ul style="list-style-type: none"> ▲ Breakfast Sandwich ● Orange Juice ▲ Non fat Chocolate Milk ● 1% White Milk <hr style="border-top: 1px dashed black;"/> <ul style="list-style-type: none"> ● Frito Pie <li style="text-align: center;">Or ▲ Cheese Enchiladas ▲ Refried Beans ● Tossed Salad ▲ Peaches ▲ Non fat Flavored Milk ● 1% White Milk | <ul style="list-style-type: none"> ● Pancake on a Stick ● Apple Juice ▲ Non fat Chocolate Milk ● 1% White Milk <hr style="border-top: 1px dashed black;"/> <ul style="list-style-type: none"> ▲ Chicken Fried Steak <li style="text-align: center;">Or ▲ Chicken Pot Pie ▲ Mashed Potatoes ▲ W/ Low Fat Gravy ● Green Beans ▲ Hot Roll ▲ Non fat Flavored Milk ● 1% White Milk | <ul style="list-style-type: none"> ● Mini Pancakes ● Grape Juice ▲ Non fat Chocolate Milk ● 1% White Milk <hr style="border-top: 1px dashed black;"/> <ul style="list-style-type: none"> ▲ Cheeseburger (low fat cheese) <li style="text-align: center;">Or ▲ Hamburger ▲ Oven Fries ● Hamburger Salad ▲ Cinnamon Apples ▲ Non fat Flavored Milk ● 1% White Milk |
| | | * 8/22, *9/19, 10/17, 11/14 12/12, 1/23, 3/26, 4/23, 5/29 | 8/23, 9/20, 10/18, 11/15 12/13, 1/24, 2/21, 3/27, 4/24 | 8/24, 9/21, 10/19, 11/16 12/14, 1/25, 2/22, 3/28, 4/25 | 8/25, 9/22, 10/20, 11/17 12/15, 1/26, 2/23, 3/29, 4/26 |
| Week 2 | <ul style="list-style-type: none"> ▲ Breakfast Sandwich ● Orange Juice ▲ Non fat Chocolate Milk ● 1% White Milk <hr style="border-top: 1px dashed black;"/> <ul style="list-style-type: none"> ▲ Chicken Nuggets <li style="text-align: center;">Or ▲ Beef & Cheese Macaroni ▲ Mashed Potatoes ▲ W/ Low Fat Gravy ● Green Beans ▲ Hot Roll ▲ Apricots or Pears ▲ Non fat Flavored Milk ● 1% White Milk | <ul style="list-style-type: none"> ● Sausage Roll ● Apple Juice ▲ Non fat Chocolate Milk ● 1% White Milk <hr style="border-top: 1px dashed black;"/> <ul style="list-style-type: none"> ▲ Hot Ham & Cheese <li style="text-align: center;">Or ▲ Peanut Butter & Jelly Sandwich ● Fresh Broccoli ▲ W/ Dip ● Apple Wedges ● Vegetable Soup ▲ Non fat Flavored Milk ● 1% White Milk | <ul style="list-style-type: none"> ▲ Breakfast Bagel Pizza ● Orange Juice ▲ Non fat Chocolate Milk ● 1% White Milk <hr style="border-top: 1px dashed black;"/> <ul style="list-style-type: none"> ▲ Beef Nachos <li style="text-align: center;">Or ▲ Chicken Fajitas ▲ Pinto Beans ● Tossed Salad ▲ Cornbread ▲ Mixed Fruit ▲ Non fat Flavored Milk ● 1% White Milk | <ul style="list-style-type: none"> ● Pancake on a Stick ● Apple Juice ▲ Non fat Chocolate Milk ● 1% White Milk <hr style="border-top: 1px dashed black;"/> <ul style="list-style-type: none"> ▲ Chicken Patty <li style="text-align: center;">Or ▲ Chicken Tetrizzini ● English Peas & Carrots ▲ Pineapple ▲ Hot Roll ▲ Non fat Flavored Milk ● 1% White Milk | <ul style="list-style-type: none"> ● Sunrise Bites ● Grape Juice ▲ Non fat Chocolate Milk ● 1% White Milk <hr style="border-top: 1px dashed black;"/> <ul style="list-style-type: none"> ▲ Chili Dog or Hot Dog <li style="text-align: center;">Or ▲ Turkey Deli Sandwich ▲ Tater Tots ▲ Sliced Peaches ▲ Non fat Flavored Milk ● 1% White Milk |
| | | 8/29, 9/26, 10/24, 11/21 1/30, 2/27, 4/2, 4/30, 5/21 | 8/30, 9/27, 10/25, 11/22 1/31, 2/28, 4/3, 5/1, 5/22 | 8/31, 9/28, 10/26, 1/4 2/1, 2/29, 4/4, 5/2, 5/23 | 9/1, 9/29, 10/27, 1/5 2/2, 3/1, 4/5, 5/3, 5/24 |
| Week 3 | <ul style="list-style-type: none"> ▲ Hot Pocket ● * Sunrise Bites ● Orange Juice ▲ Non fat Chocolate Milk ● 1% White Milk <hr style="border-top: 1px dashed black;"/> <ul style="list-style-type: none"> ▲ Oven Baked Ham <li style="text-align: center;">Or ▲ Spaghetti & Meat Sauce ● Corn ● Tossed Salad ▲ Applesauce ▲ Hot Roll ▲ Non fat Flavored Milk ● 1% White Milk | <ul style="list-style-type: none"> ● Sausage Roll ● Apple Juice ▲ Non fat Chocolate Milk ● 1% White Milk <hr style="border-top: 1px dashed black;"/> <ul style="list-style-type: none"> ▲ Steak Fingers <li style="text-align: center;">Or ▲ Chicken Spaghetti ● Green Beans ▲ Sweet Potato Fries ▲ Pears ▲ Hot Roll ▲ Non fat Flavored Milk ● 1% White Milk | <ul style="list-style-type: none"> ▲ Breakfast Sandwich ● Orange Juice ▲ Non fat Chocolate Milk ● 1% White Milk <hr style="border-top: 1px dashed black;"/> <ul style="list-style-type: none"> ▲ Beef Nachos <li style="text-align: center;">Or ▲ Quesadillas ● Ranch Style Beans ● Tossed Salad ▲ Fruit Salad ▲ Non fat Flavored Milk ● 1% White Milk | <ul style="list-style-type: none"> ● Pancake on a Stick ● Apple Juice ▲ Non fat Chocolate Milk ● 1% White Milk <hr style="border-top: 1px dashed black;"/> <ul style="list-style-type: none"> ▲ Pizza <li style="text-align: center;">Or ▲ Lasagna ● California Vegetables ● Fresh Orange ▲ Garlic Roll ▲ Non fat Flavored Milk ● 1% White Milk | <ul style="list-style-type: none"> ● Mini Pancakes ▲ * Hot Pocket ● Grape Juice ▲ Non fat Chocolate Milk ● 1% White Milk <hr style="border-top: 1px dashed black;"/> <ul style="list-style-type: none"> ▲ Cheeseburger (low fat cheese) Or ▲ Hamburger ▲ Oven Fries ● Hamburger Salad ▲ Peaches ▲ Non fat Flavored Milk ● 1% White Milk |
| | | 10/3, 10/31, *11/28 1/9, 2/6, 3/5, *4/10, 5/7 | 9/6, 10/4, 11/1, 11/29 1/10, 2/7, 3/6, 4/11, 5/8 | 9/7, 10/5, 11/2, 11/30 1/11, 2/8, 3/7, 5/9, 5/30 | 9/8, 10/6, 11/3, 12/1 1/12, 2/9, 3/8, 4/12, 5/10 |
| Week 4 | <ul style="list-style-type: none"> ▲ Breakfast Sandwich ● * Cinnamon Bun ● Orange Juice ▲ Non fat Chocolate Milk ● 1% White Milk <hr style="border-top: 1px dashed black;"/> <ul style="list-style-type: none"> ▲ Corn Dog <li style="text-align: center;">Or ▲ Fish Sticks ▲ Macaroni & Cheese ● Green Beans ▲ Peaches ▲ Non fat Flavored Milk ● 1% White Milk | <ul style="list-style-type: none"> ● Sausage Roll ● Apple Juice ▲ Non fat Chocolate Milk ● 1% White Milk <hr style="border-top: 1px dashed black;"/> <ul style="list-style-type: none"> ▲ Grilled Cheese Sandwich <li style="text-align: center;">Or ▲ Ham & Cheese Sandwich ▲ Beef Vegetable Soup ● Baby Carrots ▲ w/ Low Fat Ranch Dip ▲ Pears ▲ Non fat Flavored Milk ● 1% White Milk | <ul style="list-style-type: none"> ▲ Breakfast Bagel Pizza ● Orange Juice ▲ Non fat Chocolate Milk ● 1% White Milk <hr style="border-top: 1px dashed black;"/> <ul style="list-style-type: none"> ▲ Beef Nachos <li style="text-align: center;">Or ▲ Taco Burger ▲ Pinto Beans ▲ Mixed Fruit ● Tossed Salad ▲ Non fat Flavored Milk ● 1% White Milk | <ul style="list-style-type: none"> ● Pancake on a Stick ● Apple Juice ▲ Non fat Chocolate Milk ● 1% White Milk <hr style="border-top: 1px dashed black;"/> <ul style="list-style-type: none"> ▲ Chicken Nuggets <li style="text-align: center;">Or ▲ Salisbury Steak ▲ Mashed Potatoes ▲ W/Brown Gravy ● Broccoli ● Apple Wedges ▲ Hot Roll ▲ Non fat Flavored Milk ● 1% White Milk | <ul style="list-style-type: none"> ● Sunrise Bites ▲ * Breakfast Sandwich ● Grape Juice ▲ Non fat Chocolate Milk ● 1% White Milk <hr style="border-top: 1px dashed black;"/> <ul style="list-style-type: none"> ▲ Chili Dog or Hot Dog <li style="text-align: center;">Or ▲ Turkey Deli Sandwich ● Ranch Style Beans ▲ Tater Tots ▲ Pineapple ▲ Non fat Flavored Milk ● 1% White Milk |
| | | 9/12, 11/7, 12/5, *1/17 2/13, *3/19, 4/16, 5/14 | 9/13, 10/11, 11/8, 12/6 2/14, 3/20, 4/17, 5/15, 5/31 | 9/14, 10/12, 11/9, 12/7 1/18, 2/15, 3/21, 4/18, 5/16 | 9/15, 10/13, 11/10, 12/8 1/19, 2/16, 3/22, 4/19, 5/17 |

CATCH: ● Green - GO FOODS "Almost Anytime Foods" ▲ Yellow - SLOW FOODS "Sometimes Foods"
● Red - WHOA FOODS "Once in A While Foods"