

# School Meals

*We serve education every day™*

## San Angelo ISD Elementary Breakfast and Lunch Menu

September  
2011

Menus can be seen at any of the following locations:  
Elementary Cafeteria  
www.saisd.org  
Cable Channel 4  
KLST Morning Show

### CATCH a Healthy Meal



#### BREAKFAST PRICES

Student No Charge  
Adult A La Carte

#### LUNCH PRICES

Elementary \$2.10  
Reduced \$0.40  
Additional Milk \$0.50  
Adult \$3.25

MENU IS SUBJECT TO  
CHANGE WITHOUT NOTICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>EAT SMART</b></p> <p><b>GO</b> foods - You can eat them "almost" anytime.</p> <p><b>SLOW</b> foods - You can eat them "sometimes" - a few times a week.</p> <p><b>WHOA</b> foods - You can eat them "on occasion" combined with other GO</p>	<p>Powered by Horizon Software International, LLC</p>	<p>PREPAY FOR SCHOOL MEALS</p> <p>CHECK ACCOUNT BALANCES</p> <p>VIEW PURCHASE HISTORY</p> <p>800-961-6129</p>	<p><b>1</b> <b>Breakfast</b> Pancake on a Stick, Apple Juice, Milk</p> <p><b>Lunch</b> Chicken Patty or Chicken Tetrazzini, English Peas &amp; Carrots, Hot Roll, Pineapple, Milk</p>	<p><b>2</b> <b>Breakfast</b> Sunrise Bites Grape Juice, Milk</p> <p><b>Lunch</b> Chili Dog/Hot Dog or Turkey Deli Sandwich, Tator Tots, Sliced Peaches, Milk</p>
<p><b>5</b></p> <p><b>LABOR DAY</b></p>	<p><b>6</b> <b>Breakfast</b> Sausage Roll, Apple Juice, Milk</p> <p><b>Lunch</b> Steak Fingers or Chicken Spaghetti, Green Beans, Sweet Potato Fries, Hot Roll, Pears, Milk</p>	<p><b>7</b> <b>Breakfast</b> Breakfast Sandwich, Orange Juice, Milk</p> <p><b>Lunch</b> Beef Nachos or Quesadillas, Ranch Style Beans, Tossed Salad, Fruit Salad, Milk</p>	<p><b>8</b> <b>Breakfast</b> Pancake on a Stick, Apple Juice, Milk</p> <p><b>Lunch</b> Pizza or Lasagna, California Vegetables, Garlic Roll, Fresh Orange, Milk</p>	<p><b>9</b> <b>Breakfast</b> Mini Pancakes Grape Juice, Milk</p> <p><b>Lunch</b> Cheeseburger or Hamburger, Oven Fries, Hamburger Salad, Peaches, Milk</p>
<p><b>12</b> <b>Breakfast</b> Breakfast Sandwich, Orange Juice, Milk</p> <p><b>Lunch</b> Corn Dog or Fish Sticks, Macaroni &amp; Cheese, Green Beans, Peaches, Milk</p>	<p><b>13</b> <b>Breakfast</b> Sausage Roll, Apple Juice, Milk</p> <p><b>Lunch</b> Grilled Cheese or Ham &amp; Cheese Sandwich, Beef Vegetable Soup, Baby Carrots w/Dip, Pears, Chocolate Cake, Milk</p>	<p><b>14</b> <b>Breakfast</b> Breakfast Pizza, Orange Juice, Milk</p> <p><b>Lunch</b> Beef Nachos or Taco Burger, Pinto Beans, Tossed Salad, Mixed Fruit, Milk</p>	<p><b>15</b> <b>Breakfast</b> Pancake on a Stick, Apple Juice, Milk</p> <p><b>Lunch</b> Chicken Nuggets or Salisbury Steak, Mashed Potatoes w/Brown Gravy, Broccoli, Hot Roll, Apple Wedges, Milk</p>	<p><b>16</b> <b>Breakfast</b> Sunrise Bites Grape Juice, Milk</p> <p><b>Lunch</b> Chili Dog/Hot Dog or Turkey Deli Sandwich, Ranch Style Beans, Tator Tots Pineapple, Milk</p>
<p><b>19</b> <b>Breakfast</b> Breakfast Burrito, Orange Juice, Milk</p> <p><b>Lunch</b> Pizza or Spaghetti w/ Meat Sauce, Broccoli, Garlic Roll, Fresh Orange, Milk</p>	<p><b>20</b> <b>Breakfast</b> Sausage Roll Apple Juice, Milk</p> <p><b>Lunch</b> Corn Dog or Sloppy Joe on Bun, Baby Carrots w/ Dip, Applesauce, Milk</p>	<p><b>21</b> <b>Breakfast</b> Breakfast Sandwich, Orange Juice, Milk</p> <p><b>Lunch</b> Frito Pie or Cheese Enchiladas, Refried Beans, Tossed Salad, Peaches, Milk</p>	<p><b>22</b> <b>Breakfast</b> Pancake on a Stick, Apple Juice, Milk</p> <p><b>Lunch</b> Chicken Fried Steak or Chicken Pot Pie, Green Beans, Mashed Potatoes w/ Cream Gravy, Hot Roll, Pears, Milk</p>	<p><b>23</b> <b>Breakfast</b> Mini Pancakes, Grape Juice, Milk</p> <p><b>Lunch</b> Cheeseburger or Hamburger, Oven Fries, Hamburger Salad, Cinnamon Apples, Milk</p>
<p><b>26</b> <b>Breakfast</b> Breakfast Sandwich, Orange Juice, Milk</p> <p><b>Lunch</b> Chicken Nuggets or Beef &amp; Cheese Macaroni, Mashed Potatoes w/ Gravy, Green Beans, Hot Roll, Apricots, Milk</p>	<p><b>27</b> <b>Breakfast</b> Sausage Roll Apple Juice, Milk</p> <p><b>Lunch</b> Hot Ham &amp; Cheese or Peanut Butter &amp; Jelly Sandwich, Broccoli w/ Dip, Vegetable Soup, Apple Wedges, Milk</p>	<p><b>28</b> <b>Breakfast</b> Breakfast Pizza Orange Juice, Milk</p> <p><b>Lunch</b> Beef Nachos or Chicken Fajitas, Pinto Beans, Tossed Salad, Cornbread, Mixed Fruit, Milk</p>	<p><b>29</b> <b>Breakfast</b> Pancake on a Stick Apple Juice, Milk</p> <p><b>Lunch</b> Chicken Patty or Chicken Tetrazzini, English Peas &amp; Carrots, Hot Roll, Pineapple, Milk</p>	<p><b>30</b> <b>Breakfast</b> Sunrise Bites Grape Juice, Milk</p> <p><b>Lunch</b> Chili Dog/Hot Dog or Turkey Deli Sandwich, Tator Tots, Sliced Peaches, Milk</p>

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