


United Independent School District

SUMMER PROGRAM 2010 Breakfast & Lunch Menu

Mon	Tue	Wed	Thu	Fri	
		Breakfast: Orange Juice offered every Monday, Wednesday and Friday; Apple Juice offered every Tuesday and Thursday. All Meals include 1% Low Fat Milk (plain, chocolate, strawberry) or Skim Milk. *Condiments Menu is subject to change due to delivery of commodities and/or availability of food items		<div style="font-size: 4em; color: blue; opacity: 0.5;">July</div>	***Friday's Menu is only for Summer Program Sites that will be OPEN on FRIDAY***
June 28	June 29	June 30	1	***2	
Strawberry Pop Tarts <hr/> Chicken Sticks Broccoli w/Cheese Oven-Baked Potato Wedges Frozen Mixed Fruit Cup * BBQ Sauce/Ketchup	Bean & Cheese Burrito <hr/> Chicken Parmesan w/ Warm Italian Bread Italian Spaghetti Carrot Coins Chilled Sliced Pears	Mini Buttermilk Pancakes *Syrup <hr/> Ham & Cheese Sandwich Multi-Grain Sun Chips Lettuce, Tomato & Pickle Salad Chocolate Chip Cookie * Mustard/Mayonnaise	Froot Loops Cereal <hr/> Baked Chicken w/Warm Bread Fluffy Mashed Potatoes Green Beans GRIPZ Tiny Graham Cracker Bits *Gravy	Morning Sausage Roll <hr/> Fish Sticks w/Warm Bread Whole Kernel Corn Lettuce, Tomato & Pickle Salad Chilled Mixed Fruit * Fat Free Salad Dressing/Lemon Juice/Tartar Sauce	
5	6	7	8	***9	
Chocolate Muffin <hr/> Breaded Steak Fingers Carrot Coins Macaroni & Cheese Frozen Low-Fat Yogurt Cup *Ketchup/Gravy	Breakfast Sandwich <hr/> Crispy Cuban Pork Tacos Lettuce and Tomato Salad Spanish Rice Chilled Mixed Fruit * Spicy Salsa	Waffle Stix *Syrup <hr/> Chicken Burger on a Wheat Bun Oven-Baked Tator Tots Lettuce, Tomato & Pickle Salad Sugar Cookie * Mustard/Ketchup	Frosted Flakes Cereal <hr/> Country Fried Steak Green Beans Fluffy Mashed Potatoes Frozen Mixed Fruit Cup * Gravy	Super Fortified Donut <hr/> Big Daddy's Pepperoni Pizza Lettuce, Tomato & Pickle Salad Broccoli Normandy Chilled Sliced Pears *Fat Free Salad Dressing	
12	13	14	15	***16	
Blueberry Nutri-Grain Bar <hr/> Baked Chicken Nuggets Broccoli Normandy w/Cheese Oven-Baked Tator Tots Frozen Mixed Fruit Cup * BBQ Sauce/Ketchup	Morning Sausage Roll <hr/> Italian Spaghetti w/Meatsauce & Warm Italian Bread Carrot Coins Lettuce, Tomato & Pickle Salad Chilled Sliced Pears *Fat Free Salad Dressing/Crackers	French Toast *Syrup <hr/> Ham & Cheese Sandwich Multi-Grain Sun Chips Lettuce, Tomato & Pickle Salad Chocolate Chip Cookie * Mustard	Frosted Mini Wheats Chocolate Little Bites Cereal <hr/> Oven-Fried Chicken w/Warm Bread Fluffy Mashed Potatoes Green Beans GRIPZ Tiny Graham Cracker Bits *Gravy	Strawberry Pop Tarts <hr/> Fish Sticks w/Warm Bread Whole Kernel Corn Lettuce, Tomato & Pickle Salad Chilled Mixed Fruit * Fat Free Salad Dressing/Lemon Juice/Tartar Sauce	
19	20	21	22	***23	
Super Fortified Donut <hr/> Breaded Steak Fingers Macaroni & Cheese Carrot Coins Frozen Low-Fat Yogurt Cup *Ketchup/Gravy	Waffle Stix *Syrup <hr/> Crispy Cuban Pork Tacos Lettuce and Tomato Salad Spanish Rice Chilled Mixed Fruit * Spicy Salsa	Breakfast Sandwich <hr/> Chicken Burger on a Wheat Bun Oven-Baked Tator Tots Lettuce, Tomato & Pickle Salad Sugar Cookie * Mustard/Ketchup	Corn Pops Cereal <hr/> Baked Salisbury Steak Green Beans Fluffy Mashed Potatoes Frozen Mixed Fruit Cup * Gravy	Blueberry Nutri-Grain Bar <hr/> Big Daddy's Pepperoni Pizza Lettuce, Tomato & Pickle Salad Broccoli Normandy Chilled Sliced Pears *Fat Free Salad Dressing	
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