



UISD SECONDARY SCHOOL MENU

JANUARY 2012

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	HOLIDAY	3	Professional Development NO SCHOOL TODAY	4	Whole Grain Eggo Minis Maple Pancakes 100% Orange Juice *Syrup ----- Corn Dog Popcorn Chicken Spicy BBQ Grilled Chicken Burger Chili 'n' Beans Broccoli w/ Cheese Whole Kernel Corn Chilled Fruit Cocktail	5	Pillsbury Cherry Frudel 100% Orange Juice ----- Nardone's Pepperoni Pizza Toasty Ham & Cheese Baked Potato Green Beans Carrot Coins Oven-Baked Tator Tots Chilled Sliced Pears	6	Breakfast Sandwich 100% Orange Juice *Jelly ----- Fish Sticks Buffalo Chicken Flatbread Sandwich Peas & Carrots Corn on the Cob Chilled Pineapple Tidbits
9	Blueberry Muffin 100% Orange Juice ----- Country Fried Steak w/Warm Bread Fluffy Mashed Potatoes Green Beans Chilled Fruit Cocktail	10	Turkey Sausage Pizza Bagel 100% Apple Juice ----- Italian Spaghetti w/Meatsauce & Warm Italian Bread Cheesy Chili Baked Potato Multi-Grain Sun Chips Garden Fresh Salad Broccoli Normandy Chilled Pineapple Tidbits	11	Cinnamon Glazed French Toast 100% Orange Juice *Syrup ----- Popcorn Chicken w/Warm Bread Spicy BBQ Grilled Chicken Burger Oven-Baked Sweet Potato Crinkle Fries Peas & Carrots Fresh Baby Carrots Fresh Green Apple	12	Whole Grain SUN Morning MIX- UP Fresh Banana ----- Baked Chicken Nuggets w/Warm Bread Creamy Broccoli Cheese Baked Potato Garden Fresh Salad Fluffy Mashed Potatoes Whole Kernel Corn Chilled Sliced Peaches	13	Breakfast Bar w/Toast 100% Apple Juice *Jelly ----- Oven-Roasted Chicken w/Flour Tortillas Sopa de Fideo Pinto Beans Chilled Fruit Cocktail
16	HOLIDAY	17	Stuffed Biscuit w/Turkey Sausage, Egg & Cheese 100% Apple Juice ----- Baked Salisbury Steak Creamy Broccoli Cheese Baked Potato Carrot Coins Green Beans Fluffy Mashed Potatoes Chilled Sliced Peaches	18	Smucker's Whole Grain Chocolate Chip Waffles 100% Orange Juice *Syrup ----- Crispy Beef Tacos Spicy BBQ Grilled Chicken Burger Pinto Beans Whole Kernel corn Chilled Sliced Pears	19	Berry Apple Crisp Bar Fresh Banana ----- Toasty Ham & Cheese Baked Potato Jumbo Chicken & Veggie Egg Roll Asian White Rice Sweet & Sour Glazed Broccoli Garden Fresh Salad Chilled Pineapple Tidbits	20	Whole Grain Morning Sausage Roll 100% Apple Juice ----- Buffalo Chicken Flatbread Sandwich Green Beans Fresh Baby Carrots Chilled Sliced Peaches
23	Super Fortified Donut 100% Orange Juice ----- Chili Dog on a Whole Grain Bun Chili 'n' Beans Whole Kernel Corn Fresh Baby Carrots Chilled Fruit Cocktail	24	Hot Pockets Cheese Pizza 100% Apple Juice ----- Lasagna w/Warm Italian Bread South of the Border Baked Potato Peas & Carrots Goldfish Mix-Up Adventures Garden fresh Salad Chilled Sliced Pears	25	Strawberry Pop Tarts 100% Orange Juice ----- Popcorn Chicken w/Warm Bread Grilled Chicken Burger Green Beans Fresh Baby Carrots Fresh Red Apple	26	Apple Jacks Cereal Fresh Banana ----- Breaded Steak Fingers w/Warm Bread Creamy Broccoli Cheese Baked Potato Garden Fresh Salad Corn on the Cob Fluffy Mashed Potatoes Chilled Fruit Cocktail	27	Whole Grain Turkey Sausage Pancake Wrap 100% Apple Juice *Syrup ----- Corn Dog Chili 'n' Beans Fresh Baby Carrots Whole Kernel Corn Chilled Pineapple Tidbits
30	Whole Grain Apple Cinnamon Texas Toast 100% Orange Juice ----- Mega Cheese Ravioli w/Warm Italian Bread Broccoli Normandy Garden Fresh Salad Chilled Fruit Cocktail	31	Bean & Cheese Burrito 100% Apple Juice ----- Fish Sticks w/Warm Bread Cheesy Chili Baked Potato Garden Fresh Salad Macaroni & Cheese Peas & Carrots Chilled Fruit Cocktail						

BREAKFAST: 1% Low Fat Milk, fat free (plain) **LUNCH:** 1% Low Fat Milk (plain), fat free chocolate, strawberry, & plain milk *Condiments

LUNCH: Entrees (Mondays & Fridays) Chicken Burger (Tuesdays) Cheeseburger/ Sub Sandwich w/Soup (Thursdays) Hamburger /Grilled Ham & Cheese Sandwich w/Soup
Nardone's Pepperoni Pizza---(Mondays, Wednesdays and Fridays) Condiments Daily

Jan...9, 11, & 13: Grilled Chicken on a bed of Mixed Greens; Jan.18 & 20: Chicken Salad on a bed of Mixed Greens; Jan... 23, 25 & 27: Turkey Ham Cubes on a bed of Mixed Greens; Jan...30: Tuna Salad on a bed of Mixed Greens

Sides: (Mondays, Wednesdays & Fridays) Oven-Baked Fries

HAPPY NEW YEAR!



What does **CALCIUM** bring me?

Maybe They Should Call it COW-cium!

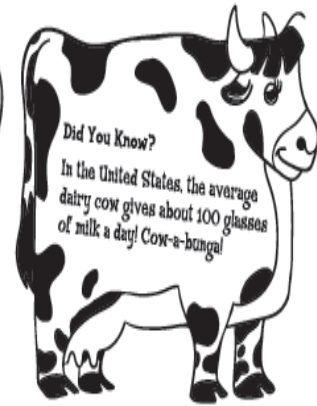
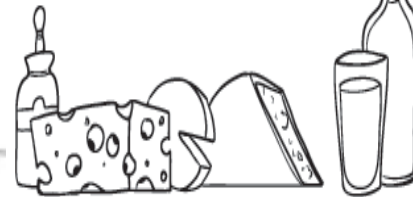
Do dairy cows make good dentists? Probably not. But they certainly help you have a bright, healthy smile. That's because the milk they provide is LOADED with calcium, the mineral responsible for strong teeth and bones. You need a combination of low fat milk, yogurts and cheeses to meet your daily calcium needs. And, did you know that dark leafy greens like spinach, broccoli and kale also contribute to the calcium you need daily? A lot to smile about!



Mixed-Up Dairy

Unscramble these jumbled words to find things associated with dairy products.

- GOTURY
- HECEES
- UMCILAC
- GNORTS NOBES



OUR CAFETERIA BRINGS IT!



Food and Nutrition
DIV OF HEALTHY LIVING

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