

Roswell Independent School District  
**HIGH SCHOOL**  
 Choice of Fat Free Chocolate (20g),  
 Fat Free Strawberry (20g), or 1% White Milk (13g)  
**FRUIT AND SALAD BAR OFFERED DAILY**

# SEPTEMBER 2019

**MENU SUBJECT TO CHANGE DUE TO AVAILABILITY**

**Chef (34g), Apple Feta (82g) and Fruit Salad Available Daily for lunch at Middle & High Schools**

MON	2	TUE	3	WED	4	THU	5	FRI	6
--BREAKFAST--									
<b>WK 2</b> NO SCHOOL		Tony's Sausage Bk Pizza (26g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Crescent Choc Filled (37g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		French Toast Sticks (26g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		BeneFit Bars (48g) Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	
--LUNCH--									
NO SCHOOL		Deli Sandwich (31g), Salad w/Tomatoes (3g), Mixed Fruit (16g), Cookie (26g)		Pizza (35g), Fresh Carrots/Broccoli (6g) Peaches (16g)		Grilled Chicken Sandwich (24g), Fresh Carrots/Broccoli (6g), Lettuce/Tomato Topping (2g), Pineapple (17g)		Hamburger (24g), Fries (27g), Sliced Apples (-8g)	
NO SCHOOL		Breaded Chicken Sandwich (46g), Lettuce/Tomato (2g), Fries (27g), Mixed Fruit(-16g)		Steak Burrito (32g), Salad w/Tomatoes (2g), Peaches (16g)		Red Chile Beef Enchiladas (33g), Spanish Rice (20g), Beans (14g), Salad w/ Diced Tomatoes (3g), Pineapple (17g)		Pizza Personal (32g), Salad w/Diced Tomatoes (3g), Sliced Apples (8g)	
NO SCHOOL		Pork Chop (11g), Mashed Potatoes (18g), Whole Wheat Roll (29g), Gravy (4g), Mixed Fruit (16g)		BBQ Chicken Leg (7g), Green Beans (4g), Whole Wheat Roll (29g), Peaches (16g)		Corn Dog (33g), Fries (27g), Pineapple (17g)		Cheesy Nachos (46g), Beans (13g), Sliced Apples (8g)	
MON	9	TUE	10	WED	11	THU	12	FRI	13
--BREAKFAST--									
<b>WK 3</b> Mini Bagels w/Cream Cheese (41g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Mini Corn Dogs (20g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Mini Waffles (38g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Goody Ring (29g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Burrito (@36g) (HS/MS) Cereal Breaks (Elem Only) (58g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	
--LUNCH--									
Turkey & Green Chili Melt Sandwich (32g), Seasonal Fruit (-15g)		Deli Sandwich (32g), Salad w/Tomatoes (3g), Mixed Fruit (16g), Cookie (26g)		Pizza (35g), Fresh Carrots/Broccoli (6g) Pineapple (17g)		Grilled Chicken Sandwich (32g), Fresh Carrots/Broccoli (6g), Lettuce/Tomato Topping (2g), Peaches (16g)		Taco Salad (44g), Seasonal Fruit (-15g)	
Meatball Sub (38g), Fries (21g), Seasonal Fruit (-15g)		Chicken Fajita Burrito or Plate(35g), Salad w/Diced Tomatoes (3g), Mixed Fruit (16g)		Honey Siracha Chicken (24g), Brown Rice (28g), Steamed or Fresh Broccoli & Carrots (5g), Rice Krispie Treat (37g), Pineapple (17g), Fortune Cookie (5g)		Quesadilla (33g), Steamed or Fresh Broccoli & Carrots (6g), Pineapple (17g)		Breaded Chicken Patty (15g) Mashed Potatoes (18g), Roll (28g), Country Gravy (3g), Sliced Apples (-8g)	
Breaded Chicken Sandwich (46g), Lettuce/Tomato (2g), Baby Carrots (6g), Seasonal Fruit (-15g)		BBQ Dippers (10g), Mashed Potatoes (18g), Whole Wheat Roll (29g), Gravy (4g), Mixed Fruit (16g)		Deli Sandwich (ELEM) (22g), Lettuce/Tomato (2g), Baby Carrots (6g), Pineapple (-17g)		Green Chile Chicken Enchiladas (34g), Beans (23g), Salad w/ Diced Tomatoes (3g), Peaches (16g)		Spaghetti (37g), Green Beans (4g), Sliced Apples (-15)	
MON	16	TUE	17	WED	18	THU	19	FRI	20
--BREAKFAST--									
<b>WK 1</b> Frudel (36g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Pancake on Stick (17g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		<b>No School</b>		Muffin (40g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Burrito (@36g) or Bug Bite Crackers (21g) & Cheese Stick (1g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	
--LUNCH--									
Pulled Pork Sandwich (27g), Cole Slaw (6g), Seasonal Fruit (-15g)		Deli Sandwich (32g), Salad w/Tomatoes (3g), Mixed Fruit (16g), Cookie (26g)		<b>No School</b>		Grilled Chicken Sandwich (24g), Fresh Carrots/Broccoli (6g), Lettuce/Tomato Topping (2g), Pineapple (17g)		Baked Potato w/Cheedar Cheese (53g), Steamed or Fresh Broccoli (6g), Bread Sticks (26g), Sliced Apples (-8)	
Steak Fingers (17g), Mashed Potatoes (18g), Green Beans (2g), Whole Wheat Roll (29g), Gravy (4g), Seasonal Fruit (-15g)		Cheese Steak Sandwich (40g), Fries (21g), Salad w/ Tomatoes (3g), Mixed Fruit (16g)		<b>No School</b>		CrunchyTacos (20g), Spanish Rice (27g), Salad w/Diced Tomatoes (3g) Peaches (16g)		Meatloaf (8g), Mashed Potatoes (18g), Green Beans (2g), Whole Wheat Roll (28g), Brown Gravy (3g), Sliced Apples (-8g)	
Pizza (36g) Salad w/Diced Tomatoes (3g), Seasonal Fruit (-15g)		Chicken Nuggets (13g), Mashed Potatoes (18g), Whole Wheat Roll (29g), Gravy (4g), Mixed Fruit (16g)		<b>No School</b>		Tangerine Chicken (25g), Brown Rice (33g), Steamed or Fresh Broccoli & Carrots (6g), Pineapple (17g), Rice Crispy Treat (37g), Fortune Cookie (5g)		Cheese Sticks w/Marinara (45g), Salad w/Tomatoes (3g), Sliced Apples (-8g)	
MON	23	TUE	24	WED	25	THU	26	FRI	27
--BREAKFAST--									
<b>WK 2</b> Cinnamon Roll (42g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Tony's Sausage Bk Pizza (26g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Morning Roll (17g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		French Toast Sticks (26g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		BeneFit Bars (48g) Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	
--LUNCH--									
Grilled Cheese Sandwich (42g), Fresh Broccoli & Carrots (6g), Seasonal Fruit (-15g)		Deli Sandwich (31g), Salad w/Tomatoes (3g), Mixed Fruit (16g), Cookie (26g)		Pizza (35g), Fresh Carrots/Broccoli (6g) Peaches (16g)		Grilled Chicken Sandwich (24g), Fresh Carrots/Broccoli (6g), Lettuce/Tomato Topping (2g), Pineapple (17g)		Hamburger (24g), Fries (27g), Sliced Apples (-8g)	
Chicken Fried Steak (16g), Mashed Potatoes (18g), Green Beans (2g), Whole Wheat Roll (29g), Gravy (4g), Seasonal Fruit (-15g)		Green Chile Chicken Enchiladas (34g), Spanish Rice (20g), Beans (23g), Salad w/ Diced Tomatoes (3g), Pineapple (17g)		Steak Burrito (32g), Salad w/Tomatoes (2g), Peaches (16g)		Breaded Chicken Sandwich (46g), Lettuce/Tomato (2g), Fries (27g), Mixed Fruit(-16g)		Pizza Personal (32g), Salad w/Diced Tomatoes (3g), Sliced Apples (8g)	
Frito Pie (38g), Corn (16g), Seasonal Fruit (-15g)		Pork Chop (11g), Mashed Potatoes (18g), Whole Wheat Roll (29g), Gravy (4g), Mixed Fruit (16g)		BBQ Chicken Leg (7g), Green Beans (4g), Whole Wheat Roll (29g), Peaches (16g)		Mexican Beefy Mac (37g), Breadstick (13g), Green Beans (4g), Pineapple (17g)		Cheesy Nachos (46g), Beans (13g), Sliced Apples (8g)	
MON	30	TUE	1	WED	2	THU	3	FRI	4
--BREAKFAST--									
<b>WK 3</b> NO SCHOOL		Mini Corn Dogs (20g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Mini Waffles (38g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Goody Ring (29g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Burrito (@36g) (HS/MS) Cereal Breaks (Elem Only) (58g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	
--LUNCH--									
NO SCHOOL		Deli Sandwich (32g), Salad w/Tomatoes (3g), Mixed Fruit (16g), Cookie (26g)		Pizza (35g), Fresh Carrots/Broccoli (6g) Pineapple (17g)		Grilled Chicken Sandwich (32g), Fresh Carrots/Broccoli (6g), Lettuce/Tomato Topping (2g), Peaches (16g)		Taco Salad (44g), Seasonal Fruit (-15g)	
NO SCHOOL		Chicken Fajita Burrito or Plate(35g), Salad w/Diced Tomatoes (3g), Mixed Fruit (16g)		General Tso (26g), Brown Rice (28g), Steamed or Fresh Broccoli & Carrots (5g), Rice Krispie Treat (37g), Pineapple (17g), Fortune Cookie (5g)		Quesadilla (33g), Steamed or Fresh Broccoli & Carrots (6g), Pineapple (17g)		Breaded Chicken Patty (15g) Mashed Potatoes (18g), Roll (28g), Country Gravy (3g), Sliced Apples (-8g)	
NO SCHOOL		BBQ Dippers (10g), Mashed Potatoes (18g), Whole Wheat Roll (29g), Gravy (4g), Mixed Fruit (16g)		Deli Sandwich (ELEM) (22g), Lettuce/Tomato (2g), Baby Carrots (6g), Pineapple (-17g)		Bean & Cheese Pupasas (33g), Beans (23g), Salad w/ Diced Tomatoes (3g), Peaches (16g)		Spaghetti (37g), Green Beans (4g), Sliced Apples (-15)	