

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

APRIL 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	1	TUE	2	WED	3	THU	4	FRI	5
--BREAKFAST--									
--LUNCH--									
WK 1 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)	Egg & Cheese Bun (19g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	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)					
Pulled Pork Sandwich (27g), Cole Slaw (6g), Seasonal Fruit (~15g)	Panni Deli Sandwich (32g), 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)	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)	Chili Cheese Fries (29g), Bread Sticks (25g), Salad w/ Tomatoes (3g), Mixed Fruit (16g)	Asado Burrito or Plate (32g), Refried Beans (24g), Peaches (16g)	Steak Burrito (32g), Steamed or Fresh Broccoli & Carrots (6g), Pineapple (17g)	Salisbury Steak (4g) 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)	Hamburger (24g), Lettuce/Tomato (2g) Fresh Carrots/Broccoli (6g), Peaches (~16g)	Japanese Cherry Blossom Chicken (27g), 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	8	TUE	9	WED	10	THU	11	FRI	12
--BREAKFAST--									
--LUNCH--									
WK 2 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)	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)					
Oriental Chicken Salad (16g), 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 (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)	Breaded Chicken Sandwich (46g), Lettuce/Tomato (2g), Fries (27), Mixed Fruit (~16g)	Chicken Fajita Burrito (35g), Salad w/Diced Tomatoes (3g), Peaches (16g)	Red Chile Beef Enchiladas (33g), Spanish Rice (20g), Beans (14g), Salad w/ Diced Tomatoes (3g), Peaches (16g)	Pizza Personal (32g), Salad w/Diced Tomatoes (3g), Sliced Apples (8g)					
BBQ Chicken Leg (7g), Green Beans (4g), Whole Wheat Roll (29g), Seasonal Fruit (~15g)	Pork Chop (11g), Mashed Potatoes (18g), Whole Wheat Roll (29g), Gravy (4g), Mixed Fruit (16g)	Frito Pie (38g), Corn (16g), Peaches (16g)	Corn Dog (33g), Fries (27g), Pineapple (17g)	Cheesy Nachos (46g), Beans (13g), Sliced Apples (8g)					
MON	15	TUE	16	WED	17	THU	18	FRI	19
--BREAKFAST--									
--LUNCH--									
WK 3 Mini Waffles (38g), 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 Bagels w/Cream Cheese (41g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	Goody Ring (29g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	NO SCHOOL					
Grilled Cheese Sandwich (42g), Fresh Broccoli & Carrots (6g), Seasonal Fruit (~15g)	Ciabatta Deli Sandwich (31g), 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)	NO SCHOOL					
Cheesy Meatloaf Sandwich (38g), Fries (14g), Seasonal Fruit (~15g)	Quesadilla (33g), Salad w/Tomatoes (2g), Mixed Fruit (16g)	General Tso (26g), Brown Rice (28g), Steamed or Fresh Broccoli & Carrots (5g), Rice Krispie Treat (37g), Pineapple (17g), Fortune Cookie (5g)	CrunchyTacos (20g), Spanish Rice (27g), Salad w/Diced Tomatoes (3g) Peaches (16g)	NO SCHOOL					
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)	Chicken Fajitas (35g), Beans (23g), Salad w/ Diced Tomatoes (3g), Peaches (16g)	NO SCHOOL					
MON	22	TUE	23	WED	24	THU	25	FRI	26
--BREAKFAST--									
--LUNCH--									
WK 1 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)	Egg & Cheese Bun (19g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	Muffin (40g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	Burrito (@36g) or Bug Bite Crackers (21g) & Yogurt (19g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)					
Pulled Pork Sandwich (27g), Cole Slaw (6g), Seasonal Fruit (~15g)	Panni Deli Sandwich (32g), 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)	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)	Chili Cheese Fries (29g), Bread Sticks (25g), Salad w/ Tomatoes (3g), Mixed Fruit (16g)	Asado Burrito or Plate (32g), Refried Beans (24g), Peaches (16g)	Steak Burrito (32g), Steamed or Fresh Broccoli & Carrots (6g), Pineapple (17g)	Salisbury Steak (4g) 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)	Hamburger (24g), Lettuce/Tomato (2g) Fresh Carrots/Broccoli (6g), Peaches (~16g)	Tangerine Chicken (25g), Brown Rice (33g), Steamed or Fresh Broccoli & Carrots (6g), Pineapple (17g), Rice Crispy Treat (37g), Fortune Cookie (5g)	Mac & Cheese (55g), Green Beans (4g), Sliced Apples (~15)					
MON	29	TUE	30	WED	1	THU	2	FRI	3
--BREAKFAST--									
--LUNCH--									
WK 2 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)	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)					
Taco Salad (44g), 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 (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)	Breaded Chicken Sandwich (46g), Lettuce/Tomato (2g), Fries (27), Mixed Fruit (~16g)	Chicken Fajita Burrito (35g), Salad w/Diced Tomatoes (3g), Peaches (16g)	Green Chile Chicken Enchiladas (34g), Spanish Rice (20g), Beans (23g), Salad w/ Diced Tomatoes (3g), Peaches (16g)	Pizza Personal (32g), Salad w/Diced Tomatoes (3g), Sliced Apples (8g)					
BBQ Chicken Leg (7g), Green Beans (4g), Whole Wheat Roll (29g), Seasonal Fruit (~15g)	Pork Chop (11g), Mashed Potatoes (18g), Whole Wheat Roll (29g), Gravy (4g), Mixed Fruit (16g)	Frito Pie (38g), Corn (16g), Peaches (16g)	Corn Dog (33g), Fries (27g), Pineapple (17g)	Cheesy Nachos (46g), Beans (13g), Sliced Apples (8g)					