

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**

# AUGUST 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	TUE	WED	THU	FRI
--BREAKFAST--	--BREAKFAST--	--BREAKFAST--	--BREAKFAST--	--BREAKFAST--
		NO SCHOOL	NO SCHOOL	NO SCHOOL
--LUNCH--	--LUNCH--	--LUNCH--	--LUNCH--	--LUNCH--
		NO SCHOOL	NO SCHOOL	NO SCHOOL
		NO SCHOOL	NO SCHOOL	NO SCHOOL
		NO SCHOOL	NO SCHOOL	NO SCHOOL
MON	TUE	WED	THU	FRI
5	6	7	8	9
--BREAKFAST--	--BREAKFAST--	--BREAKFAST--	--BREAKFAST--	--BREAKFAST--
<b>WK 1</b> NO SCHOOL	NO SCHOOL	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)
--LUNCH--	--LUNCH--	--LUNCH--	--LUNCH--	--LUNCH--
NO SCHOOL	NO SCHOOL	Deli Sandwich (32g), Salad w/Tomatoes (3g) 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)
NO SCHOOL	NO SCHOOL	Asado Burrito or Plate (32g), Refried Beans (24g), Peaches (16g)	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)
NO SCHOOL	NO SCHOOL	Pizza (36g) Salad w/Diced Tomatoes (3g), Seasonal Fruit (~15g)	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	TUE	WED	THU	FRI
12	13	14	15	16
--BREAKFAST--	--BREAKFAST--	--BREAKFAST--	--BREAKFAST--	--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--	--LUNCH--	--LUNCH--	--LUNCH--	--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)	Breaded Chicken Sandwich (46g), Lettuce/Tomato (2g), Fries (27g), Mixed Fruit (~16g)	Steak Burrito (32g), Salad w/Tomatoes (2g), Peaches (16g)	Green Chile Chicken Enchiladas (34g), Spanish Rice (20g), Beans (23g), Salad w/ Diced Tomatoes (3g), Pineapple (17g)	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), Green Beans (4g), Pineapple (17g)	Cheesy Nachos (46g), Beans (13g), Sliced Apples (8g)
MON	TUE	WED	THU	FRI
19	20	21	22	23
--BREAKFAST--	--BREAKFAST--	--BREAKFAST--	--BREAKFAST--	--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--	--LUNCH--	--LUNCH--	--LUNCH--	--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)	Thai Chili Chicken (15g), 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)	Bean & Cheese Pupasas (33g), Beans (23g), Salad w/ Diced Tomatoes (3g), Peaches (16g)	Spaghetti (37g), Green Beans (4g), Sliced Apples (~15)
MON	TUE	WED	THU	FRI
26	27	28	29	30
--BREAKFAST--	--BREAKFAST--	--BREAKFAST--	--BREAKFAST--	--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)	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)
--LUNCH--	--LUNCH--	--LUNCH--	--LUNCH--	--LUNCH--
Pulled Pork Sandwich (27g), Cole Slaw (6g), Seasonal Fruit (~15g)	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)	Cheese Steak Sandwich (40g), Fries, (21g), Salad w/ Tomatoes (3g), Mixed Fruit (16g)	Asado Burrito or Plate (32g), Refried Beans (24g), Peaches (16g)	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)	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)	Mac & Cheese (55g), Green Beans (4g), Sliced Apples (~15)