

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

MAY 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	1	THU	2	FRI	3
--BREAKFAST--							
WK 2							
--LUNCH--							
		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)	
		Pizza (35g), Fresh Carrots/Broccoli (6 g) Pineapple (17g)		Grilled Chicken Sandwich (24g), Fresh Carrots/Broccoli (6g), Lettuce/Tomato Topping (2g), Pineapple (17g)		Hamburger (24g), Fries (27g), Sliced Apples (-8g)	
		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)	
		Frito Pie (38g), Corn (16g), Peaches (16g)		Corn Dog (33g), Fries (27g), Pineapple (17g)		Cheesy Nachos (46g), Beans (13g), Sliced Apples (8g)	
MON	TUE	WED	8	THU	9	FRI	10
--BREAKFAST--							
WK 3							
--LUNCH--							
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)		Burrito (@36g) (HS/MS) Cereal Breaks (Elem Only) (58g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	
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)		Hamburger (33g), Fries (19g), Sliced Apples (-8g)	
Cheesy Meatloaf Sandwich (38g), Fries (14g), Seasonal Fruit (-15g)	Quesadilla (33g), Salad w/Tomatoes (2g), Mixed Fruit (16g)	Thai Chili Chicken (15g), Brown Rice (28g), Bread Stick (13g) 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)		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)		Chicken Fajitas (35g), Beans (23g), Salad w/ Diced Tomatoes (3g), Peaches (16g)		Spaghetti (37g), Green Beans (4g), Sliced Apples (-15)	
MON	TUE	WED	15	THU	16	FRI	17
--BREAKFAST--							
WK 1							
--LUNCH--							
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 (6 g) 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	TUE	WED	22	THU	23	FRI	24
--BREAKFAST--							
WK 2							
--LUNCH--							
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)	
California Steak Salad (25g), Seasonal Fruit (-15g)	Deli Sandwich (32g), Salad w/Tomatoes (3g), Mixed Fruit (16g), Cookie (26g)	Pizza (35g), Fresh Carrots/Broccoli (6 g) 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)	
Golden Burrito (40g), Beans (18g), Salad w/Diced Tomatoes (3g), Seasonal Fruit (-15g)	Pork Chop Sandwich (11g), Baby Carrots (6g), Mixed Fruit (16g)	Pizza (36g) Salad w/Diced Tomatoes (3g), Peaches (-16g)		Corn Dog (33g), Fries (27g), Pineapple (17g)		Deli Sandwich (ELEM) (22g), Lettuce/Tomato (2g), Baby Carrots (6g), Sliced Apples (-8g)	
MON	TUE	WED	29	THU	30	FRI	
--BREAKFAST--							
NO SCHOOL							
--LUNCH--							
NO SCHOOL							
NO SCHOOL							
NO SCHOOL							
NO SCHOOL							