

Health.e LIVING



Calallen ISD

March 2018

MONDAY



French Toast Sticks **05**

Popcorn Chicken
Steak Burger
Mashed potatoes/Gravy
Baked Beans
Whole Grain Roll
Rosey Applesauce

12

TUESDAY

Breakfast Pizza **06**

Sub Sandwich/Baked Chips
Frito Pie
Sweet Tater Tots
Fresh Veggies / Dip
Strawberry Cup

13

WEDNESDAY

Cheesy Eggs/
Hash Brown/Toast **07**

Pepperoni Pizza
Hot Dog
Seasoned Corn
Broccoli & Cheese
Peach Cream Delight

14

THURSDAY

Pancake w/Sausage Link **01**

Crispy Beef Tacos
Chicken Fajita Taco
Spanish Rice
Pinto Beans
Salad w/ Cheese
Pears Raspberry Jello

Pancake Wrap **08**

Turkey & Gravy w/ Dressing
Steak Fingers
Mashed Potatoes/Gravy
Green Beans
Whole Grain Roll
Chilled Fruit Cocktail

15

FRIDAY

Assorted Muffins **02**

Cheese Burger
Fish Sticks
Cheesy Rotini
Oven French Fries
Burger Salad
Apple/Orange Wedges

Honey Bun **09**

Hamburger
Cheesy Fish Burger
Macaroni & Cheese
Tator Tots
Burger Salad
Chilled Peaches

16

SPRING BREAK!



Sausage Biscuit **19**

Chicken Nuggets
Salisbury Steak
Mashed Potatoes/Gravy
Peas & Carrots
Whole Grain Roll
Chilled Pears

Donut Holes **20**

Tangerine Chicken/Asian Rice
Sausage Wrap
Steamed Broccoli
Mixed Vegetables
Egg Roll/Fortune Cookie
Mandarin Orange Jello

Pancake Sausage Bites **21**

Pepperoni Pizza
Pulled Pork Sandwich
Baby Carrots/Dip
Seasoned Corn
Chilled Peaches

Breakfast Pizza **22**

Beef Nachos w/ Cheese
Beef & Bean Burrito
Spanish Rice
Pinto Beans
Tossed Salad
Rosey Applesauce

Assorted Pop Tart **23**

Cheesy Fish Burger
Cheese Burger
Oven French Fries
Burger Salad
Chilled Fruit Cocktail

French Toast Sticks **26**

Popcorn Chicken
Steak Burger
Mashed potatoes/Gravy
Carrot Coins
Whole Grain Roll
Rosey Pears

Cinnamon Oatmeal/Toast **27**

Mini Corn Dogs
Pulled Pork Baked Potato
Broccoli & Cheese
Country Veggie Trio
Whole Grain Roll
Banana Pudding

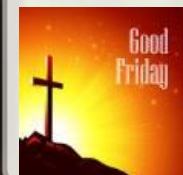
Eggs/Toast/Hash Brown **28**

Pepperoni Pizza
Chicken Quesadilla
Fresh Veggies / Dip
Seasoned Corn
Pineapple Lime Jello

Mini Waffles **29**

Beef Enchiladas
Chicken Crispito
Spanish Rice
Refried Beans
Salad w/ Cheese
Strawberry Cup

30



InSeason! Brussels Sprouts

Brussels sprouts are a good source of fiber, manganese, potassium, choline, and B vitamins. They even contain protein, and well-known antioxidants like vitamin C.



You can steam Brussels sprouts and toss them with olive oil, Parmesan cheese, or butter. You can roast them and quarter them, then toss them like a salad with onions, feta cheese, and balsamic vinegar.

Announcements

Food Service Department

361-242-5906

<http://www.calallen.org>



NOW AVAILABLE

Tuesday/Thursday
East and Wood River Campus
Paw Pak (Pre-Packed Meal)

Protein - Turkey/Ham/Cheese
Vegetable - Carrots/Cucumbers/Dip
Fruit - Fresh Apple/Orange/Grapes
Grain- Package WG Cracker
Dairy - Choice of Milk



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Meal Prices

Student Breakfast

\$ 1.35

100% Juice/Fresh Fruits/Veggies
Assorted Cereal
Yogurt
Milk Variety

Student Lunch

PK- 5th - \$ 2.25

6th -12th - \$ 2.50

Fresh Fruits/Vegetables
Milk Variety

Menu subject to change due to availability