

# High School Lunch Menu

2010-2011

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	CYCLE MENUS
	Hamburger on Bun Italian Spaghetti Fajita Submarine Sandwich	Corn Dogs Chicken Pattie Grilled Cheese w/Soup	Oven Fried Chicken Bean Chalupas Bob Cat Hoagie Sandwich	Italian Spaghetti Enchilada Casserole Ham & Cheese on a Bun	Pizza Hut Pizza Nachos w/Cheese Turkey Salad Sandwich	← Lunch Menu A
	Hungarian Goulash Chicken Strips Bologna and Cheese Sandwich	Cheeseburger Hot Dog on Bun Fajitas w/Onions & Peppers	Beef & Bean Burrito with Chili Chicken Fried Steak Pigs in a Blanket	Shrimp Poppers Tuna Salad Sandwich Cheese Enchiladas with Sauce	Turkey & Dressing Italian Panini Sandwich Chicken Fajitas	← Lunch Menu B
	Burrito w/Chili Shepherd's Pie Chicken Crispy Taco	Steak Fingers Cheese Enchiladas Chicken & Noodle Casserole	BBQ Rib on Bun Chicken Fillet Strips Meat Loaf with Creole Sauce	Nachos with Cheese Bologna & Cheese Sandwich Chicken Enchiladas	Baked Lasagna Barbecued Brisket on a Bun Chicken & Dumplings	← Lunch Menu C
	Italian Spaghetti Baja Fish Sticks Grilled Cheese w/ Bowl of Chili	Chicken Fajitas Chinese Egg Roll w/ Pork Fried Rice Chicken Pattie	Meat Loaf with Creole Sauce Oven Fried Chicken Pigs in a Blanket	Chicken Fillet Strips Green Enchilada Casserole Pizza Hut Pizza	Hamburger Cheese Enchilada w/Sauce Poor Boy Steak	← Lunch Menu D
	Shrimp Poppers- Bean Chalupas Baked Stuffed Potato	Chili Fritos Baja Fish Sticks Old Fashioned Beef Stew	Corn Dogs French Dip Sandwich Roast Pork with Cornbread Dressing	Nachos with Ground Beef Oven Fried Chicken Chicken Tortilla Soup	Pizza Hut Pizza Grilled Cheese Sandwich with Bowl of Soup Tuna Salad Bowl	← Lunch Menu E
	BBQ Hot Link On Bun Shepherd's Pie Bologna & Cheese Sandwich	Italian Spaghetti Fajitas/ Onions & Peppers Macaroni Ham and Cheese Casserole	Steak Fingers Grilled Cheese Sandwich with Soup Turkey Tetrazzini	Roast Turkey and Gravy Nachos with Ground Beef Corn Dogs	Chicken Enchiladas with Sauce Fish on a Bun BBQ Chicken	← Lunch Menu F

**ADDITIONAL MENU ITEMS:** Side dishes are offered each day to compliment the Entrée Items. Three (03) Vegetables side dishes are offered daily as well as Tossed salad Taco condiment salads and other types of salads are offered daily. Fresh fruits such as apples, oranges, grapes and bananas as well as watermelon, cantaloupe, and honeydew are offered as a side dish choice each day. Bread and Condiments available with the daily lunch. **A la carte items are available for sale daily.** Plain's Whole Milk, Skim Milk, 2% Chocolate Milk, 1% White Milk, and 1% Strawberry Milk offered Daily. Sun Cup Apple, Fruit Punch, Orange and Grape Juice offered Daily as Drink choices.

*Menus may change due to product availability or other significant market changes. Menus meet recommended dietary guidelines. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD), USDA is an equal opportunity provider and employer.*

# DIMMITT I.S.D. FOOD SERVICE LUNCH MENU

# 2010-2011

## AUGUST

M	T	W	T	F	
2	3	4	5	6	
9	10	11	12	13	
16	17	18	19	20	
23	24	25	26	27	A
30	31				B

## SEPTEMBER

M	T	W	T	F	
		1	2	3	B
6	7	8	9	10	C
13	14	15	16	17	D
20	21	22	23	24	E
27	28	29	30		F

## OCTOBER

M	T	W	T	F	
				1	F
4	5	6	7	8	A
11	12	13	14	15	B
18	19	20	21	22	C
25	26	27	28	29	D

## NOVEMBER

M	T	W	T	F	
1	2	3	4	5	E
8	9	10	11	12	F
15	16	17	18	19	A
22	23	24	25	26	B
29	30				C

## DECEMBER

M	T	W	T	F	
		1	2	3	C
6	7	8	9	10	D
13	14	15	16	17	E
20	21	22	23	24	
27	28	29	30	31	

## JANUARY

M	T	W	T	F	
3	4	5	6	7	B
10	11	12	13	14	C
17	18	19	20	21	D
24	25	26	27	28	E
31					F

## FEBRUARY

M	T	W	T	F	
	1	2	3	4	F
7	8	9	10	11	A
14	15	16	17	18	B
21	22	23	24	25	C
28					

## MARCH

M	T	W	T	F	
	1	2	3	4	D
7	8	9	10	11	E
14	15	16	17	18	
21	22	23	24	25	A
28	29	30	31		B

## APRIL

M	T	W	T	F	
				1	B
4	5	6	7	8	C
11	12	13	14	15	D
18	19	20	21	22	E
25	26	27	28	29	F

## MAY

M	T	W	T	F	
2	3	4	5	6	A
9	10	11	12	13	B
16	17	18	19	20	C
23	24	25	26	27	D
30	31				



STUDENT HOLIDAY



FACULTY COMP DAY or  
TEACHER IN-SERVICE



EARLY DISMISSAL

LOOK!

## Lunch Requirements

**LUNCH MEAL REQUIREMENT:** As a minimum ...  
Students must take : 1 Entrée, 2 side dishes and 1 drink.

Parents are Invited to join us for Lunch anytime

Special Menus: NOVEMBER 19 THANKSGIVING MEAL  
DECEMBER 14 CHRISTMAS MEAL



Keep this Menu for the Entire Year

## A COMPLETE NUTRITIONAL ANALYSIS

The Food Service Department completes an analysis of the menus for the week. Menu meet or exceed the Recommended Dietary Allowance (RDA) for the age group we serve. We strive to provide meals that contain no more than 30 % dietary fat and 10% saturated fat.

MENU MAY CHANGE DUE TO  
PRODUCT AVAILABILITY

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