









Middle School Lunch Menu

2010-2011

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	CYCLE MENUS
	Hamburger on Bun French Fries Mexipinto Beans Peach Cup Cookie Milk	Corn Dogs Mexicali Corn Fruited Gelatin Milk	Oven Fried Chicken Mashed Potatoes Fresh Melon Milk	Italian Spaghetti Savory Green Beans Assorted Fruit Garlic Bread Milk	Pizza Hut Pizza Garden Peas Tossed Salad Milk	← Lunch Menu A
	Hungarian Goulash Corn on the Cob Green Beans Applesauce Milk	Cheeseburger on Bun Great Northern Beans Hamburger Salad Milk	Chicken Fried Steak Mashed Potatoes Black-eyed Peas Milk	Shrimp Poppers Stir Fry Rice Savory Peas Assorted Fruit Milk	Chicken Fajitas Mexipinto Beans Fideo Mexicano Fresh Melon Milk	← Lunch Menu B
	Beef & Bean Burrito w/Chili Whole Kernel Corn Oatmeal Raisin Cookie Milk	Steak Fingers Au gratin Potatoes Mexipinto Beans Milk	BBQ Rib on Bun Potato Wedges Pork & Beans Cowboy Cookie Milk	Nachos w/Cheese Mixed Vegetables Arroz Mexicano Applesauce Milk	Italian Lasagna Savory Green Beans Fresh Melon Garlic Bread Milk	← Lunch Menu C
	Grilled Cheese Sandwich w/Bowl of Chili Baked Beans Fruited Gelatin Milk	BBQ Brisket on Bun Mexipinto Beans Fresh Fruit Milk	Chicken Fillet Strips Vegetable Medley Fresh Melon Butter Beans Milk	Green Enchilada Casserole Arroz Mexicano Savory Green Beans Cookie Milk	Cheese Enchilada w/Sauce Whole Kernel Corn Mexipinto Beans Milk	← Lunch Menu D
	Shrimp Poppers Mixed Vegetables Fruited Gelatin Milk	Chili Fritos Tossed Salad Fresh Melon Yellow Cake Milk	French Dip Sandwich Baked Potato Chips Spinach Chilled Fruit Milk	Bean Chulapas Mexipinto Beans Arroz Mexicano Mixed Fruit Milk	Pizza Hut Pizza Savory Green Beans Apple Wedges Ice Cream Cups Milk	← Lunch Menu E
	BBQ Hot Links on Bun Potato Rounds Baked Beans Milk	Macaroni & Cheese Mixed Vegetables Fruited Gelatin Assorted Cookies Milk	Ham & Cheese Sandwich Hay Stack Salad Garden Green Beans Chocolate Cake Milk	Corn Dogs Parsley Buttered Potatoes Fresh Fruit Milk	Bean Enchiladas Mexipinto Beans Fresh Melon Milk	← Lunch Menu F
						
	<p>ADDITIONAL MENU ITEMS: Side dishes are offered each day to compliment the Entrée Items. Three (03) Vegetables side dishes are offered (in the HIGH SCHOOL) 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 (in the HIGH SCHOOL) 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.</p>					

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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