

SEPTEMBER 2009 BREAKFAST MENU

GARLAND INDEPENDENT SCHOOL DISTRICT

Enjoy a complete breakfast for only \$1.25

Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Cereal & Biscuit Or Sausage Biscuit Chilled Fruit or Juice Choice of Milk	2 Cheddar Cheese Omelet & Toast Or Cereal & Toast Chilled Fruit or Juice Choice of Milk	3 Sausage Roll Or Cereal & Toast Chilled Fruit or Juice Choice of Milk	4 Blueberry Muffin Or Grilled Cheese Sandwich Chilled Fruit or Juice Choice of Milk
7 LABOR DAY	8 Breakfast Pizza Or Cereal & Toast Chilled Fruit or Juice Choice of Milk	9 Cereal & Toast Or Cheese & Egg Burrito Chilled Fruit or Juice Choice of Milk	10 Cereal & Toaster Pastry Or Toaster Pastry Chilled Fruit or Juice Choice of Milk	11 Hot Oatmeal Or Cinnamon Raisin Biscuit Chilled Fruit or Juice Choice of Milk
14 Pancakes w/Syrup Or Cereal & Toast Chilled Fruit or Juice Choice of Milk	15 Biscuit & Gravy Or Sausage Biscuit Chilled Fruit or Juice Choice of Milk	16 Breakfast on a Bun Or Cereal & Toast Chilled Fruit or Juice Choice of Milk	17 Sausage Roll Or Cereal & Toast Chilled Fruit or Juice Choice of Milk	18 Breakfast Pizza Or Grilled Cheese Sandwich Chilled Fruit or Juice Choice of Milk
21 French Toast Sticks Or Scrambled Eggs & Toast Chilled Fruit or Juice Choice of Milk	22 Breakfast Pizza Or Cereal & Toast Chilled Fruit or Juice Choice of Milk	23 Cereal & Toast Or Cheddar Cheese Omelet & Toast Chilled Fruit or Juice Choice of Milk	24 Blueberry Muffin Or Cereal & Toast Chilled Fruit or Juice Choice of Milk	25 Hot Oatmeal Or Cinnamon Raisin Biscuit Chilled Fruit or Juice Choice of Milk
28 Breakfast on a Bun Or Cereal & Toast Chilled Fruit or Juice Choice of Milk	29 Cereal & Biscuit Or Sausage Biscuit Chilled Fruit or Juice Choice of Milk	30 Scrambled Eggs w/Cheese & Toast Or Cereal & Toast Chilled Fruit or Juice Choice of Milk		

SEPTEMBER 2009 SPECIALTY BREAKFAST MENU

Enjoy a complete breakfast for only \$1.25

GARLAND INDEPENDENT SCHOOL DISTRICT

Menus are subject to change


Monday	Tuesday	Wednesday	Thursday	Friday
	1 Sausage Biscuit Chilled Fruit or Juice Choice of Milk	2 Cheddar Cheese Omelet & Toast Chilled Fruit or Juice Choice of Milk	3 Sausage Roll Chilled Fruit or Juice Choice of Milk	4 Blueberry Muffin Chilled Fruit or Juice Choice of Milk
LABOR DAY	8 Breakfast Pizza Chilled Fruit or Juice Choice of Milk	9 Cereal & Toast Chilled Fruit or Juice Choice of Milk	10 Toaster Pastry Chilled Fruit or Juice Choice of Milk	11 Cinnamon Raisin Biscuit Chilled Fruit or Juice Choice of Milk
14 Pancakes w/Syrup Chilled Fruit or Juice Choice of Milk	15 Sausage Biscuit Chilled Fruit or Juice Choice of Milk	16 Cereal & Toast Chilled Fruit or Juice Choice of Milk	17 Sausage Roll Chilled Fruit or Juice Choice of Milk	18 Grilled Cheese Sandwich Chilled Fruit or Juice Choice of Milk
21 French Toast Sticks Chilled Fruit or Juice Choice of Milk	22 Breakfast Pizza Chilled Fruit or Juice Choice of Milk	23 Cheddar Cheese Omelet & Toast Chilled Fruit or Juice Choice of Milk	24 Cereal & Toast Chilled Fruit or Juice Choice of Milk	25 Cinnamon Raisin Biscuit Chilled Fruit or Juice Choice of Milk
28 Cereal & Toast Chilled Fruit or Juice Choice of Milk	29 Sausage Biscuit Chilled Fruit or Juice Choice of Milk	30 Cereal & Toast Chilled Fruit or Juice Choice of Milk		

SEPTEMBER 2009 SPECIALTY SCHOOL LUNCH MENU

Elementary Plate Lunch \$2.25

GARLAND INDEPENDENT SCHOOL DISTRICT

Menus are subject to change


Monday	Tuesday	Wednesday	Thursday	Friday
	1 Crispy Fish Steamed Broccoli Pears Choice of Milk	2 Oven Fried Chicken Mashed Potatoes/Gravy Green Beans Choice of Milk Assort. Homemade Bread	3 Nachos Grande Refried Beans Fruit Cup Choice of Milk	4 Hamburger French Fries Fresh Fruit Choice of Milk
LABOR DAY 7	8 Pepperoni Pizza Whole Kernel Corn Strawberries Choice of Milk	9 Corn Dog Mashed Potatoes/Gravy Sliced Peaches Choice of Milk	10 Enchiladas Baked Apples Refried Beans Choice of Milk	11 Breaded Chicken on Bun Tater Tots Fresh Fruit Choice of Milk
14 Cheese Pizza Peas & Carrots Pineapple Chunks Choice of Milk	15 Macaroni & Cheese California Blend Vegetables Mandarin Oranges Choice of Milk Assort. Homemade Bread	16 Oven Fried Chicken Mashed Potatoes/Gravy Green Beans in Cheesy Sauce Choice of Milk Assort. Homemade Bread	17 Chili w/Beans Celery Sticks Corn on Cob Choice of Milk Crackers	18 Cheeseburger French Fries Fresh Fruit Choice of Milk
21 Grilled Cheese Sandwich Whole Kernel Corn Pineapple Chunks Choice of Milk	22 Spaghetti w/Meat Sauce Black-eyed Peas Sliced Peaches Choice of Milk	23 Country Breaded Steak Mashed Potatoes/Gravy Seasoned Green Beans Choice of Milk Assort. Homemade Bread	24 Taco Roll Pinto Beans Veggie Sticks w/Creamy Dip Choice of Milk	25 Grilled Chicken Sandwich French Fries Fresh Fruit Choice of Milk
28 Hot Dog w/Chili Baked Beans Chilled Applesauce Choice of Milk	29 Lasagna Steamed Carrots Fruit w/Gelatin Choice of Milk	30 Chicken Nuggets Mashed Potatoes/Gravy Steamed English Peas Choice of Milk Assort. Homemade Bread		

SEPTEMBER 2009 ELEMENTARY SCHOOL LUNCH MENU

GARLAND INDEPENDENT SCHOOL DISTRICT

Elementary Plate Lunch \$2.25

Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
	Choice of Entrée: 1 Crispy Fish Sausage Link Choice of 2 Side Dishes: Black-eyed Peas Steamed Broccoli Steamed Carrots Pears Choice of Milk Assorted Homemade Bread	Choice of Entrée: 2 Oven Fried Chicken Tuna Salad Choice of 2 Side Dishes: Mashed Potatoes/Gravy Green Beans California Blend Vegetables Sliced Peaches Choice of Milk Assorted Bread/Crackers	Choice of Entrée: 3 Nachos Grande Soft Taco Choice of 2 Side Dishes: Refried Beans Mexican Corn Mixed Vegetables Fruit Cup Choice of Milk Spanish Rice	Choice of Entrée: 4 Hamburger Grilled Chicken Sandwich Choice of 2 Side Dishes: French Fries Campus Choice Vegetable Hamburger Salad Fresh Fruit Choice of Milk
LABOR DAY 7	Choice of Entrée: 8 Pepperoni Pizza Teriyaki Chicken w/rice Pilaf Choice of 2 Side Dishes: Broccoli w/Cheese Steamed Carrots Whole Kernal Corn Strawberries Choice of Milk	Choice of Entrée: 9 Baked Ham Corn Dog Choice of 2 Side Dishes: Mashed Potatoes/Gravy Cauliflower Au Gratin Seasoned Green Beans Sliced Peaches Choice of Milk Assorted Homemade Bread	Choice of Entrée: 10 Taco Boats Enchiladas Choice of 2 Side Dishes: Refried Beans Mixed Vegetables Garden Salad Baked Apples Choice of Milk	Choice of Entrée: 11 Hamburger Breaded Chicken on Bun Choice of 2 Side Dishes: Tater Tots Campus Choice Vegetable Hamburger Salad Fresh Fruit Choice of Milk
Choice of Entrée: 14 Cheese Pizza Tuna Salad Choice of 2 Side Dishes: Peas & Carrots Squash Casserole Pineapple Chunks Seasoned Green Beans Choice of Milk Crackers	Choice of Entrée: 15 Salisbury Steak Macaroni & Cheese Choice of 2 Side Dishes: Steamed English Peas California Blend Vegetables Broccoli-Rice Casserole Waldorf Salad Choice of Milk Assorted Homemade Bread	Choice of Entrée: 16 Oven Fried Chicken Beef Tips w/Rice Choice of 2 Side Dishes: Mashed Potatoes/Gravy Green Beans in Cheesy Sauce Black-eyed Peas Peach Cobbler Choice of Milk Assorted Homemade Bread	Choice of Entrée: 17 Chili w/Beans Chicken Quesadilla Choice of 2 Side Dishes: Celery Sticks Corn on Cob Mixed Vegetables Fruit w/Gelatin Choice of Milk Crackers/Spanish Rice	Choice of Entrée: 18 Cheeseburger Grilled Chicken Sandwich Choice of 2 Side Dishes: French Fries Campus Choice Vegetable Hamburger Salad Fresh Fruit Choice of Milk
Choice of Entrée: 21 Pepperoni Pizza Grilled Cheese Sandwich Choice of 2 Side Dishes: Whole Kernal Corn Steamed Broccoli Tossed Salad Pineapple Chunks Choice of Milk	Choice of Entrée: 22 Spaghetti w/Meat Sauce Crispy Fish Choice of 2 Side Dishes: Potatoes Au Gratin Whole Kernal Corn Black-eyed Peas Carrot-Raisin Salad Choice of Milk Assorted Homemade Bread	Choice of Entrée: 23 Country Breaded Steak Sausage Link Choice of 2 Side Dishes: Mashed Potatoes/Gravy Seasoned Green Beans Sliced Peaches Garden Salad Choice of Milk Assorted Homemade Bread	Choice of Entrée: 24 Taco Roll Chicken Fajitas Choice of 2 Side Dishes: Pinto Beans Southwest Cole Slaw Veggie Sticks w/Creamy Dip Fruit Cup Choice of Milk Spanish Rice	Choice of Entrée: 25 Hamburger Grilled Chicken Sandwich Choice of 2 Side Dishes: French Fries Campus Choice Vegetable Hamburger Salad Fresh Fruit Choice of Milk
Choice of Entrée: 28 Cheese Pizza Hot Dog w/Chili Choice of 2 Side Dishes: Baked Beans Garden Salad Peas & Carrots Chilled Applesauce Choice of Milk	Choice of Entrée: 29 Lasagna Grilled Chicken w/BBQ Sauce Choice of 2 Side Dishes: Steamed Carrots Baked Apples Fresh Green Salad Fruit w/Gelatin Choice of Milk Assorted Homemade Bread	Choice of Entrée: 30 Chicken Nuggets Turkey Pot Pie Choice of 2 Side Dishes: Mashed Potatoes/Gravy California Blend Vegetables Steamed English Peas Peach Cobbler Choice of Milk Assorted Homemade Bread		

SEPTEMBER 2009 SECONDARY SCHOOL LUNCH MENU

GARLAND INDEPENDENT SCHOOL DISTRICT

Secondary Plate Lunch \$2.35

Menus are subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
	Choice of Entrée 1 Hamburger/Cheeseburger Crispy Fish Sausage Link Cheese French Bread Pizza Choice of 2 Side Dishes: Black-eyed Peas Steamed Broccoli Steamed Carrots Pears Mashed Potatoes Hamburger Salad Choice of Milk Assort. Homemade Bread	Choice of Entrée 2 Hamburger/Cheeseburger Oven Fried Chicken Tuna Salad Choice of 2 Side Dishes: Mashed Potatoes/Gravy Green Beans California Blend Vegetables Sliced Peaches French Fries Hamburger Salad Choice of Milk Assort. Homemade Bread	Choice of Entrée 3 Hamburger/Cheeseburger Nachos Grande Soft Taco Chicken Nuggets Choice of 2 Side Dishes: Refried Beans Mexican Corn Mixed Vegetables Fruit Cup Mashed Potatoes Choice of Milk Assort. Bread/Spanish Rice	Choice of Entrée 4 Hamburger/Cheeseburger Grilled Chicken Sandwich Steak Fingers Choice of 2 Side Dishes: French Fries Campus Choice Vegetable Hamburger Salad Fresh Fruit Choice of Milk Assort. Homemade Bread
LABOR DAY 7	Choice of Entrée 8 Hamburger/Cheeseburger Pepperoni Pizza Teriyaki Chicken w/Rice Pilaf Country Breaded Steak Choice of 2 Side Dishes: Broccoli w/Cheese Steamed Carrots Whole Kernel Corn Strawberries French Fries Hamburger Salad Choice of Milk Assort. Homemade Bread	Choice of Entrée 9 Hamburger/Cheeseburger Baked Ham Corn Dog Footlong Hot Dog Choice of 2 Side Dishes: Mashed Potatoes Cauliflower Au Gratin Seasoned Green Beans Sliced Peaches French Fries Hamburger Salad Choice of Milk Assort. Homemade Bread	Choice of Entrée 10 Hamburger/Cheeseburger Taco Boats Enchiladas Chicken Nuggets Choice of 2 Side Dishes: Refried Beans Mixed Vegetables Garden Salad Baked Apples Mashed Potatoes Hamburger Salad Choice of Milk Texas Toast	Choice of Entrée 11 Hamburger/Cheeseburger Breaded Chicken on Bun Steak Fingers Choice of 2 Side Dishes: Tater Tots Campus Choice Vegetables Hamburger Salad Fresh Fruit Choice of Milk Texas Toast
Choice of Entrée: 14 Hamburger/Cheeseburger Cheese Pizza Tuna Salad Country Breaded Steak Choice of 2 Side Dishes: Peas & Carrots Squash Casserole Pineapple Chunks Seasoned Green Beans French Fries Hamburger Salad Choice of Milk Homemade Bread/Crackers	Choice of Entrée: 15 Hamburger/Cheeseburger Salisbury Steak Macaroni & Cheese Cheese French Bread Pizza Choice of 2 Side Dishes: Steamed English Peas California Blend Vegetables Broccoli-Rice Casserole Waldorf Salad Mashed Potatoes Hamburger Salad Choice of Milk Assort. Homemade Bread	Choice of Entrée: 16 Hamburger/Cheeseburger Oven Fried Chicken Beef Tips with Rice Footlong Hot Dog Choice of 2 Side Dishes: Mashed Potatoes/Gravy Green Beans in Cheesy Sauce Black-eyed Peas Peach Cobbler French Fries Hamburger Salad Choice of Milk Assort. Homemade Bread	Choice of Entrée: 17 Hamburger/Cheeseburger Chili w/Beans Chicken Quesadilla Chicken Nuggets Choice of 2 Side Dishes: Celery Sticks Corn on Cob Mixed Vegetables Fruit w/Gelatin Mashed Potatoes Hamburger Salad Choice of Milk Crackers/TX Toast/SpanishRice	Choice of Entrée: 18 Hamburger/Cheeseburger Grilled Chicken Sandwich Steak Fingers Choice of 2 Side Dishes: French Fries Campus Choice Vegetables Hamburger Salad Fresh Fruit Choice of Milk Texas Toast
Choice of Entrée: 21 Hamburger/Cheeseburger Pepperoni Pizza Grilled Cheese Sandwich Country Breaded Steak Choice of 2 Side Dishes: Whole Kernel Corn Steamed Broccoli Tossed Salad Pineapple Chunks French Fries Hamburger Salad Choice of Milk Assort. Homemade Bread	Choice of Entrée: 22 Hamburger/Cheeseburger Spaghetti w/Meat Sauce Crispy Fish Pepperoni French Bread Pizza Choice of 2 Side Dishes: Potatoes Au Gratin Whole Kernel Corn Black-eyed Peas Carrot-Raisin Salad Mashed Potatoes Hamburger Salad Choice of Milk Assort. Homemade Bread	Choice of Entrée: 23 Hamburger/Cheeseburger Country Breaded Steak Sausage Link Footlong Hot Dog Choice of 2 Side Dishes: Mashed Potatoes/Gravy Seasoned Green Beans Sliced Peaches Garden Salad French Fries Hamburger Salad Choice of Milk Assort. Homemade Bread	Choice of Entrée: 24 Hamburger/Cheeseburger Taco Roll Chicken Fajita Chicken Nuggets Choice of 2 Side Dishes: Pinto Beans Southwest Coleslaw Veggie Sticks /w Creamy Dip Fruit Cup Mashed Potatoes Hamburger Salad Choice of Milk TX. Toast / Spanish Rice	Choice of Entrée: 25 Hamburger/Cheeseburger Grilled Chicken Sandwich Steak Fingers Choice of 2 Side Dishes: French Fries Campus Choice Vegetables Hamburger Salad Fruit Salad Choice of Milk Texas Toast
Choice of Entrée: 28 Hamburger/Cheeseburger Cheese Pizza Hot Dog w/Chili Country Breaded Steak Choice of 2 Side Dishes: Baked Beans Garden Salad Peas & Carrots Chilled Applesauce French Fries Hamburger Salad Choice of Milk Assort. Homemade Bread	Choice of Entrée: 29 Hamburger/Cheeseburger Lasagna Grilled Chicken w/BBQ Sauce Cheese French Bread Pizza Choice of 2 Side Dishes: Steamed Carrots Baked Apples Fresh Green Salad Fruit w/Gelatin Mashed Potatoes Hamburger Salad Choice of Milk Assort. Homemade Bread	Choice of Entrée: 30 Hamburger/Cheeseburger Chicken Nuggets Turkey Pot Pie Footlong Hot Dogs Choice of 2 Side Dishes: Mashed Potatoes/Gravy California Blend Vegetables Steamed English Peas Peach Cobbler French Fries Hamburger Salad Choice of Milk Assort. Homemade Bread	