


OCTOBER 2009 BREAKFAST MENU

Enjoy a complete breakfast for only \$1.25

GARLAND INDEPENDENT SCHOOL DISTRICT

Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
			Sausage Roll Or Cereal & Toast Chilled Fruit or Juice Choice of Milk	Breakfast Pizza Or Grilled Cheese Sandwich Chilled Fruit or Juice Choice of Milk
FAIR DAY	STUDENT HOLIDAY	Cheddar Cheese Omelet & Toast Or Cereal Toast Chilled Fruit or Juice Choice of Milk	Sausage Roll Or Cereal & Toast Chilled Fruit or Juice Choice of Milk	Blueberry Muffin Or Grilled Cheese Sandwich Chilled Fruit or Juice Choice of Milk
Waffles Or Scrambled Eggs & Toast Chilled Fruit or Juice Choice of Milk	Breakfast Pizza Or Cereal & Toast Chilled Fruit or Juice Choice of Milk	Cereal & Toast Or Cheese & Egg Burrito Chilled Fruit or Juice Choice of Milk	Cereal & Toaster Pastry Or Toaster Pastry Chilled Fruit or Juice Choice of Milk	Hot Oatmeal Or Cinnamon Raisin Biscuit Chilled Fruit or Juice Choice of Milk
Pancakes w/ Syrup Or Cereal & Toast Chilled Fruit or Juice Choice of Milk	Biscuit & Gravy Or Sausage Biscuit Chilled Fruit or Juice Choice of Milk	Breakfast on a Bun Or Cereal & Toast Chilled Fruit or Juice Choice of Milk	Sausage Roll Or Cereal & Toast Chilled Fruit or Juice Choice of Milk	Breakfast Pizza Or Grilled Cheese Sandwich Chilled Fruit or Juice Choice of Milk
French Toast Sticks Or Scrambled Eggs & Toast Chilled Fruit or Juice Choice of Milk	Breakfast Pizza Or Cereal & Toast Chilled Fruit or Juice Choice of Milk	Cereal & Toast Or Cheddar Cheese Omelet & Toast Chilled Fruit or Juice Choice of Milk	Blueberry Muffin Or Cereal & Toast Chilled Fruit or Juice Choice of Milk	Hot Oatmeal Or Cinnamon Raisin Biscuit Chilled Fruit or Juice Choice of Milk

OCTOBER 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 Roll Chilled Fruit or Juice Choice of Milk	2 Grilled Cheese Sandwich Chilled Fruit or Juice Choice of Milk
5 FAIR DAY	6 STUDENT HOLIDAY	7 Cheddar Cheese Omelet & Toast Chilled Fruit or Juice Choice of Milk	8 Sausage Roll Chilled Fruit or Juice Choice of Milk	9 Blueberry Muffin Chilled Fruit or Juice Choice of Milk
12 Scrambled Eggs & Toast Chilled Fruit or Juice Choice of Milk	13 Breakfast Pizza Chilled Fruit or Juice Choice of Milk	14 Cereal & Toast Chilled Fruit or Juice Choice of Milk	15 Toaster Pastry Chilled Fruit or Juice Choice of Milk	16 Cinnamon Raisin Biscuit Chilled Fruit or Juice Choice of Milk
19 Pancakes w/Syrup Chilled Fruit or Juice Choice of Milk	20 Sausage Biscuit Chilled Fruit or Juice Choice of Milk	21 Cereal & Toast Chilled Fruit or Juice Choice of Milk	22 Sausage Roll Chilled Fruit or Juice Choice of Milk	23 Grilled Cheese Sandwich Chilled Fruit or Juice Choice of Milk
26 French Toast Sticks Chilled Fruit or Juice Choice of Milk	27 Breakfast Pizza Chilled Fruit or Juice Choice of Milk	28 Cheddar Cheese Omelet & Toast Chilled Fruit or Juice Choice of Milk	29 Cereal & Toast Chilled Fruit or Juice Choice of Milk	30 Cinnamon Raisin Biscuit Chilled Fruit or Juice Choice of Milk

OCTOBER 2009 SPECIALTY LUNCH MENU

GARLAND INDEPENDENT SCHOOL DISTRICT

Elementary Plate Lunch \$2.25

Secondary Plate Lunch \$2.35

Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Burrito w/ Chili Mexican Corn Fruit Cup Choice of Milk	2 Cheeseburger French Fries Fresh Fruit Choice of Milk
5 FAIR DAY	6 STUDENT HOLIDAY	7 Macaroni & Cheese Steamed Broccoli Pears Choice of Milk	8 Nachos Grande Refried Beans Fruit Cup Choice of Milk Spanish Rice	9 Hamburger French Fries Fresh Fruit Choice of Milk
12 Pepperoni Pizza Whole Kernel Corn Strawberries Choice of Milk	13 Bar-B-Que on Bun Baked Beans Fruit w/Gelatin Choice of Milk	14 Chicken Nuggets Mashed Potatoes/Gravy Sliced Peaches Choice of Milk Assorted Homemade Bread	15 Enchiladas Baked Apples Refried Beans Choice of Milk	16 Breaded Chicken on Bun Tater Tots Fresh Fruit Choice of Milk
19 Cheese Pizza Peas & Carrots Pineapple Chunks Choice of Milk	20 Spaghetti California Blend Vegetables Mandarin Oranges Choice of Milk Assorted Homemade Bread	21 Oven Fried Chicken Mashed Potatoes / Gravy Green Beans in Cheesy Sauce Choice of Milk Assorted Homemade Bread	22 Chili w/Beans Celery Sticks Corn on the Cob Choice of Milk Crackers	23 Cheeseburger French Fries Fresh Fruit Choice of Milk
26 Grilled Cheese Sandwich Whole Kernel Corn Pineapple Chunks Choice of Milk	27 Corn Dogs Steamed Carrots Fruit w/ Gelatin Choice of Milk	28 Chicken Nuggets Mashed Potatoes/ Gravy Seasoned Green Beans Choice of Milk Assorted Homemade Bread	29 Taco Roll Pinto Beans Veggie sticks w/ Creamy Dip Choice of Milk	30 Grilled Chicken Sandwich French Fries Fresh Fruit Choice of Milk

OCTOBER 2009 ELEMENTARY SCHOOL LUNCH MENU

GARLAND INDEPENDENT SCHOOL DISTRICT

Elementary Plate Lunch \$2.25

Secondary Plate Lunch \$2.35

Menus are subject to change


Monday	Tuesday	Wednesday	Thursday	Friday
			Choice of Entrée: 1 Burrito w/Chili Chicken Fajitas Choice of 2 Side Dishes: Mexican Corn Spanish Squash Cole Slaw Fruit Cup Choice of Milk	Choice of Entrée: 2 Cheeseburger Breaded Chicken on Bun Choice of 2 Side Dishes: French Fries Campus Choice Vegetables Hamburger Salad Fresh Fruit Choice of Milk
5 FAIR DAY	6 STUDENT HOLIDAY	Choice of Entrée: 7 Crispy Fish Macaroni & Cheese Choice of 2 Side Dishes: Steamed New Potatoes Steamed Broccoli Carrots & Celery Sticks Pears Choice of Milk Assorted Homemade Bread	Choice of Entrée: 8 Nachos Grande Soft Taco Choice of 2 Side Dishes: Refried Beans Mexican Corn Vegetables Salad Fruit Cup Choice of Milk Spanish Rice	Choice of Entrée: 9 Hamburger Grilled Chicken Sandwich Choice of 2 Side Dishes: French Fries Campus Choice Vegetables Hamburger Salad Fresh Fruit Choice of Milk
Choice of Entrée: 12 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: 13 Chicken Parmesan on Pasta Bar-B-Que on Bun Choice of 2 Side Dishes: Potato Salad Baked Beans Carrots Sticks Fruit w/ Gelatin Choice of Milk	Choice of Entrée: 14 Baked Ham Chicken Nuggets Choice of 2 Side Dishes: Mashed Potatoes/ Gravy Cauliflower Au Gratin Seasoned Green Beans Sliced Peaches Choice of Milk Assort. Homemade Bread	Choice of Entrée: 15 Taco Boat Enchiladas Choice of 2 Side Dishes: Refried Beans Mixed Vegetables Garden Salad Baked Apples Choice of Milk	Choice of Entrée: 16 Hamburger Breaded Chicken on Bun Choice of 2 Side Dishes: Tater Tots Campus Choice Vegetables Hamburger Salad Fresh Fruit Choice of Milk
Choice of Entrée: 19 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: 20 Spaghetti Sub Sandwich 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: 21 Oven Fried Chicken Salisbury Steak Choice of 2 Side Dishes: Mashed Potatoes w/ Gravy Green Beans in Cheesy Sauce Black - eyed Peas Sliced Peaches Choice of Milk Assorted Homemade Bread	Choice of Entrée: 22 Chili w/ Beans Chicken Quesadilla Choice of 2 Side Dishes: Celery Sticks Corn on the Cob Mixed Vegetables Fruit w/ Gelatin Choice of Milk Cracker/Spanish Rice	Choice of Entrée: 23 Cheeseburger Grilled Chicken Sandwich Choice of 2 Side Dishes: French Fries Campus Choice Vegetables Hamburger Salad Fresh Fruit Choice of Milk
Choice of Entrée: 26 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: 27 Lasagna Corn Dog Choice of 2 Side Dishes: Steamed Carrots Baked Apples Fresh Green Salad Fruit w/ Gelatin Choice of Milk	Choice of Entrée: 28 Chicken Nuggets Turkey Pot Pie Choice of 2 Side Dishes: Mashed Potatoes w/ Gravy Seasoned Green Beans Sliced Peaches Garden Salad Choice of Milk Assorted Homemade Bread	Choice of Entrée: 29 Taco Roll Taco Salad Choice of 2 Side Dishes: Pinto Beans Southwest Cole Slaw Veggie Sticks w/ Creamy Sauce Fruit Cup Choice of Milk Spanish Rice	Choice of Entrée: 30 Hamburger Grilled Chicken Sandwich Choice of 2 Side Dishes: French Fries Campus Choice Vegetables Hamburger Salad Fresh Fruit Choice of Milk

OCTOBER 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 Burrito w/ Chili Chicken Fajitas Chicken Nuggets Choice of 2 Side Dishes: Mexican Corn Spanish Squash Cole Slaw Fruit Cup Mashed Potatoes Hamburger Salad Choice of Milk Texas Toast	Choice of Entrée 2 Hamburger/Cheeseburger Breaded Chicken on Bun Steak Fingers Choice of 2 Side Dishes: French Fries Campus Choice Vegetable Hamburger Salad Fresh Fruit Choice of Milk Texas Toast
5 FAIR DAY	6 STUDENT HOLIDAY	Choice of Entrée 7 Hamburger/Cheeseburger Crispy Fish Macaroni & Cheese Cheese French Bread Pizza Choice of 2 Side Dishes: Steamed New Potatoes Steamed Broccoli Carrots & Celery Sticks French Fries Pears Mashed Potatoes Hamburger Salad Choice of Milk Assorted Homemade Bread	Choice of Entrée 8 Hamburger/Cheeseburger Nachos Grande Soft Taco Chicken Nuggets Choice of 2 Side Dishes: Refried Beans Mexican Corn Vegetable Salad Fruit Cup Mashed Potatoes Hamburger Salad Choice of Milk Texas Toast / Spanish Rice	Choice of Entrée 9 Hamburger/Cheeseburger Grilled Chicken Sandwich Steak Fingers Choice of 2 Side Dishes: French Fries Campus Choice Vegetable Hamburger Salad Fresh Fruit Choice of Milk Texas Toast
Choice of Entrée: 12 Hamburger/Cheeseburger Pepperoni Pizza Teriyaki Chicken w/ Rice Pilaf Chicken Nuggets Choice of 2 Side Dishes: Broccoli w/ Cheese Steamed Carrots Whole Kernel Corn Strawberries French Fries Hamburger Salad Choice of Milk Assorted Homemade Bread	Choice of Entrée: 13 Hamburger/Cheeseburger Chicken Parmesan w/ Pasta Barbeque On Bun Pepperoni French Bread Pizza Choice of 2 Side Dishes: Potato Salad Baked Beans Carrots Sticks Fruit w/ Gelatin Mashed Potatoes Hamburger Salad Choice of Milk	Choice of Entrée: 14 Hamburger/Cheeseburger Baked Ham Chicken Nuggets Footlong Hot Dog Mashed Potatoes w/ Gravy Cauliflower Au Gratin Seasoned Green Beans Sliced Peaches French Fries Hamburger Salad Choice of Milk Assorted Homemade Bread	Choice of Entrée: 15 Hamburger/Cheeseburger Taco Boat 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: 16 Hamburger/Cheeseburger Breaded Chicken Sandwich Steak Fingers Choice of 2 Side Dishes: French Fries Campus Choice Vegetable Hamburger Salad Fresh Fruit Choice of Milk Texas Toast
Choice of Entrée: 19 Hamburger/Cheeseburger Cheese Pizza Tuna Salad Chicken Nuggets Choice of 2 Side Dishes: Peas & Carrots Squash Casserole Pineapple Chunks Seasoned Green Beans French Fries Hamburger Salad Choice of Milk Assorted Homemade Bread	Choice of Entrée: 20 Hamburger/Cheeseburger Spaghetti Sub Sandwich 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 Assorted Homemade Bread	Choice of Entrée: 21 Hamburger/Cheeseburger Oven Fried Chicken Salisbury Steak Footlong Hot Dog Choice of 2 Side Dishes: Mashed Potatoes w/ Gravy Green Beans in Cheesy Sauce Black- eyed Peas Sliced Peaches French Fries Hamburger Salad Choice of Milk Assorted Homemade Bread	Choice of Entrée: 22 Hamburger/Cheeseburger Chili w/ Beans Chicken Quesadillas Chicken Nuggets Choice of 2 Side Dishes: Celery Sticks Corn on the Cob Mixed Vegetables Fruit w/ Gelatin Mashed Potatoes Hamburger Salad Choice of Milk Crackers/ Tx. Toast/ Sp. Rice	Choice of Entrée: 23 Hamburger/Cheeseburger Grilled Chicken Sandwich Steak Fingers Choice of 2 Side Dishes: French Fries Campus Choice Vegetable Hamburger Salad Fresh Fruit Choice of Milk Texas Toast
Choice of Entrée: 26 Hamburger/Cheeseburger Pepperoni Pizza Grilled Cheese Sandwich Chicken Nuggets Choice of 2 Side Dishes: Whole Kernel Corn Steamed Broccoli Tossed Salad Pineapple Chunks French Fries Hamburger Salad Choice of Milk Assorted Homemade Bread	Choice of Entrée: 27 Hamburger/Cheeseburger Lasagna Corn Dog 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	Choice of Entrée: 28 Hamburger/Cheeseburger Chicken Nuggets Turkey Pot Pie 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 Assorted Homemade Bread	Choice of Entrée: 29 Hamburger/Cheeseburger Taco Roll Taco Salad 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 Texas Toast	Choice of Entrée: 30 Hamburger/Cheeseburger Grilled Chicken Sandwich Steak Fingers Choice of 2 Side Dishes: French Fries Campus Choice Vegetable Hamburger Salad Fresh Fruit Choice of Milk Texas Toast