



2009 December Elementary Breakfast Menu

Meal includes choice of two items.

Monday	Tuesday	Wednesday	Thursday	Friday
French Toast Sticks or Cereal with Muffin	Sausage Biscuit or Cereal with Cinnamon Sticks	Mini Pancakes or Cereal with Cheese Toast	Breakfast Burrito* or Cereal with Apple Cinnamon Mini Loaf	Poptart with String Cheese or Cereal with Breakfast Taco
Bananas or Juice	Bananas or Juice	Bananas or Juice	Bananas or Juice	Bananas or Juice

**Breakfast
Juice Choices:**
Apple Juice
Orange Juice

2009 December Elementary Lunch Menu

Meal includes choice of Entrée and two sides.

Menu is subject to change.

* Items contain Pork.

Monday 30	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
Corndog Grilled Cheese Sandwich	Chicken Nuggets Mozzarella Cheese Sticks	Pepperoni Pizza* Deli Turkey sub Pan Cheese Pizza	Chicken Fajitas Tortilla Cheese Rolls	Cheeseburger Hamburger Meatless Pizza Pocket
Warm Tomato Soup Baked Doritos Fruit Cocktail	Green Beans Mashed Potatoes Peach Cup	Vegetable Sticks Breadstick Mandarin Oranges	Lettuce, Tomato, Cheese Mexican Rice Fresh Grapes	Lettuce/Tomato Salad Potato Smiles Grapefruit
7 Pan Pepperoni Pizza* Deli Turkey Ham Sub Cheese Pizza	8 Rotisserie Chicken Meatless Taco Pocket	9 Cheeseburger Hamburger Bean & Cheese Burrito	10 Rotini w/ Meat Sauce Cheese Ravioli	11 Chicken Sticks Mozzarella Cheese Sticks
Vegetable Sticks Whole Grain Breadstick Pineapple Tidbits	NATIONAL Broccoli and Cheese Whole Grain Roll Diced Pears	HAND WASHING Lettuce/Tomato Salad Garden Salsa Sun chips Apple Slices	WEEK Tossed Salad Garlic Toast Chilled Peaches	Baby Carrots French Fries Apricot Halves
14 Popcorn Chicken Bean & Cheese Burrito	15 Turkey & Gravy Tortilla Cheese Rolls	16 Pepperoni Pizza* Deli Turkey on a Bun Stuffed Crust Cheese Pizza	17 Chili & Cheese Nachos Deli Turkey Ham Sub Cheese Nachos	18 Chicken Pattie on Bun Meatless Italian Pocket
Cherry Tomatoes Golden Corn Chilled Peaches	Mashed Potatoes Whole Grain Roll Sno Joe Icee	Tossed Salad Oranges Chocolate Graham Cookie	Refried Beans Cheese Rice Mixed Fruit	Baby Carrots Pretzels Fresh Grapefruit

**Breakfast & Lunch
Milk Choices:**
1% White
FF Chocolate

**Elementary
Breakfast Prices**
Student \$0.75
Reduced \$0.30
Adult \$1.25

**Elementary
Lunch Prices**
Student \$1.50
Reduced \$0.40
Adult \$2.25

A la Carte Prices
Juice \$0.50
Fresh Fruit \$0.75
Yogurt \$0.75
Baked Chips \$0.75
Ice Cream \$0.75
Milk \$0.75
Bottled water \$1.00
Extra Entrée \$1.75

Thank You
for washing your hands
upon entering our facility!



**Henry the Hand's 4 Principles
of Hand Awareness:**

1. **WASH** your hands when they are dirty and **BEFORE** eating.
2. **DO NOT** cough into your hands.
3. **DO NOT** sneeze into your hands.
4. Above all, **DO NOT** put your fingers in your eyes, nose or mouth!

www.henrythehand.com

Dr. William P. Sawyer®
The 4 Principles of Hand Awareness have been endorsed by the AMA & AAFP

FAQ: What is included in the meal price?

Answer: To receive the stated lunch meal price, the student must take one full entrée and at least two different sides from the other items offered. Milk is considered as a side choice. The student may choose to take the entrée and all items offered that day for the same price.

If three items (1 entrée + 2 **different** sides) are not on their tray, the student will be charged ala carte prices.

For a full list of department FAQ's and price lists visit our website at www.katysd.org/food_services/Pages/default.aspx

Check out December's Nourishing Minds Promotion Book of the Month!
Wash Your Hands by Tony Ross

Federal School Lunch Program and Nutrition and Food Service Department Information

- ◆ Look for additional information about the KISD Nutrition and Food Service Department by Visiting our website at www.katysd.org/departments/food_services/
- ◆ Interested in learning more about the Texas School Nutrition Policy? Visit www.squaremeals.org to learn more about the policies that govern Texas school meals.





2009 January Elementary Breakfast Menu

Meal includes choice of two items.

Monday	Tuesday	Wednesday	Thursday	Friday
French Toast Sticks or Cereal with Muffin	Sausage Biscuit or Cereal with Cinnamon Sticks	Mini Pancakes or Cereal with Cheese Toast	Breakfast Burrito* or Cereal with Apple Cinnamon Mini Loaf	Poptart with String Cheese or Cereal with Breakfast Taco
Bananas or Juice	Bananas or Juice	Bananas or Juice	Bananas or Juice	Bananas or Juice

**Breakfast
Juice Choices:**
Apple Juice
Orange Juice

2009 January Elementary Lunch Menu

Meal includes choice of Entrée and two sides.

Menu is subject to change.

Monday	Tuesday	Wednesday 6	Thursday 7	Friday 8
<p><i>Visit our website at www.katyisd.org for nutritional informa- tion on all school menus!</i></p>		<p>Stuffed Crust Pepperoni Pizza* Deli Turkey Sub Pan Cheese Pizza</p> <p>Tossed Salad Whole Grain Breadstick Diced Pears</p>	<p>Turkey & Gravy Garden Salad w/ Yogurt</p> <p>Fluffy Rice Peas and Carrots Apricot Halves</p>	<p>Beef BBQ Sandwich Meatless Taco Pocket</p> <p>Cherry Tomatoes Spicy Fries Chilled Peaches</p>
<p>11 Pepperoni Pizza* Deli Turkey Sub Cheese Pizza</p> <p>Vegetable Sticks Whole Grain Breadstick Mixed Fruit</p>	<p>12 Chicken Fajitas Tortilla Cheese Rolls</p> <p>Lettuce, Tomato, Cheese Mexican Rice Fresh Grapes</p>	<p>13 Corn dog Grilled Cheese Sandwich</p> <p>Warm Tomato Soup Baked Doritos Mandarin Oranges</p>	<p>14 Chicken Nuggets Mozzarella Cheese Sticks</p> <p>Green Beans Mashed Potatoes/Gravy Peach Cup</p>	<p>15 Cheeseburger Hamburger Meatless Pizza Pocket</p> <p>Lettuce/Tomato Salad Potato Smiles Grapefruit</p>
<p>18 HOLIDAY</p>	<p>19 Popcorn Chicken Tortilla Cheese Rolls</p> <p>Broccoli/Cauliflower Mix Mashed Potatoes/Gravy Pineapple Tidbits</p>	<p>20 Chicken Pattie on Bun Garden Salad w/ Yogurt</p> <p>Baby Carrots Mega Noodle Soup Fresh Grapes</p>	<p>21 Chili & Cheese Nachos Deli Turkey Ham Sub Cheese Nachos</p> <p>Refried Beans Cheese Rice Cinnamon Applesauce</p>	<p>22 Pepperoni Pizza Slice* Deli Turkey on Bun Stuffed Crust Cheese Pizza</p> <p>Tossed Green Salad Orange Slices Animal Crackers</p>
<p>25 Sweet & Sour Chicken Mozzarella Cheese Sticks</p> <p>Fluffy Rice Steamed Green Beans Mandarin Oranges</p>	<p>26 Toasty Dog with Cheese Meatless Pizza Pocket</p> <p>Baby Carrots French Fries Peach Cup</p>	<p>27 Stuffed Crust Pepperoni Pizza* Deli Turkey Sub Pan Cheese Pizza</p> <p>Tossed Salad Corn Apple Slices</p>	<p>28 Fiesta Beef Taco Cheese Quesadilla</p> <p>Lettuce, Tomato, Cheese Black Beans & Rice Frozen Juice Bar</p>	<p>29 Cheeseburger Hamburger Grilled Cheese Sandwich</p> <p>Vegetable Soup Oven Roasted Potatoes Orange Julius Arctic Ice</p>

**Breakfast & Lunch
Milk Choices:**
1% White
FF Chocolate

**Elementary
Breakfast Prices**
Student \$0.75
Reduced \$0.30
Adult \$1.25

**Elementary
Lunch Prices**
Student \$1.50
Reduced \$0.40
Adult \$2.25

A la Carte Prices
Juice \$0.50
Fresh Fruit \$0.75
Yogurt \$0.75
Baked Chips \$0.75
Ice Cream \$0.75
Milk \$0.75
Bottled water \$1.00
Extra Entrée \$1.75

* Items contain Pork.*



A fast-food first! Soup has been so popular throughout time that it's actually considered one of the first fast foods. There is documentation that as early as 600 B.C., the Greeks sold soup as a fast food on the street, using peas, beans and lentils as main ingredients. **Look for the soup each week on the menu.**

You can also read about soup in the Nourishing Minds Elementary Book of the Month – PUMPKIN SOUP by Helen Cooper.

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**NUTRITION &
FOOD SERVICE**