



# 2009 October 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
Banana or Juice	Banana or Juice	Banana or Juice	Banana or Juice	Banana or Juice

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

# 2009 October Elementary Lunch Menu

Meal includes choice of Entrée and two sides.

Menu is subject to change.

Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
Pan Pepperoni Pizza* Deli Turkey Ham Sub Cheese Pizza	Oven Easy Chicken Meatless Taco Pocket	Baked Chicken Sticks Mozzarella Cheese Sticks	Rotini w/Meat Sauce Cheese Ravioli	Cheeseburger Hamburger Bean & Cheese Burrito
Vegetable Sticks Whole Grain Breadstick Pineapple Tidbits	Broccoli & Cheese Wheat Roll Diced Pears	Baby Carrots French Fries Summer Cantaloupe	Tossed Green Salad Garlic Toast Chilled Peaches	Lettuce/Tomato Salad Harvest Sun Chips Apple Slices
<b>Student Holiday 12</b>	<b>13</b> Popcorn Chicken Tortilla Cheese Rolls  <b>NATIONAL</b> Broccoli/Cauliflower Mix Mashed Potatoes/Gravy Apricot Halves	<b>14</b> Chicken Pattie on Bun Garden Salad w/ Yogurt  <b>SCHOOL</b> Baby Carrots Twister Fries Fresh Grapes	<b>15</b> Chili & Cheese Nachos Deli Turkey Ham Sub Cheese Nachos  <b>LUNCH</b> Refried Beans Cheese Rice Mixed Fruit	<b>16</b> Pepperoni Pizza Slice* Deli Turkey on Bun Stuffed Crust Cheese Pizza <b>WEEK</b> Tossed Green Salad Cinnamon Applesauce Animal Crackers
<b>19</b> Sweet & Sour Chicken Mozzarella Cheese Sticks  Fluffy Rice Steamed Green Beans Gelatin w/Fruit	<b>20</b> Cheeseburger Hamburger Grilled Cheese Sandwich <b>RED</b> Lettuce/Tomato Salad Roasted Potato Wedges Strawberry Fruit Cup	<b>21</b> Stuffed Crust Pepperoni Pizza* Deli Turkey Ham Sub Cheese Pizza Slice <b>RIBBON</b> Tossed Green Salad Whole Kernel Corn Apple Slices	<b>22</b> Fiesta Beef Taco Cheese Quesadilla  <b>WEEK</b> Lettuce, Tomato, Cheese Black Beans & Rice Frozen Cherry Juice Bar	<b>23</b> All American Hot Dog Meatless Pizza Pocket  Baby Carrots Potato Smiles Juicy Watermelon
<b>26</b> Fish Nuggets Bean & Cheese Burrito  Cherry Tomatoes Macaroni & Cheese Cinnamon Applesauce	<b>27</b> Stuffed Crust Pepperoni Pizza* Deli Turkey Sub Pan Cheese Pizza  Vegetable Sticks Whole Grain Breadstick Mandarin Oranges	<b>28</b> Hot Ham & Cheese Sandwich Deli Turkey Ham/Bun Mozzarella Cheese Sticks Carrots & Broccoli/Dip Chili Beans Chilled Peaches	<b>29</b> Turkey & Gravy Garden Salad w/ Yogurt  Fluffy Rice Peas and Carrots Watermelon Chunks	<b>30</b> Beef BBQ Sandwich Meatless Italian Pocket  Tossed Green Salad Spicy Fries Apricot Halves

**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.\*

### Free and Reduced Meal Benefits Expiration Date is Approaching

If you have not yet completed a 2009-2010 Free and Reduced Meal Application your benefits carried over from last year will terminate on **Tuesday October 6, 2009.**

Please contact the Nutrition and Food Service office at 281-396-6240 if you have any questions regarding your child's meal benefit status.

### National School Lunch Week—October 12-16

National School Lunch Week is an annual celebration of National School Lunch Program which highlights the importance of school lunch.

### Red Ribbon Week—October 19-23

In observance of Red Ribbon Week the cafeteria will offer a "red" menu item and 1% strawberry milk daily. As always, you are welcome to join your student for lunch! We look forward to serving you.

### 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.katyisd.org/departments/food\\_services/](http://www.katyisd.org/departments/food_services/)

- ◆ Interested in learning more about the Texas School Nutrition Policy?

Visit [www.squaremeals.org](http://www.squaremeals.org) to learn more about the policies that govern Texas school meals.



**NUTRITION &  
FOOD SERVICE**



# 2009 November 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
Banana or Juice	Banana or Juice	Banana or Juice	Banana or Juice	Banana or Juice

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

# 2009 November Elementary Lunch Menu

Meal includes choice of Entrée and two sides.

Menu is subject to change.

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Pepperoni Pizza* Deli Turkey Sub Pan Cheese Pizza	Chicken Nuggets Mozzarella Cheese Sticks	Cheeseburger Hamburger Meatless Pizza Pocket	Chicken Fajitas Tortilla Cheese Rolls	Corndog Grilled Cheese Sandwich
Vegetable Sticks Whole Grain Breadstick Mixed Fruit	Steamed Green Beans Mashed Potatoes/Gravy Chilled Peaches	Lettuce/Tomato Salad Potato Smiles Grapefruit Slices	Taco Toppers Mexican Rice Fresh Grapes	Baby Carrots Baked Doritos Frozen Juice Bar
9 Chicken Sticks Mozzarella Cheese Sticks	10 Oven Easy Chicken Meatless Taco Pocket	11 Pan Pepperoni Pizza* Deli Turkey Ham Sub Cheese Pizza	12 Rotini w/Meat Sauce Cheese Ravioli	13 Cheeseburger Hamburger Bean & Cheese Burrito
Vegetable Sticks French Fries Apricot Halves	Broccoli & Cheese Whole Grain Roll Diced Pears	Baby Carrots Whole Grain Breadstick Pineapple Tidbits	Tossed Green Salad Garlic Toast Chilled Peaches	Lettuce/Tomato Salad Garden Salsa Sun Chips Apple Slices
16 Popcorn Chicken Bean & Cheese Burrito	17 Turkey & Gravy Tortilla Cheese Rolls	18 Chicken Pattie Sandwich Garden Salad w/ Yogurt	19 Chili & Cheese Nachos Deli Turkey Ham Sub Cheese Nachos	20 Pepperoni Pizza Slice* Deli Turkey on Bun Stuffed Crust Cheese Pizza
Cherry Tomatoes Golden Corn Chilled Peaches	Mashed Potatoes/Gravy Whole Grain Roll Cranberry Sauce Autumn Sundae	Baby Carrots Twister Fries Fresh Grapes	Refried Beans Cheese Rice Mixed Fruit	Tossed Green Salad Orange Smiles Chocolate Graham Cookie
23 Breaded Beef Fingers Mozzarella Cheese Sticks	24 Cheese Pan Pizza Deli Turkey Sub Stuffed Crust Pepperoni Pizza*	<b>November 25-27 Holiday</b>		
Fluffy Rice/Gravy Steamed Green Beans Pineapple Tidbits	Vegetable Sticks Whole Grain Breadstick Cinnamon Applesauce			

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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.\*



**NEW!** **Nutrition Information Available on Website!!!**

Ever wonder how much Vitamin A or Iron is in your student's breakfast or lunch? Now you can find out! Nutrition and Food Services is introducing new this year Nutritional Information for all menus. Check out the Menu page on our website at [http://www.katyisd.org/food\\_services/Pages/Menus.aspx](http://www.katyisd.org/food_services/Pages/Menus.aspx) to get up to date nutritional information on all menu items!

**Nourishing Minds**

Check out this month's NOURISHING MINDS elementary book selection: *PILGRIM'S FIRST THANKSGIVING* By Ann McGovern.

**BALANCE EACH DAY WITH FOOD & PLAY.** Healthy eating habits and physical activity work together for better health. Making healthy food choices helps kids to grow, develop and be ready to learn. Being physically active is fun and helps you feel good too!

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