



Round Rock ISD Secondary Menu Spring 2009



On the Menu

Your Energizing Breakfast Itinerary!

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GROUP 1	Egg & Sausage Biscuit OR Pancake on a Stick w/Syrup OR Dry Cereal w/Cinnamon Toast	Pancakes w/Syrup & Breakfast Ham Wedges OR Texas Toast Chicken Patty Sandwich Half w/Tater Tots OR Dry Cereal w/Toast & Jelly	Biscuit w/Gravy, Sausage Patty & Apricots OR Waffles w/Syrup OR Dry Cereal w/Cinnamon Toast	Breakfast Tacos OR Pancake on a Stick w/Syrup OR Dry Cereal w/Toast & Jelly	Cinnamon Roll & Sausage Patty OR Biscuit w/Gravy & Sausage Patty OR Dry Cereal w/Cinnamon Toast
GROUP 2	Maple-Brown Sugar Oatmeal OR Fresh Fruit OR Cinnamon Toast	Cinnamon Raisin Oatmeal OR Fresh Fruit OR Toast & Jelly	Maple-Brown Sugar Oatmeal OR Fresh Fruit OR Cinnamon Toast	Cinnamon Raisin Oatmeal OR Fresh Fruit OR Toast & Jelly	Maple-Brown Sugar Oatmeal OR Fresh Fruit OR Cinnamon Toast
GROUP 3	Orange Juice	Apple OR Grape Juice	Apple OR Grape Juice	Orange Juice	Apple OR Grape Juice
GROUP 4	Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk

Enjoy A World of Flavor with The Main Course

- Cycle 1**
Jan 5-9
Feb 9-13
Mar 23-27
Apr 27-May 1
June 1-3
- Cycle 2**
Jan 12-16
Feb 16-20
Mar 30-Apr 3
May 4-8
- Cycle 3**
Jan 19-23
Feb 23-27
Apr 6-10
May 11-15
- Cycle 4**
Jan 26-30
Mar 2-6
Apr 13-17
May 18-22
- Cycle 5**
Feb 2-6
Mar 9-13
Apr 20-24
May 25-29

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Ravioli w/Garlic Cheese Toast Baby Carrots Seasoned Green Beans Cup O' Mixed Fruits	Soft Beef Taco w/Tostitos & Queso Dip Charro Beans Santa Fe Rice Cherry Sliced Pears	BBQ Pork Rib Sandwich Broccoli & Tomato Salad Ranch Style Beans Pineapple "Fluff"	Chicken Parmesan Fresh Spinach Salad w/Croutons California Vegetables Cinnamon Banana Apples	Chicken Fried Steak w/Mashed Potatoes Veggies Mixed Up Fresh Orange Wedges Wheat Roll
Vegetable Egg Roll w/Steamed Rice & Fortune Cookie Macaroni & Cheese Sweet Green Peas Rainbow OR Plain Pear Half	Chili-Cheese Hot Dog Baked Beans Seasoned New Potatoes Granny Smith Apple	Toasted Cheese Sandwich Creamy Tomato Soup Celery & Carrots w/Ranch Milk Chocolate Pudding	Spaghetti w/Marinara OR Meatballs Veggies Mixed Up Fresh Orange Wedges Parmesan Breadstick	Chicken Nuggets & Mini Corn Dogs Mandarin Broccoli Salad Creamy Baked Mashed Potatoes Oatmeal Raisin Cookie
BBQ Turkey & Provolone Sub Sandwich Baked Fries Seasoned Green Peas Fruit Cocktail	Crispy Beef Tacos Seasoned Pinto Beans Santa Fe Rice Tropical Pineapple	Over Stuffed Baked Potato Tossed Salad Hot Vegetable Sticks Fruited Jell-O w/Topping	Pork Roast w/Gravy & Wheat Roll Sweet Potato Cup Seasoned Broccoli Applesauce	Cheesy Lasagna (with or without Beef) Seasoned Green Beans Glazed Carrots Whole Banana
Cheesy Beef Ravioli w/Parmesan Breadstick Veggies Mixed Up Fresh Spinach Salad w/Croutons Pineapple "Fluff"	Upside Down Frito Pie Mini Corn on the Cob Tossed Salad Chilled Sliced Peaches	BBQ Pork Rib Sandwich w/Ranch Beans Macaroni & Cheese Tomato & Cucumber Salad Red Apple	Chicken Parmesan Mandarin Broccoli Salad California Vegetables Under-The-Sea Salad w/Topping	Chicken "Fried" Steak w/Parslied New Potatoes Seasoned Spinach Mandarin Oranges Banana Bread
Chili Corn Dog Cheesy Pinto Beans Pasta Salad Tropical Pineapple	Bean & Cheese Soft Taco w/Tostitos & Queso Dip Seasoned Corn Santa Fe Rice Cup O' Mixed Fruits	Spaghetti w/Marinara OR Meatballs Seasoned Green Beans Whole Banana Oatmeal Raisin Cookie	Roasted Turkey w/Creamy Baked Mashed Potatoes Broccoli w/Cheese Sauce Strawberry Shortcake Wheat Roll	Macaroni & Cheese w/Mini Corn Dogs Sweet Green Peas Rainbow OR Plain Pear Half Milk Chocolate Pudding

A variety of milk, fountain drinks, and fresh fruit offered daily.



Meal Pricing

Breakfast	\$1.35
Lunch	\$2.30
Reduced Breakfast	\$.30
Reduced Lunch	\$.40
Faculty & Guest Lunch	\$2.75

On the Menu



A La Carte Adventures

\$3.75

- MONDAY**
Grilled Chicken Sandwich
OR Popcorn Chicken
both with
Seasoned Curly Fries
- TUESDAY**
Chicken Tenders
w/Mashed Potatoes
& Wheat Bread Slice
- WEDNESDAY**
Chicken Breast
Fillet Sandwich
OR Popcorn
Chicken both with
Seasoned Curly Fries
- THURSDAY**
Chicken Tenders
w/Mashed Potatoes
& Wheat Roll
- FRIDAY**
Philly Cheese
Steak Sandwich
OR Popcorn Chicken
both with
Seasoned Curly Fries

Explore Exciting Tastes at the Cafe!

World Market

- MONDAY**
Burrito Under Construction
Flour Tortilla
w/Refried Beans
Chicken Fajita Meat
Santa Fe Rice
Cheese Sauce
- TUESDAY**
Pasta Party Time!
Choose Your Pasta
Sauce Options
Meat Choice
Vegetable
Toppings
- WEDNESDAY**
Fiesta!
Taco Salad
Seasoned Corn
Fresh Orange Wedges
Berry Fruited
Jell-O
- THURSDAY**
East Meets West
Vegetable Stir Fry
w/Steamed Rice
Pork & Vegetable
Egg Roll
Tropical Pineapple
Fortune Cookie
- FRIDAY**
Southern Hospitality
Pulled Pork BBQ
Sandwich
Sweet Potato Fries
House Salad
Peaches 'N Cream

The Grill

- Hamburger, Cheeseburger, OR Corn Dog**
Baked Fries
Burger Fixin's
Granny Smith Apple
- Chicken Nuggets OR Chicken "Fried" Steak both w/Wheat Bread**
Mashed Potatoes
Seasoned Broccoli
Cup O' Mixed Fruits
- Hamburger, Cheeseburger, OR Italian Meatball Sub**
Baked Fries
Burger Fixin's
Fresh Orange Wedges
- Chicken Nuggets OR Beef Steak Fingers**
Mashed Potatoes
Seasoned Mixed Vegetables
Streusel Cake
- Hamburger, Cheeseburger, OR Chicken Patty on Bun**
Baked Fries
Burger Fixin's
Whole Banana

The Pizzeria

- Cheese & Pepperoni Pizza Wedges**
Seasoned Corn
Granny Smith Apple
Party Pudding
- Cheese & Pepperoni Pizza Wedges**
Pasta Salad
Baby Carrots
Party Pudding
- Cheese & Pepperoni Pizza Wedges**
Seasoned Corn
Fresh Orange Wedges
Party Pudding
- Cheese & Pepperoni Pizza Wedges**
Pasta Salad
Baby Carrots
Party Pudding
- Cheese & Pepperoni Pizza Wedges**
Seasoned Corn
Whole Banana
Party Pudding

The Deli

- Turkey & Cheese Hoagie OR Turkey Salad Sandwich both with Burger Fixins**
Baked Chips
Granny Smith Apple
- Turkey & Cheese Hoagie OR Ham & Cheese Hoagie both with Burger Fixins**
Baked Chips
Red Delicious Apple
- Turkey & Cheese Hoagie OR Ham & Cheese Sandwich on Wheat both with Burger Fixins**
Baked Chips
Fresh Oranges Wedges
- Turkey & Cheese Hoagie OR Ham & Cheese Hoagie both with Burger Fixins**
Baked Chips
Red Delicious Apple
- Turkey & Cheese Hoagie OR Tuna Salad Sandwich on Wheat both with Burger Fixins**
Baked Chips
Whole Banana

Salads

All prepackaged Salads, including Caesar and Greek, are offered daily with Sides of Crackers, Croutons, and Party Pudding.

High Schools have a Build-Your-Own Deli Sandwich Meal daily.

A variety of milk, fountain drinks, and fresh fruit offered daily.

Menu and Meal Selections

Round Rock ISD follows the Nutrient Standard menu planning and Offer versus Serve meal pattern as outlined by USDA – United States Department of Agriculture. The Nutrient Standard menu planning is based on the nutrient content of foods served and limits foods that exceed high fat and caloric levels as set forth by TDA. The Offer versus Serve meal pattern gives students a choice in their meal selections. **For Breakfast, students are required to select an item from at least three of the four groups. Lunch offerings include entree, sides, and milk. Students are required to choose one of the entrees and at least two other items up to four.**

Nutritional analysis is available upon request. Menu is posted on the district's website at www.roundrockisd.org. Menu substitutions may occur.

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Visit our website at www.roundrockisd.org/foodservices

Menu design by Catfish Designs
www.catfishdesigns.com

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