



# Round Rock ISD Secondary Menu Fall 2008



On the Menu

## Your Energizing Breakfast Itinerary!

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GROUP 1	Sausage Roll w/Peppered Gravy OR Pancake on a Stick w/Syrup OR Dry Cereal w/2 Slices Cinnamon Toast	Pancakes w/Syrup & Breakfast Ham Wedges OR Texas Toast Chicken Patty Sandwich Half w/Tater Tots OR Dry Cereal w/2 Slices of Toast & Jelly	Biscuit w/Gravy, Sausage Patty & Apricots OR Waffles w/Syrup OR Dry Cereal w/2 Slices of Toast & Jelly	Breakfast Tacos OR Pancake on a Stick w/Syrup OR Dry Cereal w/2 Slices of Toast & Jelly	Cinnamon Roll & Sausage Patty OR Biscuit w/Gravy & Sausage Patty OR Dry Cereal w/2 Slices 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**  
Aug 26-29  
Sept 29-Oct 3  
Nov 3-7  
Dec 8-12
- Cycle 2**  
Sept 2-5  
Oct 6-9  
Nov 10-14  
Dec 15-19
- Cycle 3**  
Sept 8-12  
Oct 14-17  
Nov 17-21
- Cycle 4**  
Sept 15-19  
Oct 20-24  
Nov 24-25
- Cycle 5**  
Sept 22-26  
Oct 27-31  
Dec 1-5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Cheesy Beef Ravioli w/Parmesan Breadstick</b> Baby Carrots Seasoned Green Beans Cup O'Mixed Fruits	<b>Soft Beef Taco w/Tostitos &amp; Queso Dip</b> Charro Beans Santa Fe Rice Under-The-Sea Salad w/Topping	<b>BBQ Beef on Bun</b> Broccoli & Tomato Salad Pork & Beans Pineapple "Fluff"	<b>Chicken Parmesan</b> Fresh Spinach Salad w/Croutons California Vegetables Cherry Sliced Pears	<b>Chicken Fried Steak w/Mashed Potatoes</b> Veggies Mixed Up Fresh Orange Wedges Banana Bread
<b>Chili Cheese Hot Dog</b> Ranch Style Beans Mini Corn on the Cob Granny Smith Apple	<b>Vegetable Egg Roll w/Steamed Rice &amp; Fortune Cookie</b> Macaroni & Cheese Sweet Green Peas Rainbow OR Plain Pear Half	<b>Toasted Cheese Sandwich</b> Creamy Tomato Soup Celery & Carrots w/Ranch Milk Chocolate Pudding	<b>Spaghetti w/Marinara OR Meatballs</b> Veggies Mixed Up Red Delicious Apple Parmesan Breadstick	<b>Chicken Nuggets &amp; Mini Corn Dogs</b> Mandarin Broccoli Salad Creamy Baked Mashed Potatoes Oatmeal Raisin Cookie
<b>Pork Roast Sandwich</b> Baked Fries Season Green Peas Fruit Crisp	<b>Crispy Beef Tacos</b> Seasoned Pinto Beans Santa Fe Rice Tropical Pineapple	<b>Over Stuffed Baked Potato</b> Tossed Salad Taco Meat Fruited Jell-O w/Topping	<b>Roasted Turkey w/Wheat Roll</b> Sweet Potato Cup Broccoli w/Cheese Sauce Watermelon Bites	<b>Cheesy Lasagna with or without Beef</b> Seasoned Green Beans Whole Banana Cinnamon Breadstick
<b>Cheesy Beef Ravioli w/Parmesan Breadstick</b> Veggies Mixed Up Fresh Spinach Salad w/Croutons Pineapple "Fluff"	<b>Upside Down Frito Pie</b> Mini Corn on the Cob Tossed Salad Chilled Sliced Peaches	<b>BBQ Pork Rib Sandwich w/Ranch Beans</b> Macaroni & Cheese Tomato & Cucumber Salad Red Grapes	<b>Chicken Parmesan</b> Mandarin Broccoli Salad California Vegetables Under-The-Sea Salad w/Topping	<b>Chicken Fried Steak w/Parslied New Potatoes</b> Seasoned Spinach Red Delicious Apple Banana Brownie Cake
<b>Chili Corn Dog</b> Ranch Style Beans Pasta Salad Tropical Pineapple	<b>Bean &amp; Cheese Soft Taco w/Tostitos &amp; Queso Dip</b> Seasoned Corn Santa Fe Rice Cup O'Mixed Fruits	<b>Spaghetti w/Marinara OR Meatballs</b> Seasoned Green Beans Whole Banana Oatmeal Raisin Cookie	<b>Roasted Turkey w/Creamy Baked Mashed Potatoes</b> Broccoli w/Cheese Sauce Watermelon Bites Wheat Roll	<b>Macaroni &amp; Cheese w/Mini Corn Dogs</b> 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 w/Baked Fries
- TUESDAY**  
Chicken Tenders w/Mashed Potatoes & Wheat Bread Slice
- WEDNESDAY**  
Chicken Breast Fillet Sandwich w/Baked Fries
- THURSDAY**  
Chicken Tenders w/Mashed Potatoes & Wheat Roll
- FRIDAY**  
Philly Cheese Steak Sandwich w/Baked 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**  
Our Big Fat Greek Sandwich  
Greek Gyros  
Baked Fries  
House Salad  
Red Delicious Apple

### The Grill

- Hamburger, Cheeseburger, OR Corn Dog  
Baked Fries  
Burger Fixin's  
Granny Smith Apple
- Chicken Nuggets OR Chicken "Fried" Steak  
Mashed Potatoes  
Baby Carrots  
Fruit Crisp
- Hamburger, Cheeseburger, OR Italian Meatball Sub  
Baked Fries  
Burger Fixin's  
Fresh Orange Wedges
- Chicken Nuggets OR Beef Steak Fingers  
Mashed Potatoes  
Broccoli & Cheese Sauce  
Wheat Roll
- Hamburger, Cheeseburger, OR Chicken Patty on Bun  
Baked Fries  
Burger Fixin's  
Whole Banana

### The Pizzeria

- Cheese & Pepperoni Pizza Wedges  
Seasoned Corn  
Baby Carrots  
Party Pudding
- Cheese & Pepperoni Pizza Wedges  
Pasta Salad  
Baby Carrots  
Party Pudding
- Cheese & Pepperoni Pizza Wedges  
Seasoned Corn  
Baby Carrots  
Party Pudding
- Cheese & Pepperoni Pizza Wedges  
Pasta Salad  
Baby Carrots  
Party Pudding
- Cheese & Pepperoni Pizza Wedges  
Seasoned Corn  
Baby Carrots  
Party Pudding

### The Deli

- Turkey & Cheese Hoagie OR Turkey Salad Sandwich on Wheat  
Baked Chips  
Burger Fixin's  
Red Delicious Apple
- Turkey & Cheese Hoagie OR Ham & Cheese Hoagie  
Baked Chips  
Burger Fixin's  
Fruit Cocktail
- Turkey & Cheese Hoagie OR Ham & Cheese Sandwich on Wheat  
Baked Chips  
Burger Fixin's  
Fresh Orange Wedges
- Turkey & Cheese Hoagie OR Ham & Cheese Sandwich  
Baked Chips  
Burger Fixin's  
Tropical Pineapple
- Turkey & Cheese Hoagie OR Tuna Salad Sandwich on Wheat  
Baked Chips  
Burger Fixin's  
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](http://www.roundrockisd.org). Menu substitutions may occur.

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Visit our website at [www.roundrockisd.org/foodservices](http://www.roundrockisd.org/foodservices)

Watch For Monthly Promotional Meals \$3.75

