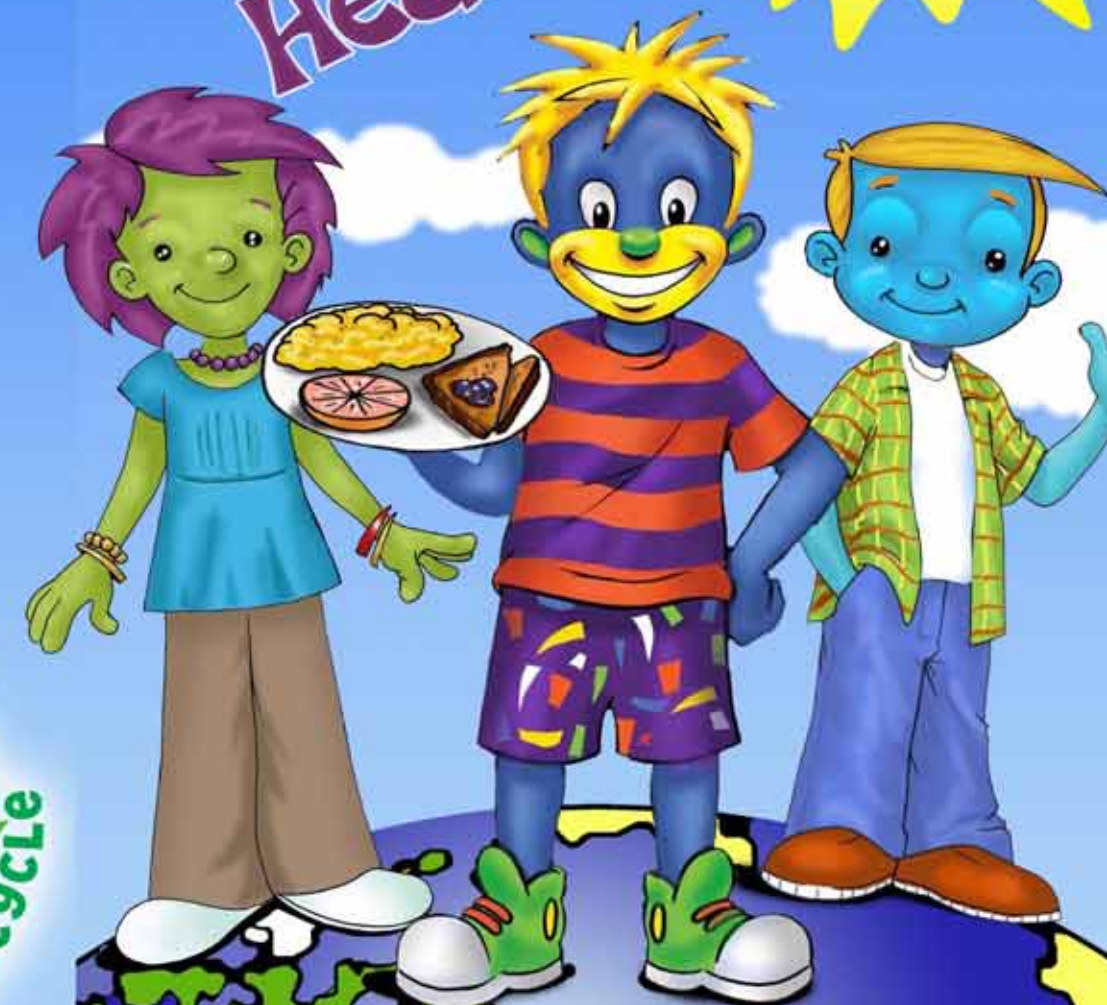


**Make Your World Revolve Around Eating Right. Start with a Healthy Breakfast!**



**Healthy Earth. Healthy You.**



- MON**  
Pancakes w/Syrup & Steak Fingers
- TUE**  
Chocolaty Oatmeal Biscuit w/Sausage Patty
- WED**  
Breakfast Square w/Ham Wedges
- THU**  
Breakfast Eggs w/Flour Tortilla or Toast & Jelly
- FRI**  
Cinnamon Roll w/Sausage Patty

**Entrees Served**  
Offered Daily: Dry Cereal, Toast and Jelly, 100 % Fruit Juice and a variety of Milk.

**Breakfast In The Classroom**

- |             |                |
|-------------|----------------|
| Aug. 27-31  | Sept. 4-7      |
| Sept. 10-14 | Sept. 17-21    |
| Sept. 24-28 | Oct. 1-5       |
| Oct. 9-12   | Oct. 15-19     |
| Oct. 22-26  | Oct. 29-Nov. 2 |
| Nov. 5-9    | Nov. 12-16     |
| Nov. 19-20  | Nov. 26-30     |
| Dec. 3-7    | Dec. 10-14     |
| Dec. 17-20  |                |

- |   |  |
|---|--|
| <b>Mon</b><br>French Toast Crunch Cereal & Waffle w/Syrup | <b>Mon</b><br>Pancake & Sausage on a Stick                       |
| <b>Tue</b><br>Cinnamon Roll & Breakfast Ham Wedges        | <b>Tue</b><br>Reduced Sugar Cinnamon Toast Crunch Cereal & Toast |
| <b>Wed</b><br>Steak Fingers & Biscuit                     | <b>Wed</b><br>Steak Fingers & Biscuit                            |
| <b>Thu</b><br>Breakfast Square & Sausage Patty            | <b>Thu</b><br>Cinnamon Roll & Sausage Patty                      |
| <b>Fri</b><br>Reduced Sugar Trix Cereal & Toast           | <b>Fri</b><br>Frosted Cheerios Cereal & Texas Toast              |

100% Fruit Juice and Milk provided with breakfast daily.

**Special Days**

- |                  |                       |
|------------------|-----------------------|
| Aug. 27          | First Day of School   |
| Sept. 3          | Labor Day Holiday     |
| Oct. 5           | Early Release Day     |
| Oct. 8           | Staff Development Day |
| Oct. 23 & 25     | Early Release Day     |
| Nov. 21-23       | Thanksgiving Holiday  |
| Dec. 21 - Jan. 7 | Winter Break          |

**More Info...**

**Nutrition and Education**

We understand the impact of good nutrition on student performance. For a student to succeed, he or she must be ready to learn. Books, pencils and paper are the tools of education; nutrition is the fuel! Your school cafeteria is where your student fuels up by eating nutritionally analyzed meals designed to be "kid friendly" and healthy too.

Your Round Rock ISD School Nutrition Department, partnered with ARAMARK, is dedicated to the success of your student by focusing on school nutrition through a foundation of fact-based research, dedicated professionals, and a proven track record.

Methods we are utilizing to lead the area in school nutrition are:

- All items served are less than 23 grams fat.
- Whenever possible, only whole grain items are served.
- All snacks offered meet the nutritional guidelines set forth by the Snack Factor program, in conjunction with TDA guidelines.
- Fried foods have been eliminated from our elementary schools

**Check out our Website for Current Menu**

<http://www.roundrockisd.org/foodservices/default.htm>  
Menu is subject to change without notice. Nutritional analysis available upon request.

**Menu Choice Definitions**

- Breakfast**  
You May or May Not take an Entree.  
You May take 1 Side dish.  
You May or May Not take Milk.  
You must take a minimum of 2 items.  
You may take a maximum of 3 items.
- Lunch**  
You Must take an Entree.  
You May take up to 3 Sides.  
You May or May Not take Milk.  
You must take a minimum of 3 items.  
You may take a maximum of 5 items.



**Nut-Free Schools**

The Round Rock ISD Food Service Department has enacted a nut-free policy for all of its programs at the elementary campuses. These programs will include: breakfast, lunch, a la carte and after school snacks.

ARAMARK is an Equal Opportunity Employer.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Menu design by Catfish Designs  
[www.catfishdesigns.com](http://www.catfishdesigns.com)

**Fall 2007**  
Elementary School Menu



# AUGUST

<b>27</b> Chicken Nuggets w/Wheat Roll OR Beef Ravioli w/Wheat Roll Seasoned Green Beans Baby Carrots Cherry Sliced Pears	<b>28</b> Cheese Nachos OR BBQ On Bun w/Pickle Chips Ranch Style Beans Lettuce & Tomato Watermelon Bites	<b>29</b> Turkey Hot Dog OR Chick'n Gravy Over Potatoes Baked Beans California Ranch Salad Red Grapes	<b>30</b> Charbroiled Hamburger OR Fruit Bowl w/Graham Crackers Seasoned Corn Lettuce & Pickles Milk Chocolate Pudding	<b>31</b> Pepperoni Pizza OR Spaghetti w/Marinara Sauce Seasoned Broccoli Fresh Orange Smiles Oatmeal Raisin Cookie
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## Spike's Birthday Cookie Club

Join us on the 2nd Thursday of your birthday month for a cookie!

## Cookout Days!

September 20	Deep Wood
September 28	Gattis
October 12	Pond Springs Fern Bluff Voigt
October 17	Forest North Canyon Creek
October 19	Laurel Mountain Anderson Mill
October 30	Live Oak

## Spike-able Sack Lunches

**Club Sandwich Sack Lunch**  
Turkey, Ham & Cheese Sandwich, Baked Chips, Baby Carrots, Banana Half

**Chicken Nugget Sack Lunch**  
Baked Chicken Nuggets w/Wheat Bread, Carrot Babies, Apple Half, Banana Brownie Cake

## PRICING

### Breakfast

Student Breakfast • \$1.35  
Reduced Breakfast • \$.30  
Adult Breakfast • \$1.50

### Lunch

Student Lunch • \$2.05  
Reduced Lunch • \$.40  
Adult Lunch • \$2.50

Purple print indicates One World Cafe Recipes.

A variety of milk is offered daily.



## Daily Yogurt Entrees

<b>Monday</b> Fruit-Blend Yogurt & Cinnamon Breadstick
<b>Tuesday</b> Fruit-Blend Yogurt & Soft Pretzel
<b>Wednesday</b> Fruit-Blend Yogurt & Tortilla Chips w/Cheese Sauce
<b>Thursday</b> Fruit-Blend Yogurt & 1/2 Toasted Cheese Sandwich
<b>Friday</b> No Yogurt Entree Offered



# SEPTEMBER

<b>3</b> <b>Student Holiday</b>	<b>4</b> Chicken Nuggets w/Wheat Bread OR Chili & Cheese Eat-The-Bowl Santa Fe Rice Sour Power Applesauce Rice Krispie Treat	<b>5</b> Charbroiled Cheeseburger OR Mini Pancakes w/Syrup & Ham Wedges Lettuce & Pickles Mini Corn on the Cob Red or Green Apple Half	<b>6</b> Spaghetti Goofy Green Peas Whole Wheat Roll Banana Half OR Spike-able Club Sandwich Sack Lunch	<b>7</b> Cheese Pizza OR Popcorn Chicken in the Nest Mixed Vegetables Tossed Salad Tropical Pineapple
<b>10</b> Charbroiled Hamburger OR Spike's Special Entree Baked Fries Seasoned Spinach Confetti Pears	<b>11</b> Beef Ravioli OR Toasted Cheese Sandwich Seasoned Green Beans Fresh Vegetables Cup Under the Sea Salad	<b>12</b> Chicken Nuggets w/Wheat Bread OR Homestyle Meatloaf w/Wheat Bread Broccoli w/Cheese Sauce Red Grapes Banana Brownie Cake	<b>13</b> Macaroni & Cheese w/Wheat Roll OR BBQ On Bun w/Pickle Chips Baked Beans California Ranch Salad Watermelon Bites	<b>14</b> Pepperoni Pizza OR Chef Salad w/Cheese, Egg & Parmesan Breadstick Seasoned Corn Baby Carrots Fruit Salad
<b>17</b> Turkey Corn Dog OR Chick'n Gravy Over Potatoes Seasoned Green Beans Rainbow Pear Half Oatmeal Fruit Bar	<b>18</b> Ranch Chicken Chips w/Wheat Bread OR SW Beef Steak Fingers w/Wheat Bread Smashed Potatoes Craisie Broccoli Salad Red or Green Apple Half	<b>19</b> Cheese Nachos OR Fruit Bowl w/Graham Crackers Ranch Style Beans Hot Vegetable Sticks Sour Power Applesauce	<b>20</b> Charbroiled Hamburger OR BBQ Mesquite Chicken w/Wheat Bread Seasoned Rice Baked Beans Strawberry Fruited Jell-O	<b>21</b> Cheese Pizza OR Sausage Pancake on a Stick w/Syrup Mini Corn on the Cob Zucchini Parmesan Red Grapes
<b>24</b> Spaghetti OR Toasted Turkey & Cheese Sandwich Seasoned Spinach Chilled Peaches Strawberry Poke Cake	<b>25</b> Charbroiled Hamburger OR Chicken 'n Rice Soup w/Parmesan Breadstick Baked Crunchy Cheetos Lettuce & Pickles Watermelon Bites	<b>26</b> Turkey Hot Dog Potato Smiles Seasoned Pinto Beans Apple Half OR Spike-able Chicken Nugget Sack Lunch	<b>27</b> Crispy Beef Tacos OR Ham & Cheese Pinwheels w/Ranch Dip Seasoned Corn Lettuce & Tomato Lime Jell-O w/Pineapple	<b>28</b> Cheese Pizza OR Fish From The Sea & Cosmic Potatoes Mixed Vegetables Baby Carrots Fruit Salad

# OCTOBER

<b>1</b> Chicken Nuggets w/Wheat Roll OR Beef Ravioli w/Wheat Roll Seasoned Green Beans Baby Carrots Cherry Sliced Pears	<b>2</b> Cheese Nachos OR BBQ On Bun w/Pickle Chips Ranch Style Beans Lettuce & Tomato Watermelon Bites	<b>3</b> Turkey Hot Dog OR Chick'n Gravy Over Potatoes Baked Beans California Ranch Salad Red Grapes	<b>4</b> Charbroiled Hamburger OR Fruit Bowl w/Graham Crackers Seasoned Corn Lettuce & Pickles Milk Chocolate Pudding	<b>5</b> <i>Early Release</i> Pepperoni Pizza OR Spaghetti w/Marinara Sauce Seasoned Broccoli Fresh Orange Smiles Oatmeal Raisin Cookie
<b>8</b> <b>Student Holiday</b>	<b>9</b> Chicken Nuggets w/Wheat Bread OR Chili & Cheese Eat-The-Bowl Santa Fe Rice Sour Power Applesauce Rice Krispie Treat	<b>10</b> Charbroiled Cheeseburger OR Mini Pancakes w/Syrup & Ham Wedges Lettuce & Pickles Mini Corn on the Cob Red or Green Apple Half	<b>11</b> Spaghetti Goofy Green Peas Whole Wheat Roll Banana Half OR Spike-able Club Sandwich Sack Lunch	<b>12</b> Cheese Pizza OR Popcorn Chicken in the Nest Mixed Vegetables Tossed Salad Tropical Pineapple
<b>15</b> Charbroiled Hamburger OR Spike's Special Entree Baked Fries Seasoned Spinach Confetti Pears	<b>16</b> Beef Ravioli OR Toasted Cheese Sandwich Seasoned Green Beans Fresh Vegetables Cup Under the Sea Salad	<b>17</b> Chicken Nuggets w/Wheat Bread OR Homestyle Meatloaf w/Wheat Bread Broccoli w/Cheese Sauce Red Grapes Banana Brownie Cake	<b>18</b> Macaroni & Cheese w/Wheat Roll OR BBQ On Bun w/Pickle Chips Baked Beans California Ranch Salad Watermelon Bites	<b>19</b> Pepperoni Pizza OR Chef Salad w/Cheese, Egg & Parmesan Breadstick Seasoned Corn Baby Carrots Fruit Salad
<b>22</b> Turkey Corn Dog OR Chick'n Gravy Over Potatoes Seasoned Green Beans Rainbow Pear Half Oatmeal Fruit Bar	<b>23</b> <i>Early Release</i> Ranch Chicken Chips w/Wheat Bread Smashed Potatoes Craisie Broccoli Salad Red or Green Apple Half	<b>24</b> Cheese Nachos OR Fruit Bowl w/Graham Crackers Ranch Style Beans Hot Vegetable Sticks Sour Power Applesauce	<b>25</b> <i>Early Release</i> Charbroiled Hamburger Seasoned Rice Baked Beans Strawberry Fruit Jell-O	<b>26</b> Cheese Pizza OR Sausage Pancake on a Stick w/Syrup Mini Corn on the Cob Zucchini Parmesan Red Grapes
<b>29</b> Spaghetti OR Toasted Turkey & Cheese Sandwich Seasoned Spinach Chilled Peaches Strawberry Poke Cake	<b>30</b> Charbroiled Hamburger OR Chicken 'n Rice Soup w/Parmesan Breadstick Baked Crunchy Cheetos Lettuce & Pickles Watermelon Bites	<b>31</b> Turkey Hot Dog Potato Smiles Seasoned Pinto Beans Apple Half OR Spike-able Chicken Nugget Sack Lunch		



# Healthy Earth.



# NOVEMBER

<b>5</b> Chicken Nuggets w/Wheat Roll OR Beef Ravioli w/Wheat Roll Seasoned Green Beans Baby Carrots Cherry Sliced Pears	<b>6</b> Cheese Nachos OR BBQ On Bun w/Pickle Chips Ranch Style Beans Lettuce & Tomato Watermelon Bites	<b>7</b> Turkey Hot Dog OR Chick'n Gravy Over Potatoes Baked Beans California Ranch Salad Red Grapes	<b>8</b> Charbroiled Hamburger OR Fruit Bowl w/Graham Crackers Seasoned Corn Lettuce & Pickles Milk Chocolate Pudding	<b>9</b> Pepperoni Pizza OR Spaghetti w/Marinara Sauce Seasoned Broccoli Fresh Orange Smiles Oatmeal Raisin Cookie
<b>12</b> Mini Corn Dogs w/Potato Smiles OR French Bread Hamburger Pizza Seasoned Green Beans Fruit Salad Strawberry Pudding	<b>13</b> Chicken Nuggets w/Wheat Bread OR Chili & Cheese Eat-The-Bowl Santa Fe Rice Sour Power Applesauce Rice Krispie Treat	<b>14</b> Charbroiled Cheeseburger OR Mini Pancakes w/Syrup & Ham Wedges Lettuce & Pickles Mini Corn on the Cob Red or Green Apple Half	<b>15</b> Spaghetti Goofy Green Peas Whole Wheat Roll Banana Half OR Spike-able Club Sandwich Sack Lunch	<b>16</b> Cheese Pizza OR Popcorn Chicken in the Nest Mixed Vegetables Tossed Salad Tropical Pineapple
<b>19</b> Charbroiled Hamburger OR Spike's Special Entree Baked Fries Seasoned Spinach Confetti Pears	<b>20</b> Beef Ravioli OR Toasted Cheese Sandwich Seasoned Green Beans Baby Carrots Under the Sea Salad	<b>21</b>	<b>22</b>	<b>23</b>
<b>26</b> Turkey Corn Dog OR Chick'n Gravy Over Potatoes Seasoned Green Beans Rainbow Pear Half Oatmeal Fruit Bar	<b>27</b> Ranch Chicken Chips w/Wheat Bread OR SW Beef Steak Fingers w/Wheat Bread Smashed Potatoes Craisie Broccoli Salad Red or Green Apple Half	<b>28</b> Cheese Nachos OR Fruit Bowl w/Graham Crackers Ranch Style Beans Hot Vegetable Sticks Sour Power Applesauce	<b>29</b> Charbroiled Hamburger OR BBQ Mesquite Chicken w/Wheat Bread Seasoned Rice Baked Beans Strawberry Fruit Jell-O	<b>30</b> Cheese Pizza OR Sausage Pancake on a Stick w/Syrup Mini Corn on the Cob Zucchini Parmesan Red Grapes

Thanksgiving Holiday  
November 21-23

# DECEMBER

<b>3</b> Spaghetti OR Toasted Turkey & Cheese Sandwich Seasoned Spinach Chilled Peaches Strawberry Poke Cake	<b>4</b> Charbroiled Hamburger OR Chicken 'n Rice Soup w/Parmesan Breadstick Baked Crunchy Cheetos Lettuce & Pickles Strawberry Pudding	<b>5</b> Turkey Hot Dog OR Potato Smiles Seasoned Pinto Beans Apple Half OR Spike-able Chicken Nugget Sack Lunch	<b>6</b> Crispy Beef Tacos OR Ham & Cheese Pinwheels w/Ranch Dip Seasoned Corn Lettuce & Tomato Lime Jell-O w/Pineapple	<b>7</b> Cheese Pizza OR Fish From The Sea & Cosmic Potatoes Mixed Vegetables Baby Carrots Fruit Salad
<b>10</b> Chicken Nuggets w/Wheat Roll OR Beef Ravioli w/Wheat Roll Seasoned Green Beans Baby Carrots Cherry Sliced Pears	<b>11</b> Cheese Nachos OR BBQ On Bun w/Pickle Chips Ranch Style Beans Lettuce & Tomato Apple Half	<b>12</b> Turkey Hot Dog OR Chick'n Gravy Over Potatoes Baked Beans California Ranch Salad Red Grapes	<b>13</b> Charbroiled Hamburger OR Fruit Bowl w/Graham Crackers Seasoned Corn Lettuce & Pickles Milk Chocolate Pudding	<b>14</b> Pepperoni Pizza OR Spaghetti w/Marinara Sauce Seasoned Broccoli Fresh Orange Smiles Oatmeal Raisin Cookie
<b>17</b> Mini Corn Dogs w/Potato Smiles OR French Bread Hamburger Pizza Seasoned Green Beans Fruit Salad Strawberry Pudding	<b>18</b> Chicken Nuggets w/Wheat Bread OR Chili & Cheese Eat-The-Bowl Santa Fe Rice Sour Power Applesauce Rice Krispie Treat	<b>19</b> Charbroiled Cheeseburger OR Mini Pancakes w/Syrup & Ham Wedges Lettuce & Pickles Mini Corn on the Cob Red or Green Apple Half	<b>20</b> Spaghetti Goofy Green Peas Whole Wheat Roll Chilled Fruit OR Spike-able Club Sandwich Sack Lunch	<b>21</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>31</b>				

SCHOOL HOLIDAY DECEMBER 21-31

# Healthy You.

