

Cypress Springs Elementary "At a Glance" Menu 2022-2023

LUNCH

Students: \$3.30/Reduced \$.40 Adults/Visitors: \$4.45 Entrée only: \$2.50

Daily Baked Potato Meal with Toppings, all Cycles!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheese Lasagna Roll-Up Chicken Breast Sandwich WG Breadstick Seasoned Corn Hamburger Salad Strawberries & Cream Seasonal Fresh Fruit	Beef Tacos Beef Taco Salad Baked Chicken Nuggets Healthy Refried Beans Lettuce & Tomatoes Cinnamon Applesauce Seasonal Fresh Fruit	Fresh Made Pizza w/Assorted Toppings Chicken Tenders/Breadstick Mashed Potatoes & Gravy Crunchy Vegetable Dippers Mandarin Oranges Seasonal Fresh Fruit	Hamburger/Cheeseburger Asian Chicken Steamed Rice Hamburger Salad Mixed Veggie Blend Pineapple Tidbits Seasonal Fresh Fruit	Grilled Cheese Sandwich All Beef Hotdog Baked Smiley Fries Sliced Cucumbers with Ranch Dressing Pears & Grapes Seasonal Fresh Fruit


CYCLE 1: Aug. 15, Sept. 5, 26, Oct. 17, Nov. 7, Dec. 5, Jan. 9, 30, Feb. 20, Mar. 20, April 10, May 1, 22

Cheesy Baked Ziti Chicken Breast Sandwich Garlic Toast Seasoned Green Beans Sandwich Veggie Toppings Fresh Sliced Apples Seasonal Fresh Fruit	Bean & Cheese Chalupas Turkey Chili with Fritos Black Beans Crunchy Veggie Dippers Fresh Homemade Salsa Sliced Chilled Pears Seasonal Fresh Fruit	Cheese Calzone or Pizza Baked Chicken & Waffles Steamed Broccoli Celery Sticks & Cucumbers with Ranch Orange Wedges Seasonal Fresh Fruit	Baked Fish Shapes Hamburger Cheeseburger Baked Beans Hamburger Salad Chilled Peaches Seasonal Fresh Fruit	Assorted Pancakes with Eggs & Sausage Sausage Wrap Seasoned Peas Spring Mix Salad Cinnamon Applesauce Seasonal Fresh Fruit
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CYCLE 2: Aug. 22, Sept. 12, Oct. 3, 24, Nov. 14, Dec. 12, Jan. 16, Feb. 6, 27, Mar. 27, April 17, May 8

Chicken Breast Sandwich Big Daddy's Hot Pocket Cheese Sticks & Marinara Carrot Coins Hamburger Salad Pears & Grapes Seasonal Fresh Fruit	WG Chicken Corndogs "Land O'Lakes" Cheese Nachos Healthy Refried Beans Lettuce & Tomatoes Strawberries & Cream Seasonal Fresh Fruit	Fresh Made Pizza w/Assorted Toppings Chicken Nuggets Seasoned Green Beans Fresh Spinach Salad Mandarin Oranges Seasonal Fresh Fruit	Hamburger Cheeseburger Charcuterie Bowl Seasoned Corn Hamburger Salad Sliced Apples & Kiwi Seasonal Fresh Fruit	Asian Chicken All Beef Hotdog Steamed Rice Mixed Veggie Blend Carrot Sticks w/Ranch Chilled Peaches Seasonal Fresh Fruit
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CYCLE 3: Aug. 29, Sept. 19, Oct. 10, 31, Nov. 28, Jan. 2, 23, Feb. 13, Mar. 6, April 3, 24, May 15

 <p>DOWNLOAD THE FREE NUTRISLICE APP TODAY</p> <p>Available on the App Store</p>	<p>WHAT MAKES A MEAL?</p> <p>Meal Components Include:</p> <ul style="list-style-type: none"> -FRUITS- -VEGETABLES- -PROTEIN- -GRAINS- -MILK- <p>"Menu subject to change."</p>	<p>BREAKFAST:</p> <p>Choose up to 3-5 Items -MUST include AT LEAST- 1/2 Cup of Fruit or Vegetable May take up to 2 servings of Fruits or Vegetables STUDENTS: \$1.75/REDUCED \$.30 ADULTS/VISITORS: \$2.25 ENTRÉE ONLY: \$1.50</p> <p>LUNCH:</p> <p>Choose up to 3-5 Components -MUST include AT LEAST- 1/2 Cup Fruit <u>OR</u> Vegetable</p>	<p>Cynthia Quezada - Cafeteria Manager (737)260-8710 cynthia.quezada@dsisdtx.us</p> <p>Monica Garcia - Cafeteria Assistant Manager (737)260-8710 monica.garcia@dsisdtx.us</p> <p>John Crowley, MS RDN LD - CN Director (512)858-3049 john.crowley@dsisdtx.us</p> <p>Nanci Freeborg - CN Supervisor (512)858-3048 nanci.freeborg@dsisdtx.us</p> <p>Danette Contreras - CN Administrative Assistant (512)858-3057 danette.contreras@dsisdtx.us</p>
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BREAKFAST:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pancakes French Toast/Mini Bagel	Breakfast Tacos WG Cereal/Yogurt	Waffles Cinnamon Rolls	Crustless Quiche French Toast/Pancake on a Stick	Cinnamon Rolls Donut Holes