

# Rooster Springs Elementary School Menu 2018-2019

## LUNCH

Student: \$2.75 Reduced: \$.40 Adult/Visitor: \$3.50 Entrée only: \$2.25

Baked Potato with Sides and Fresh Seasonal Fruit Offered Every Day!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>C Y C L E 1</b>	Hamburger/Cheeseburger Cheese Lasagna Roll-Up Whole Grain Breadstick Seasoned Corn Hamburger Salad Pineapple Tidbits Seasonal Fresh Fruit	Beef Tacos - Soft or Crispy Beef Taco Salad Baked Chicken Nuggets Healthy Refried Beans Fresh Homemade Salsa Sliced Chilled Peaches Seasonal Fresh Fruit	Fresh Made Pizza w/Assorted Toppings Protein Snack Pack with Cheese & Sunflower Seeds WG Turkey Mini Corndogs Crunchy Vegetable Dippers Chilled Mandarin Oranges	Chicken Breast Sandwich Toasted Sub Sandwich Chicken & Waffle Baked Smiley Fries Steamed Broccoli Chilled Applesauce Seasonal Fresh Fruit	Baked Fish Shapes Pizza Lunch & Munch Macaroni & Cheese Baked Beans Lettuce & Tomato Salad Chilled Pears Seasonal Fresh Fruit
(CYCLE 1 - Served the Week of Aug. 20, Sept. 17, Oct. 15, Nov. 12, Dec. 17, Jan. 28, Feb. 25, April 1, 29, May 27)					
<b>C Y C L E 2</b>	Hamburger/Cheeseburger Spaghetti & Meat Sauce w/WG Breadstick "Wild Mike's" Cheese Bites Seasoned Green Beans Hamburger Salad Sliced Chilled Peaches	Bean & Cheese Chalupas Assorted Quesadillas Baked Chicken Nuggets Broccoli w/Cheese Sauce Carrot Babies w/Ranch Chilled Pears Seasonal Fresh Fruit	Fresh Made Pizza w/Assorted Toppings Baked Chicken Tenders Whole Grain Breadstick Mashed Potatoes/Corn Fresh Spinach Salad Chilled Mandarin Oranges	BBQ Pulled Pork Sandwich Asian or Teriyaki Chicken Mini Eggroll Baked Tator Tots Peas & Carrot Medley Pineapple Tidbits Seasonal Fresh Fruit	Assorted Pancakes w/Sausage & Eggs Grilled Cheese Sandwich Assorted Soups Hash Brown Potatoes Fresh Spinach Salad Seasonal Fresh Fruit
(CYCLE 2 - Served the Week of Aug. 27, Sept. 24, Oct. 22, Nov. 26, Jan. 7, Feb. 4, March 4, April 8, May 6)					
<b>C Y C L E 3</b>	Hamburger/Cheeseburger Fettuccini Chicken Alfredo Whole Grain Breadstick Mixed Vegetable Blend Hamburger Salad Chilled Pears Seasonal Fresh Fruit	Beef Tacos - Soft or Crispy Beef Taco Salad Baked Chicken Nuggets Healthy Refried Beans Fresh Homemade Salsa Lettuce & Tomato Salad Chilled Applesauce	Fresh Made Pizza w/Assorted Toppings Chicken & Waffle Seasoned Green Beans Crunchy Vegetable Dippers Fresh Spinach Salad Chilled Mandarin Oranges	Chicken Breast Sandwich Toasted Sub Sandwich Sausage Wraps Baked Smiley Fries Seasoned Peas/Salad Pineapple Tidbits Seasonal Fresh Fruit	Baked Fish Shapes w/Roll Protein Snack Pack with Cheese & Sunflower Seeds Cheese Nachos Baked Beans Carrot Babies w/Ranch Sliced Chilled Peaches
(CYCLE 3 - Served the Week of Sept. 3, Oct. 1, 29, Dec. 3, Jan. 14, Feb. 11, March 11, April 15, May 13)					
<b>C Y C L E 4</b>	Hamburger/Cheeseburger Cheese Ravioli w/WG Breadstick "Wild Mike's" Cheese Bites Seasoned Green Beans Hamburger Salad Sliced Chilled Peaches	Bean & Cheese Chalupas Frito Chili Pie Baked Chicken Nuggets Seasoned Corn Lettuce & Tomato Salad Chilled Pears Seasonal Fresh Fruit	Fresh Made Pizza w/Assorted Toppings Baked Chicken Tenders Mashed Potatoes w/Gravy Roasted Cauliflower Caesar Side Salad Chilled Mandarin Oranges	Chicken Breast Sandwich Asian Chicken Mini Eggroll Baked Tator Tots Peas & Carrot Medley Pineapple Tidbits Seasonal Fresh Fruit	Assorted Pancakes w/Sausage & Eggs All Beef Frankfurter Hash Brown Potatoes Carrot Babies w/Ranch Chilled Applesauce Seasonal Fresh Fruit
(CYCLE 4 - Served the Week of Sept. 10, Oct. 8, Nov. 5, Dec. 10, Jan. 21, Feb. 18, March 25, April 22, May 20)					

**BREAKFAST:** Pancakes/French Toast      Breakfast Tacos      Yogurt Parfait/Omelette      Breakfast Pizza      Biscuit Sandwich/Cinnamon Roll

### WHAT MAKES A MEAL?

For Lunch choose up to:

- 1 Meat/Meat Alternative
- 3 servings Fruits or Vegetables
- 1 serving of Grain/Bread & Milk

For Vegetarian Meal:

- 4 servings Fruits or Vegetables
- 1 serving of Grain/Bread & Milk

For Breakfast:

- 1 Meat & 1 Bread or 2 Breads
- Juice and/or Fruit & Milk

Served Everyday at Breakfast:

- Fruit & 100% Fruit Juice
- Yogurt - Aspartame & HFC Free
- Whole Grain Low Sugar Cereal
- Whole Wheat Toast/Plain or Cinnamon

Student Breakfast: \$1.35

Reduced: \$.30 Adult/Visitor: \$1.90

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