

# Rooster Springs Elementary "At a Glance" Menu 2021-2022

## LUNCH

Students: Free\* Adults/Visitors: \$3.75 Entrée only: \$2.50

\*Seamless Summer Option (SSO) allows for Free meals for all Elementary Students for 2021-2022  
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	Toasted Sub Sandwich with Chips Hamburger/Cheeseburger Baked Smiley Fries Hamburger Salad Chilled Peaches Seasonal Fresh Fruit	Grilled Cheese Sandwich All Beef Hotdog Baked Beans Sliced Cucumbers with Ranch Dressing Pears & Grapes Seasonal Fresh Fruit


**CYCLE 1: Aug. 16, Sept. 6, 27, Oct. 18, Nov. 8, Dec. 6, Jan. 10, 31, Feb. 21, Mar. 21, April 11, May 2, 23**

Penne Pasta & Meatsauce Chicken Breast Sandwich WG Breadstick Seasoned Green Beans Sandwich Veggie Toppings Fresh Sliced Apples Seasonal Fresh Fruit	Assorted Quesadillas Turkey Chili with Fritos Black Beans Crunchy Veggie Dippers Fresh Homemade Salsa Sliced Pears Seasonal Fresh Fruit	Fresh Made Pizza w/Assorted Toppings Baked Chicken & Waffles Steamed Broccoli Celery Sticks with Ranch Orange Wedges Seasonal Fresh Fruit	Turkey/Cheese Croissant with Chips Hamburger/Cheeseburger Baked Seasoned Fries Hamburger Salad Jell-O with Fruit Seasonal Fresh Fruit	Assorted Pancakes with Eggs & Sausage Asian Chicken & Rice Mixed Veggie Blend Spring Mix Salad Cinnamon Applesauce Seasonal Fresh Fruit
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**CYCLE 2: Aug. 23, Sept. 13, Oct. 4, 25, Nov. 15, Dec. 13, Jan. 17, Feb. 7, 28, Mar. 28, April 18, May 9**

Cheese Ravioli Chicken Breast Sandwich WG Breadstick 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 Mashed Potatoes & Gravy Fresh Spinach Salad Mandarin Oranges Seasonal Fresh Fruit	Hamburger Cheeseburger Cheese Sticks & Marinara Seasoned Corn Hamburger Salad Pineapple Tidbits Seasonal Fresh Fruit	Filet O' Fish Sandwich or Baked Fish Shapes All Beef Hotdog Baked Beans Carrot Sticks w/Ranch Chilled Peaches Seasonal Fresh Fruit
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**CYCLE 3: Aug. 30, Sept. 20, Oct. 11, Nov. 1, 29, Jan. 3, 24, Feb. 14, Mar. 7, April 4, 25, May 16**

 <p>DOWNLOAD THE FREE NUTRISLICE APP TODAY</p> <p>Available on the App Store</p>	<p><b>WHAT MAKES A MEAL?</b></p> <p>Meal Components Include:</p> <ul style="list-style-type: none"> <li>-FRUITS-</li> <li>-VEGETABLES-</li> <li>-PROTEIN-</li> <li>-GRAINS-</li> <li>-MILK-</li> </ul> <p>"Menu subject to change."</p>	<p><b>BREAKFAST:</b></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</p> <p><b>LUNCH:</b></p> <p>Choose up to 3-5 Components -MUST include AT LEAST- 1/2 Cup Fruit OR 1/2 Cup Vegetable (up to 3/4 cup)</p>	<p>Elena Casas - Cafeteria Manager (512)465-6210 elena.casas@dsisdtx.us</p> <p>Laura West - Cafeteria Asst. Manager (512)465-6210 laura.west@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 Admin. Assistant (512)858-3057 danette.contreras@dsisdtx.us</p>
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BREAKFAST:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pancakes French Toast	Breakfast Tacos WG Cereal	Yogurt Parfait Waffles/Cinnamon Rolls	Eggs & Toast Assorted Muffins	Cinnamon Rolls Donut Holes/Muffins