

# Sycamore Springs Elementary "At a Glance" Menu 2019-2020

## LUNCH

Student: \$2.90 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
C	Chicken Breast Sandwich	Beef Tacos - Soft or Crispy	Fresh Made Pizza	Hamburger/Cheeseburger	Baked Fish Shapes
Y	Cheese Lasagna Roll-Up	Beef Taco Salad	w/Assorted Toppings	Toasted Sub Sandwich	Pizza Lunch & Munch
C	WG Breadstick	Baked Chicken Nuggets	Protein Snack Pack	Chicken & Waffle	All Beef Frankfurter
L	Seasoned Corn	Healthy Refried Beans	WG Turkey Mini Corndogs	Baked Smiley Fries	Macaroni & Cheese
E	Hamburger Salad	Fresh Homemade Salsa	Crunchy Vegetable Dippers	Hamburger Salad	Baked Beans
	Pineapple Tidbits	Sliced Chilled Peaches	Chilled Mandarin Oranges	Chilled Applesauce	Chilled Pears
1	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit

(CYCLE 1 - Aug. 19, Sept. 16, Oct. 14, Nov. 11, Dec. 16, Jan. 27, Feb. 24, Mar. 30, April 27, May 25)

C	BBQ Pulled Pork Sandwich	Assorted Quesadillas	Fresh Made Pizza	Hamburger/Cheeseburger	Grilled Cheese with Chips
Y	Spaghetti with Meat Sauce or Marinara Sauce	Baked Chicken Nuggets	w/Assorted Toppings	Asian or Teriyaki Chicken	Assorted Soups
C	Chicken Breast Sandwich	Chili Pie	Baked Chicken Tenders	Mini Eggroll	Assorted Pancakes
L	Seasoned Green Beans	Seasoned Black Beans	WG Breadstick	Baked Tator Tots	w/Sausage & Eggs
E	Sandwich Veggie Toppings	Carrot Babies w/Ranch	Mashed Potatoes/Corn	Peas & Carrot Medley	Hash Brown Potatoes
	Sliced Chilled Peaches	Chilled Pears	Chilled Mandarin Oranges	Pineapple Tidbits	Fresh Spinach Salad
2	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit

(CYCLE 2 - Aug. 26, Sept. 23, Oct. 21, Nov. 18, Jan. 6, Feb. 3, Mar. 2, April 6, May 4)

**Served Tuesday - Thursday - All Cycles!**  
**Chicken Caesar or Crispy Chicken Salad**



C	Chicken Breast Sandwich	Beef Tacos - Soft or Crispy	Fresh Made Pizza	Hamburger/Cheeseburger	Baked Fish Shapes w/Roll
Y	Cheese Filled Ravioli with Marinara Sauce	Beef Taco Salad	w/Assorted Toppings	Turkey & Cheese Croissant	Protein Snack Pack
C	WG Breadstick	Baked Chicken Nuggets	Chicken & Waffle	Sausage Wraps	Cheese Nachos
L	Mixed Vegetable Blend	Healthy Refried Beans	Seasoned Green Beans	Baked Smiley Fries	Black or Pinto Beans
E	Chilled Pears	Fresh Homemade Salsa	Crunchy Vegetable Dippers	Seasoned Peas/Salad	Carrot Babies w/Ranch
	Seasonal Fresh Fruit	Lettuce & Tomato Salad	Fresh Spinach Salad	Pineapple Tidbits	Sliced Chilled Peaches
3	Seasonal Fresh Fruit	Sliced Strawberries	Chilled Mandarin Oranges	Seasonal Fresh Fruit	Seasonal Fresh Fruit



**SideKicks Smooth Frozen 100% Fruit Juice**

(CYCLE 3 - Sept. 2, 30, Oct. 28, Dec. 2, Jan. 13, Feb. 10, Mar. 9, April 13, May 11)

C	Fettuccini Chicken Alfredo	Mexican Burrito Bowl	Fresh Made Pizza	Hamburger/Cheeseburger	Grilled Cheese with Chips
Y	Wild Mike's Cheese Bites with Marinara	Bean & Cheese Chalupas	w/Assorted Toppings	Tangerine Chicken Bowl	Assorted Pancakes
C	Chicken Breast Sandwich	Baked Chicken Nuggets	Baked Chicken Tenders	Mini Eggroll	w/Sausage & Eggs
L	Seasoned Green Beans	Corn/Black or Pinto Beans	Mashed Potatoes w/Gravy	Baked Tator Tots	Hash Brown Potatoes
E	Sliced Chilled Peaches	Homemade Salsa	Roasted Cauliflower	Peas & Carrot Medley	Baked Beans/Carrot Babies
	Seasonal Fresh Fruit	Chilled Pears	Caesar Side Salad	Pineapple Tidbits	Chilled Applesauce
4	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Chilled Mandarin Oranges	Seasonal Fresh Fruit	Seasonal Fresh Fruit

(CYCLE 4 - Sept. 9, Oct. 7, Nov. 4, Dec. 9, Jan. 20, Feb. 17, Mar. 23, April 20, May 18)

**Please order salads by 9:00am Tues/Wed/Thurs**

<b>BREAKFAST:</b>	<b>Pancakes French Toast</b>	<b>Breakfast Tacos WG Cereal</b>	<b>Yogurt Parfait Assorted Muffins</b>	<b>Breakfast Pizza or Quesadilla</b>	<b>Biscuit Sandwich Cinnamon Roll</b>
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### WHAT MAKES A MEAL?

For Lunch choose up to:

- 2 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:

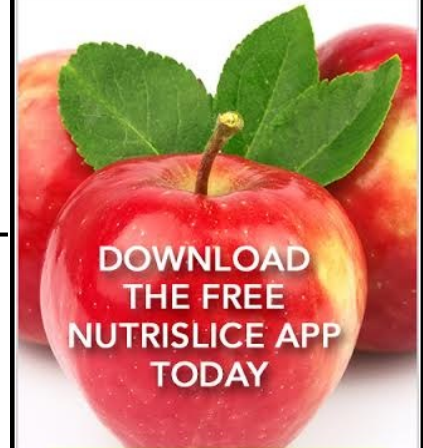
- 1 Meat & 1 Bread or 2 Breads
- Juice and/or Fruit & Milk

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: \$1.50

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



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