


SYCAMORE SPRINGS MIDDLE SCHOOL "AT A GLANCE" MENU 2021-2022

<p>TIGER MAIN EVENT</p>  <p>DOWNLOAD THE FREE NUTRISLICE APP TODAY</p> <p>Available on the App Store</p>	<p>MONDAY</p> <p>Fettuccini Chicken Alfredo Mozzarella Cheese Sticks with Marinara</p> <p>(Served the Week of Aug. 16, Sept. 6, 27, Oct. 18, Nov. 8, Dec. 6, Jan. 10, 31, Feb. 21, Mar. 21, April 11, May 2, 23)</p>	<p>TUESDAY</p> <p>Beef or Chicken Tacos with Crunchy or Soft Tortillas Taco Salad</p> <p>Burrito Bowl Ground Beef/Chicken Breast Bean & Cheese Burrito</p>	<p>WEDNESDAY</p> <p>Hamburger/Cheeseburger All Beef Hotdog with Chili and Cheese</p> <p>Baked Chicken Sandwich Turkey Chili with Fritos</p> <p>Turkey Croissant Sandwich with Chips Hamburger/Cheeseburger</p>	<p>THURSDAY</p> <p>Baked Chicken & Waffles Grilled Cheese Sandwich</p> <p>BBQ Pulled Pork Sandwich Chicken Smackers and Garlic Breadstick</p> <p>Chicken & Mashed Potato Bowl Baked Steak Fingers</p>	<p>FRIDAY</p> <p>Asian Tangerine Chicken Mini Eggrolls Assorted Fresh Made Pizza</p> <p>Filet O' Fish Sandwich Wild Mike's Cheese Bites with Marinara</p> <p>Assorted Fresh Made Pizza French Toast Sticks Eggs & Sausage</p>	<p>SYCAMORE MIDDLE SCHOOL</p>
<p>Served Daily - Fresh fruits & vegetables at all points of service and a baked potato meal with all the toppings on the Main Line!</p>						
<p>TIGER CAFE</p>	<p>Pizza by the Slice Homemade Cheesy Bread Baked Chicken Sandwich (Regular or Spicy)</p>	<p>Pizza by the Slice Baked Chicken Tenders Wild Mike's Cheese Bites with Marinara Sauce</p>	<p>Pizza by the Slice Tempura Chicken Nuggets Pepperoni Bosco Sticks with Marinara Sauce</p>	<p>Pizza by the Slice Homemade Cheesy Bread Baked Chicken Sandwich (Regular or Spicy)</p>	<p>Pizza by the Slice Baked Chicken Tenders Mozzarella Cheese Sticks with Marinara Sauce</p>	
<p>A LA CARTE</p>	<p>Assorted Homemade Sub Sandwiches Chicken & Cheese Crisпитos</p>	<p>Healthy Fresh Grilled Chicken Breast Sandwich Hamburger/Cheeseburger Black Bean or Veggie Burger</p>	<p>Grilled Paninis Assorted Sandwich Wraps Baked French Fries</p>	<p>Assorted Homemade Sub Sandwiches Chicken & Cheese Crisпитos</p>	<p>Healthy Fresh Grilled Chicken Breast Sandwich Hamburger/Cheeseburger Black Bean or Veggie Burger</p>	
<p>BREAKFAST</p>	<p>Assorted Breakfast Tacos Biscuit, Sausage & Gravy Muffin Variety Yogurt & Fruit Parfait</p>	<p>Assorted Breakfast Tacos Donut Holes Muffin Variety Yogurt & Fruit Parfait</p>	<p>Assorted Breakfast Tacos Mini Cinnamon Rolls Fresh Made Pancakes Yogurt & Fruit Parfait</p>	<p>Assorted Breakfast Tacos Homemade Kolaches Muffin Variety Yogurt & Fruit Parfait</p>	<p>Assorted Breakfast Tacos Fresh Baked Cinnamon Rolls Muffin Variety Yogurt & Fruit Parfait</p>	
<p>Daily Breakfast Options...Low-Fat Yogurt, Fresh Fruit/Whole Fruit, Cereal w/Toast, Whole Grain Muffins, Milk, 100% Fruit Juices Breakfast Components = 2 breads or 1 meat 1 bread, juice/fruit & milk - 3 Components taken to make a "Breakfast Meal"</p> <p>Student Breakfast: \$1.75 Adult & Visitor: \$2.00 Student Lunch: \$3.30 Adult & Visitor: \$3.75</p>						
<p>Job Opportunity: Interested in earning extra money while your child is in school as a Child Nutrition Specialist or CN Substitute Specialist? Please contact: John P. Crowley, MS RD LD - Director of Child Nutrition (512)858-3049 Mary Wittman - DSMS Cafeteria Manager (512)858-3410 mary.wittman@dsisdtx.us Nanci Freeborg - CN Supervisor (512)858-3048 nanci.freeborg@dsisdtx.us Connie Breshears - DSMS Cafeteria Assistant Manager connie.breshears@dsisdtx.us Danette Contreras - CN Administrative Assistant (512)858-3057 danette.contreras@dsisdtx.us</p>					<p>TIGER A LA CARTE: \$2.25-\$3.95 Individual a la carte item pricing can be found on our website at dsisdtx.us *Menu subject to change.</p>	

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