

Menu

Carlisle ISD Elementary PK-5th Grades Lunch Menu October 2009

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Mealtime Online Cafeteria</u> <u>On-Line Student</u> <u>Information & Payments</u> <u>www.mymealtime.com</u></p>	<p><u>Lunch Choices</u> Choice of Entrée, Choice of 2 Vegetables Choice of Milk Fruit or 100% Fruit Slush</p>		<p>1 Salisbury Steak In Brown Gravy Cheeseburger Steamed Rice Green Peas ½ Apple</p>	<p>2 *Whole Grain Pizza Square *Potato Wedges *Fruit Cocktail *Balance Choice Meal W/Milk</p>
<p>5 Bagel W/Cheese & Yogurt* Ham W/Cheese & Crackers Jelly & Margarine PC* Carrot Sticks* Orange* *Balance Choice Meal W/Milk</p>	<p>6 BBQ Chicken Cheeseburger Macaroni & Cheese Green Beans Dried Cranberries</p>	<p>7 Chili Dog Corn Green Peas Peach Cup Birthday Cake</p>	<p>8 King Ranch Chicken Hamburger Pinto Beans Lettuce/Tomato Blueberry Muffin Square Strawberry Cup <i>National Desert Day</i></p>	<p>9 Bagel Fun Lunch* Mini Carrots* Pineapples* Pizza Dunkers* Fresh Pear* *Balance Choice Meal W/Milk</p>
<p>12 Catfish Hamburger Coleslaw Pinto Beans ½ Apple <u>National School Lunch</u> <u>Week</u></p>	<p>13 Chicken Fried Steak Cheeseburger Mashed Potatoes Green Beans Gravy Raisins</p>	<p>14 Nachos Cheeseburger Refried Beans Spanish Rice ½ Orange</p>	<p>15 Deli Sandwich Tuna Salad Sandwich Mini Carrots Celery Sticks Pineapples</p>	<p>16 Whole Grain Pizza Square French Fries* Orange* *Balance Choice Meal W/Milk</p>
<p>19 Hot Ham & Cheese On Bun Hamburger Mixed Vegetables Green Beans Baked Chips Applesauce</p>	<p>20 Frito Pie Cheeseburger Corn Broccoli Cuts Diced Pears</p>	<p>21 Beef Taco Hamburger Pinto Beans Lettuce Tomato ½ Apple <i>National Apple Day</i></p>	<p>22 Corn Dog Cheeseburger Potato Wedges Green Peas Dried Cranberries</p>	<p>23 Chicken Sandwich On Whole Wheat Bun* Mixed Vegetables* Pineapples* *Balance Choice Meal W/Milk</p>
<p>26 Spaghetti W/Whole Grain Noodles Hamburger Breadstick Green Peas Diced Peaches</p>	<p>27 Rib Patty On Bun* Sausage Link On Bun Confetti Coleslaw* Corn* Rosy Applesauce* *Balance Choice Meal W/Milk</p>	<p>28 Beef & Bean Burrito Cheeseburger Chili Cheese Green Peas Sweet Potatoes Raisins</p>	<p>29 Grilled Cheese Sandwich On Whole Wheat Bread Hamburger Tomato Soup Green Beans Diced Pears</p>	<p>30 Whole Grain Pizza Square* French Fries* Orange* *Balance Choice Meal W/Milk</p>

Choice of Milk Offered Daily

Lunch Prices: PK-4: \$1.75, 5th \$2.00, Reduced: \$.40, Staff: \$3.00, Guests: \$3.00 (any age)

5th Grade also has choice of Fresh Made Pizza Daily Pepperoni & Specialty Pizza Extra Lunch Entrée \$1.35 Ice Cream Cup \$.60



An asterisk(*) denotes components of Balanced Choices meals that meet strict nutrient parameters for calories, fat, saturated fat, cholesterol, fiber, sodium, and other key nutrients. All Balanced Choices meals include a choice of 1% or less milk.

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