

**Carlisle ISD  
Secondary Grades 6<sup>th</sup>-12<sup>th</sup>  
October 2009**



**Origins includes Entrée, Vegetables, Fresh/Canned Fruit or 100% Fruit Slush & Choice of Milk**



**October 1-2**

- THU** Salisbury Steak In Brown Gravy, Steamed Rice, Green Peas, Apple
- FRI** Whole Grain Pizza Square, Potato Wedges, Fruit Cocktail

**October 5-9**

- MON** Made To Order Hoagie, Choice of Meats & Cheeses, Choice of Fresh Vegetables, Cake, Diced Pears
- TUE** BBQ Chicken, Macaroni & Cheese, Green Beans, Dried Cranberries
- WED** Hot Dog, Chili, Cheese, Corn, Green Peas, Peach Cup, Cake
- THU** King Ranch Chicken, Pinto Beans, Lettuce, Tomato Blueberry Muffin Square *\*\* National Desert Day\*\**
- FRI** Pepperoni & Cheese Hot Pocket, Sliced Carrots, Pineapples

**October 12-16**

- MON** Catfish, Coleslaw, Pinto Beans, Apple
- TUE** Chicken Fried Steak, Mashed Potatoes, Gravy, Green Beans, Diced Peaches
- WED** Nachos W/Meat & Cheese, Refried Beans, Spanish Rice, Orange
- THU** Made To Order Hoagie, Choice of Meats & Cheeses, Choice of Fresh Vegetables, Pineapples
- FRI** Whole Grain Pizza Square, Potato Wedges, Fruit Cocktail

**October 19-23**

- MON** Hot Ham & Cheese On Bun, Mixed Vegetables, Green Beans, Baked Chips, Applesauce
- TUE** Frito Pie, Corn, Broccoli Cuts, Dice Pears
- WED** Beef Taco, Pinto Beans, Lettuce, Tomato, Apple
- THU** Corn Dog, Potato Wedges, Green Beans, Dried Cranberries
- FRI** Chicken With Ham & Swiss Sandwich On Whole Wheat Bun, Mixed Vegetables, Pineapples

**October 26-30**

- MON** Spaghetti W/Whole Grain Noodles, Breadstick, Green Peas, Diced Peaches
- TUE** Rib Patty On Bun or Sausage Link On Bun, Coleslaw, Corn, Applesauce
- WED** Beef & Bean Burrito, Chili, Cheese, Green Peas, Sweet Potatoes, Raisins
- THU** Grilled Cheese Sandwich On Whole Wheat Bun, Tomato Soup, Green Beans, Diced Pears
- FRI** Whole Grain Pizza Square, French Fries, Orange

**FEATURED DAILY**

**Fresh Baked Pepperoni Pizza  
Or Specialty Pizza**

October 1-2

- THURSDAY – Cheese Pizza
- FRIDAY – Supreme Pizza

October 5-9

- MONDAY – Cheeseburger Pizza
- TUESDAY – Cheese Pizza
- WEDNESDAY – Sausage Pizza
- THURSDAY – Jalapeno/Pepperoni Pizza
- FRIDAY – Beef Pizza

October 12-16

- MONDAY – Cheese Pizza
- TUESDAY – Sausage Pizza
- WEDNESDAY – Beef Pizza
- THURSDAY – Pepperoni/Jalapeno
- FRIDAY – Supreme Pizza

October 19-23

- MONDAY – Beef Pizza
- TUESDAY – Cheese Pizza
- WEDNESDAY – Sausage Pizza
- THURSDAY – Ham & Pineapple Pizza
- FRIDAY – Supreme Pizza

October 26-30

- MONDAY – Cheese Pizza
- TUESDAY – Sausage Pizza
- WEDNESDAY – Pepperoni/Jalapeno
- THURSDAY – Beef Pizza
- FRIDAY – Supreme Pizza

**Includes Pizza or Specialty Pizza  
With Sides, Fresh Fruit or 100% Fruit  
Slush and  
Choice of Milk**



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.

In accordance with Federal Law and U.S. Department of Agriculture Policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write U.S.D.A., Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800)795-3272 or (202) 720-6382 (voice and TTY). U.S.D.A. is an equal opportunity provider and employer.

