HIGH SCHOOL MENU 2012-2013

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Fried Steak w/Roll Crispy Chicken Sandwich *Spinach Salad w/Roll V* *Pineapple Flower V* *Fresh Pear V* *Garden Salad V* *Mashed Potatoes V* *Seasoned Green Beans V* Choice of Milk	Sliced Turkey w/ Gravy & Roll Beef Ravioli w/ Roll *Tony's Stuffed Sticks V* *Baked Apples V* *Orange Smiles V* *Steamed Broccoli V* *Carrot Coins V* *Cucumber Slices V* Choice of Milk	Cheeseburger Turkey BBQ Sliders *Edamame Stir Fry V* *Sliced Peaches V* *Fresh Apple V* *Carrot Sticks V* *California Mixed Veggies V* *Rainbow Coleslaw V* Choice of Milk	Turkey Soft Tacos w/ Spanish Rice Taco Salad w/ Spanish Rice *Black Bean Wrap* *w/Spanish Rice V* *Tropical Fruit Salad V* *Banana V* *Cherry Tomato Bites V* *Charro Beans V* *Lettuce & Tomato Cup V* Choice of Milk	Rotini w/ Meatsauce Sweet Potato Crusted Fish w/ Cornbread *Veggie Chili* *w/ Rice & Crackers V* *Diced Pears V* *Red Grapes V* *Carrot Sticks V* *Whole Kernel Corn V* *Celery Sticks V* Choice of Milk

IMPORTANT: In order to qualify for the Meal Price, a student must meet these requirements: Effective with the 2012–2013 school year, the USDA National School Lunch Program requires each meal to include fruits, vegetables, whole grains, protein, and low fat milk. **A student has to choose a minimum of three components, and one component MUST be a fruit or vegetable.**

MEAL PRICES

Student Breakfast	$1.25
Student Lunch	$2.50
Guest/Adult Breakfast	$1.50
Guest/Adult Lunch	$3.00

WHAT'S COOKING?

We are debuting several new menu items this year. Visit www.friscocafe.org to see what's cooking!

V = vegetarian

ALLERGIES?

Please complete the Food Allergy Substitution Request Form and return it to us. If you already have a form on file, you do not need to submit another one unless there is a change in your child's food allergies. FORM MUST BE SIGNED BY YOUR CHILD'S DOCTOR.

CONTACT US

friscocafe@friscoisd.org
www.friscocafe.org

FREE & REDUCED

Your application may be submitted electronically at www.schoollunchapp.com for faster processing. You may download a form at www.friscocafe.org, or pick up a paper application at your child's campus or our office.

The MyPaymentsPlus app is now available in the Apple® App Store™

QUESTIONS ABOUT THE MENU?

Send your questions or comments to askthedietitian@friscoisd.org

DAILY BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mini Pancakes w/ Sausage *Assorted Cereals w/ Toast V* *Cinnamon UBR V* Juice	*Yogurt Parfait w/ Granola V* *Assorted Cereals w/ Toast V* *Wheat Cinnamon Roll V* *Baked Apples V*	*Waffles w/ Eggs V* *Assorted Cereals w/ Toast V* *Cinnamon UBR V* Juice	Biscuit w/ Chicken *Assorted Cereals w/ Toast V* *Wheat Cinnamon Roll V* *Baked Apples V*	*Egg & Cheese Burrito V* *Assorted Cereals w/ Toast V* *Cinnamon UBR V* Juice

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