

# Walnut Springs Elementary School Menu 2016-2017

## LUNCH

Student: \$2.75 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
<b>C</b>	Hamburger/Cheeseburger	Beef Tacos - Soft or Crispy	Fresh Made Pizza	Clux Deluxe Chix Sandwich	Turkey Croissant
<b>Y</b>	Fettuccini Chicken Alfredo	Beef Taco Salad	w/Assorted Toppings	Baked Fish Shapes	Cheese Nachos
<b>C</b>	Whole Grain Breadstick	Baked Chicken Nuggets	Grilled Cheese w/Soup	Sunbutter & Jelly Sandwich	WG Mini Corndogs
<b>L</b>	Seasoned Corn	Healthy Refried Beans	Beef Sausage Sandwich	w/Baked Chips	Broccoli w/Cheese Sauce
<b>E</b>	Hamburger Salad	Fresh Homemade Salsa	Carrot Babies w/Ranch	Macaroni & Cheese	Fresh Spinach Salad
<b>1</b>	Pineapple Tidbits	Lettuce & Tomato Salad	Lettuce & Tomato Salad	Baked Smiley Fries	Chilled Pears
	Seasonal Fresh Fruit	Sliced Chilled Peaches	Chilled Mandarin Oranges	California Blend/Applesauce	Seasonal Fresh Fruit
(CYCLE 1 - Served the Week of Aug. 22, Sept. 19, Oct. 17, Nov. 14, Jan. 2, 30, Feb. 27, April 3, May 1, 29)					
<b>C</b>	Hamburger/Cheeseburger	Bean & Cheese Chalupas	Fresh Made Pizza	Clux Deluxe Chix Sandwich	Croissant Breakfast Sand.
<b>Y</b>	Spaghetti & Meatsauce	Baked Chicken Nuggets	w/Assorted Toppings	Asian Chicken w/Eggroll	Sausage Wrap
<b>C</b>	w/WG Breadstick	Assorted Quesadillas	Baked Chicken Tenders	Healthy Turkey Hotdog	Mini Corndogs
<b>L</b>	Chicken Caesar Salad	Carrot Babies w/Ranch	Pizza Lunch & Munch	Baked Beans	Hash Brown Potatoes
<b>E</b>	Seasoned Green Beans	Roasted Rosemary Potatoes	Mashed Potatoes/Corn	Baked Waffle Fries	Fresh Spinach Salad
<b>2</b>	Hamburger Salad	Chilled Pears	Lettuce & Tomato Salad	Hamburger Salad	Chilled Applesauce
	Sliced Chilled Peaches	Seasonal Fresh Fruit	Chilled Mandarin Oranges	Pineapple Tidbits	Seasonal Fresh Fruit
(CYCLE 2 - Served the Week of Aug. 29, Sept. 26, Oct. 24, Nov. 28, Jan. 9, Feb. 6, Mar. 6, April 10, May 8)					
<b>C</b>	Hamburger/Cheeseburger	Beef Tacos - Soft or Crispy	Fresh Made Pizza	Clux Deluxe Chix Sandwich	Assorted Homemade
<b>Y</b>	Fettuccini Chicken Alfredo	Beef Taco Salad	w/Assorted Toppings	Fish Shapes w/Mac & Cheese	Flatbreads
<b>C</b>	Turkey Wrap	Baked Chicken Nuggets	Mozzarella Stix/Marinara	SB&J w/Baked Chips	Cheese Nachos
<b>L</b>	w/Baked Chips	Healthy Refried Beans	Popcorn Chicken	Baked Tator Tots	WG Mini Corndogs
<b>E</b>	Mixed Vegetable Blend	Fresh Homemade Salsa	Seasoned Corn	Seasoned Peas	Seasoned Corn
<b>3</b>	Hamburger Salad	Crunchy Vegetable Dippers	Crunchy Vegetable Dippers	Hamburger Salad	Carrot Babies w/Ranch
	Chilled Pears	Chilled Applesauce	Chilled Mandarin Oranges	Pineapple Tidbits	Chilled Sliced Peaches
(CYCLE 3 - Served the Week of Sept. 5, Oct. 3, 31, Dec. 5, Jan. 16, Feb. 13, Mar. 20, April 17, May 15)					
<b>C</b>	Hamburger/Cheeseburger	Grilled Cheese & Soup	Fresh Made Pizza	Clux Deluxe Chix Sandwich	Baked Chicken Tenders
<b>Y</b>	Spaghetti & Meatsauce	Baked Chicken Nuggets	w/Assorted Toppings	Turkey & Cheese Croissant	Assorted Pancakes
<b>C</b>	w/WG Breadstick	Meatball Sandwich	Mozzarella Stix/Marinara	Baked Steak Fingers	w/Sausage & Egg
<b>L</b>	Ham Lunch & Munch	Baked Steak Fries	Healthy Turkey Hotdog	Mashed Potatoes w/Gravy	Pizza Lunch & Munch
<b>E</b>	Seasoned Green Beans	Seasoned Corn	California Veggie Blend	Broccoli w/Cheese Sauce	Hash Brown Potatoes
<b>4</b>	Hamburger Salad	Fresh Spinach Salad	Caesar Side Salad	Pineapple Tidbits	Carrot Babies w/Ranch
	Chilled Peaches	Chilled Pears	Chilled Mandarin Oranges	Seasonal Fresh Fruit	Chilled Applesauce
(CYCLE 4 - Served the Week of Sept. 12, Oct. 10, Nov. 7, Dec. 12, Jan. 23, Feb. 20, Mar. 27, April 24, May 22)					
<b>BREAKFAST:</b>	WG Pancakes	Breakfast Tacos	Bagel/Breakfast Pizza	Breakfast Tacos/Muffins	Cinnamon Roll

## WHAT MAKES A MEAL?

For Lunch choose up to:

1 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 or Fruit & Milk

Served Everyday at Breakfast:

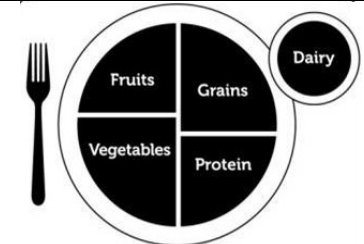
Yogurt - Aspartame & HFC Free  
Whole Grain Low Sugar Cereal  
Whole Wheat Toast/Plain or Cinnamon

Student Breakfast: \$1.35

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

Entrée only: \$1.00

Nutrition information, policies, menus,  
payment information, Free & Reduced  
application info can be found on the  
Child Nutrition link at [dsisdtx.us](http://dsisdtx.us).



ChooseMyPlate.gov

Margaret Alba - Cafeteria Manager  
(512)858-3710 [margaret.alba@dsisdtx.us](mailto:margaret.alba@dsisdtx.us)  
Maria Montoya - Cafeteria Asst. Mgr.  
(512)858-3710 [maria.montoya@dsisdtx.us](mailto:maria.montoya@dsisdtx.us)  
John Crowley, MS RDN LD - Director  
(512)858-3048 [john.crowley@dsisdtx.us](mailto:john.crowley@dsisdtx.us)  
Nanci Freeborg - CN Admin. Assistant  
(512)858-3048 [nanci.freeborg@dsisdtx.us](mailto:nanci.freeborg@dsisdtx.us)

"Menu subject to change."