

SEGUIN ISD – 9TH – 12TH - Lunch

SERVED DAILY

OCTOBER 2019

HAM & CHEESE (or)
 PB&J SANDWICH
 FRESH WHOLE FRUIT
 CHILLED FRUIT
 ROMAINE GARDEN SALAD
 1% WHITE
 (or)
 FAT FREE FLAVORED MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 30	October 1	October 2	October 3	October 4
CHICKEN FRIED CHICKEN Home style Baked Potatoes (butter, cheese, bacon) Braised Cabbage Roll/Crème Gravy	CRUNCHY FISH SANDWICH Sweet Potato Fries Veggie Cup Tartar Sauce	OVEN FRIED CHICKEN Au Gratin Potatoes Steamed Broccoli Brown Gravy/Roll	CHICKEN FAJITA TOSTADAS Spanish Rice Refried Beans Lettuce & Tomato Salad	ROASTED TURKEY Carving Station Mashed Potatoes Broccoli & Cheese Cornbread Stuffing Turkey Gravy, Roll
7	8	9	10	11
OVEN FRIED CHICKEN Scallop Potatoes Southern Green Beans Rolls/Brown Gravy	TUSCAN CHICKEN PASTA Zucchini & Squash Garlic Breadsticks	STUFFED BAKED POTATOES Chopped Beef/ Chicken Fajita Green Onions, Bacon Bits/Butter Pat, Cheese Steamed Broccoli, WG Roll	HOMEMADE CHEESE ENCHILADAS w/ CHILI MEAT GRAVY Charro Beans, Spanish Rice Lettuce & Tomato Salad Cornbread	**FAIR DAY** **DISTRICT** **HOLIDAY**
14	15	16	17	18
Staff Development **STUDENT** **HOLIDAY**	CHICKEN POT PIE Rice Pilaf Steamed Broccoli	OVEN FRIED CHICKEN Roasted Red Potatoes Cajun Green Beans, Rolls	CLASSIC PATTY MELT Tater Tots Fresh Veggie Cup	FISH AND CHIPS (Oven Fried Fish & Potato Wedges) Mac & Cheeses Homemade Tartar Sauce
21	22	23	24	25
CHICKEN FRIED STEAK Garlic Mashed Potatoes Southern Cream Corn Roll/Crème Gravy	CHICKEN PARMESAN Over Spaghetti Buttered Carrots Garlic Breadstick	OPEN-FACED TURKEY SANDWICH Turkey Gravy Mixed Vegetable, Stuffing, Seasoned Fries	CHICKEN STREET TACOS Southwest Corn Charro Beans Spanish Rice Salsa / Jalapeño / Sour Cream Shredded Cheese	SMOKED BRISKET Carving Station Home-Style Potato Salad Seasoned Baked Beans Citrus BBQ Sauce Buttered Texas Toast
28	29	30	31	November 1
CHICKEN NUGGETS Home style Au Gratin Potatoes Sautéed Mixed Vegetables Roll/Crème Gravy	OVEN ROASTED CHICKEN Scalloped Potatoes Steamed Peas Roll	ROASTED TURKEY Carving Station Mashed Potatoes Cornbread Stuffing Turkey Gravy, Roll	ASADA BEEF MINI TACO (2) Sautéed Peppers & Onions Spanish Rice Charro Beans Lettuce & Tomato Salad	HAWAIIAN PULLED PORK SANDWICH Potato Wedges Pickles & Onions Coleslaw

ALL SIDES ARE AVAILABLE WITH EVERY ENTRÉE BY REQUEST

****MENU IS SUBJECT TO CHANGE****

Lunch Meal Prices:

STUDENT

Reduced: Paid:

\$0.40 \$3.00

ADULT

\$3.75

SOUTHERN COOKING – Line 1



Options	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ASIAN EXPRESS</p> <p><u>Line 2</u></p>	<p><u>BEEF & BROCCOLI</u></p> <p>Fried Rice Fresh Stir Fry- Vegetables Egg Roll Fortune Cookie</p>	<p><u>PORK PEPPER STEAK</u></p> <p>Noodles Fresh Stir Fry- Vegetables Eggroll Fortune Cookie</p>	<p><u>SWEET & SOUR CHICKEN</u></p> <p>Fried Rice Fresh Stir Fry- Vegetables Egg Roll Fortune Cookie</p>	<p><u>ORANGE CHICKEN</u></p> <p>Noodles Fresh Stir Fry- Vegetables Egg Roll Fortune Cookie</p>	<p><u>POPCORN SHRIMP STIR-FRY</u></p> <p>Fried Rice Fresh Stir Fry- Vegetables Egg Roll Fortune Cookie</p>
<p>GOURMET SOUPS, WRAPS, SANDWICHES & DELI BAR</p> <p><u>Line 3</u></p>	<p><u>BYO SANDWICH</u> Sliced Turkey Sliced Ham Chicken Fajita Chicken or Tuna Salad American/ Pepper Jack Hoagie /Sliced/ Flat Bread/Croissant Baked Chips Assorted Vegetables & Dressings</p> <p><u>Philly Cheesesteak Sandwich</u></p> <p><u>Chicken & Rice Soup</u></p>	<p><u>BYO SANDWICH</u> Sliced Turkey Sliced Ham Chicken Fajita Chicken or Tuna Salad American/ Pepper Jack Hoagie /Sliced/ Flat Bread/Croissant Baked Chips Assorted Vegetables & Dressings</p> <p><u>Grilled Chicken & Cheese Wrap</u></p> <p><u>Broccoli & Cheese Soup</u></p>	<p><u>BYO SANDWICH</u> Sliced Turkey Sliced Ham Chicken Fajita Chicken or Tuna Salad American / Pepper Jack Cheese Hoagie /Sliced /Flat Bread/Croissant Baked Chips Assorted Vegetables & Dressings</p> <p><u>Hot Ham & Turkey Cheese Subs</u></p> <p><u>Chicken Noodle Soup</u></p>	<p><u>BYO SANDWICH</u> Sliced Turkey Sliced Ham Chicken Fajita Chicken or Tuna Salad American Cheese/ Pepper Jack Hoagie/Sliced/ Flat Bread/Croissant Baked Chips Assorted Vegetables & Dressings</p> <p><u>Grilled Cheese Sandwich</u></p> <p><u>Tomato-Basil Soup</u></p>	<p><u>BYO SANDWICH</u> Sliced Turkey Sliced Ham Chicken Fajita Chicken or Tuna Salad American Cheese/ Pepper Jack Hoagie /Sliced/ Flat Bread/Croissant Baked Chips Assorted Vegetables & Dressings</p> <p><u>Hot Ham & Turkey Cheese Subs</u> With <u>Pork Caldo Soup</u></p>
<p>THE BRICK OVEN</p> <p>PIZZA & PASTA</p> <p><u>Line 4</u></p>	<p><u>Pizza</u> (Pepperoni, Cheese, Hamburger)</p> <p><u>Spaghetti & Meatballs</u> w/ Garlic Breadstick</p>	<p><u>Personal Pizza</u></p> <p><u>Tuscan Chicken Pasta</u> w/ Garlic Breadstick</p>	<p><u>Pizza</u> (Pepperoni/ Cheese /Spicy Pepperoni)</p> <p><u>Pizza Cruncher w/ Marinara Sauce</u></p>	<p><u>Personal Pizza</u></p> <p><u>Beef Ravioli w/ Garlic Breadstick Marinara Sauce</u></p>	<p><u>Pizza</u> (Pepperoni/Cheese / Supreme)</p> 
<p>GRAB & GO FASTLANE</p> <p><u>Line 5</u></p>	<p><u>Cranberry Turkey Salad</u></p> <p><u>Protein Box Fruit and Yogurt Parfait</u></p> <p><u>PB&J Sandwich</u></p> <p><u>Hard-Boiled Eggs</u></p> <p><u>Veggie Cups</u></p>	<p><u>Chicken Fajita Bacon Ranch Salad</u></p> <p><u>Protein Box Fruit and Yogurt Parfait</u></p> <p><u>PB&J Sandwich</u></p> <p><u>Hard-Boiled Eggs</u></p> <p><u>Veggie Cups</u></p>	<p><u>Ham Chef Salad</u></p> <p><u>Protein Box Fruit and Yogurt Parfait</u></p> <p><u>PB&J Sandwich</u></p> <p><u>Hard-Boiled Eggs</u></p> <p><u>Veggie Cups</u></p>	<p><u>Chicken Stir-Fry Salad</u></p> <p><u>Protein Box Fruit and Yogurt Parfait</u></p> <p><u>PB&J Sandwich</u></p> <p><u>Hard-Boiled Eggs</u></p> <p><u>Veggie Cups</u></p>	<p><u>Ham Cobb Salad</u></p> <p><u>Protein Box Fruit and Yogurt Parfait</u></p> <p><u>PB&J Sandwich</u></p> <p><u>Hard-Boiled Eggs</u></p> <p><u>Veggie Cups</u></p>
<p>MATADOR GRILLE & BULLPIN TOP-N-GO</p> <p><u>Line 6</u></p>	<p><u>Bacon Cheeseburger Crispy Chicken Sandwich</u></p> <p><u>Hot & Spicy Chicken Sandwich</u></p> <p>Burger Salad Seasoned Fries</p> <p><u>Frito Pie</u></p> <p><u>Nachos</u></p> <p><u>Crispitos</u></p> <p>Refried Beans Salsa, Jalapenos</p>	<p><u>Hamburger Grilled Chicken Sandwich</u></p> <p><u>Chicken Strips Sandwich</u></p> <p>Burger Salad Seasoned Fries</p> <p><u>Doritos</u></p> <p><u>Nachos</u></p> <p><u>Crispitos</u></p> <p>Refried Beans Salsa, Jalapenos</p>	<p><u>Bacon Cheeseburger Crispy Chicken Sandwich</u></p> <p><u>Hot & Spicy Chicken Sandwich</u></p> <p>Burger Salad Seasoned Fries</p> <p><u>Frito Pie</u></p> <p><u>Nachos</u></p> <p><u>Crispitos</u></p> <p>Refried Beans Salsa, Jalapenos</p>	<p><u>Hamburger Grilled Chicken Sandwich</u></p> <p><u>Chicken Strips Sandwich</u></p> <p>Burger Salad Seasoned Fries</p> <p><u>Doritos</u></p> <p><u>Nachos</u></p> <p><u>Crispitos</u></p> <p>Refried Beans Salsa, Jalapenos</p>	<p><u>Bacon Cheeseburger Crispy Chicken Sandwich</u></p> <p><u>Hot & Spicy Chicken Sandwich</u></p> <p>Burger Salad Seasoned Fries</p> <p><u>Frito Pie</u></p> <p><u>Nachos</u></p> <p><u>Crispitos</u></p> <p>Refried Beans Salsa, Jalapenos</p>

