

## Tulia ISD School Lunch Menu 2016-2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Cycle Menus
Work More Fruits and vegetables into your daily routine	Chicken Fried Steak Gravy, Cr. Potato, Gr. Beans, Roll Strawberry cup Milk Variety	Meat/Cheese Tostadas Sp. Rice, Salsa Cucumbers, Refried Beans, Applesauce Milk Variety	Chicken Spaghetti Breadsticks Salad, Veg. Medley Orange Smiles Milk Variety	Soft Tacos Baby Carrots Corn, Salsa, Peaches, Cookie Milk Variety	Chicken Strips Toast, Gravy Coleslaw, SW Potato Fries, Apple Slices Milk Variety	<b>Lunch Menu A</b>
Be More Active	Corn Dog w/ tots Baked Beans Broccoli Bites Apple-Pineapple Milk Variety	Nacho Grande Refried bean, Salsa Cucumbers/tomato Pears, Lime Sherbet Milk Variety	X-Treme Burrito Salsa, Corn Fresh Veggie cup Mandarin Oranges Milk Variety	Chicken Pot Pie Garden Salad Fruity Gelatin  Milk Variety	Pizza choice Baby carrots, Broccoli Salad, Fresh Grapes, Cookies Milk Variety	<b>Lunch Menu B</b>
Start every day with a nutritious Breakfast	Chicken nuggetts w/ Cream Potato Roll, Salad, Tuscan Vegetable, Fresh fruit Milk Variety	Pizza Baby Carrots, Steamed Broccoli Pineapple, Cookies Milk Variety	Tex-Mex Stack w/ Sp. Rice, Salsa, Refried beans, Garnish Cinnamon apples Milk Variety	Hamburger/Cheese Oven Fries, Veggie Cup, Orange Smiles Milk Variety	Pulled Pork Slider w/ Chips & Cole Slaw Gr. Beans Apple Slices Milk Variety	<b>Lunch Menu C</b>
5 Items offered Please choose 3 Different items for a reimbursable tray	Steakfingers w/ Gravy & Roll Cr. Potato, Carrots, Strawberry & Banana Milk Variety	Spaghetti Bowl w/ Breadsticks Salad, California Veg. Pudding & Peaches Milk Variety	Mexican Combo Plate w/ Sp. Rice Corn, Beans, Salsa Cinnamon apples Milk Variety	Texas Chili w/ cornbread Broccoli bites, Tomato cup, Orange Smiles Milk Variety	Sloppy Joe Sandwich Fries, Cucumber Dippers, Fresh Fruit, Cookie Milk Variety	<b>Lunch Menu D</b>
High School may choose 2 fruits at lunch	Pizza w/ Broccoli Bites Baby Carrots Mixed Fruit Milk Variety	Ham/Cheese Sand. Tomato-cucumber cup Garden Salad Snowball Salad Milk Variety	Chicken Alfredo w/ Tuscan Veg. Breadstick Carrot, Apple Slices Cookie Milk Variety	BBQ on Bun Cole Slaw Pinto Beans Orange Smiles Milk Variety	Philly cheese Steak Sand. w/ potato rounds Gr. Beans Apple-Pineapple Milk Variety	<b>Lunch Menu E</b>
This product was funded by USDA This institution is an equal opportunity provider.	Enchilada, Sp. Rice Beans, Garden Salad Cinnamon Apples Milk Variety	Chili Cheese Combo Fresh Veggie cup Fresh Fruit Pudding Milk Variety	Pizza Choice Garden Salad Tomato Cup Fruit cup Milk Variety	Chicken Nuggets w/ Mac/cheese, Gr. Beans Broccoli bites, Tomato Apple Slices Milk Variety	Corn Dog Oven Fries Baby Carrot, Peaches Crispy Cereal Treats Milk Variety	<b>Lunch Menu F</b>

Please look at the back of the menu to see which Lunch Menu we are on for the week

## Tulia ISD School Breakfast Menu 2016-2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Cycle Menus
Work More Fruits and vegetables into your daily routine	Sausage Kolache Yogurt 100% Fruit Juice Fruit Milk Variety	Cheese Omelet Wrap 100% Fruit Juice Fruit Milk Variety	Breakfast Pizza  100% Fruit Juice Fruit Milk Variety	Waffles Sausage 100% Fruit Juice Fruit Milk Variety	Cereal Toast 100% Fruit Juice Fruit Milk Variety	<b>Lunch Menu A1</b>
Be More Active	Pancakes Bacon 100% Fruit Juice Fruit Milk Variety	Cheesy Toast  100% Fruit Juice Fruit Milk Variety	Biscuit, Gravy, Sc. Eggs, Sausage 100% Fruit Juice Fruit Milk Variety	Breakfast Strudel Yogurt 100% Fruit Juice Fruit Milk Variety	Breakfast Burrito 100% Fruit Juice Fruit Milk Variety	<b>Lunch Menu B2</b>
Start every day with a nutritious Breakfast	Pancake wrap Yogurt 100% Fruit Juice Fruit Milk Variety	Chicken-n-Biscuit  100% Fruit Juice Fruit Milk Variety	French Toast Sausage 100% Fruit Juice Fruit Milk Variety	Breakfast Pizza  100% Fruit Juice Fruit Milk Variety	Dutch Waffle Bacon 100% Fruit Juice Fruit Milk Variety	<b>Lunch Menu C3</b>
4-5 items offered Please choose 3 Different items for a reimbursable tray	Pancakes Sausage 100% Fruit Juice Fruit Milk Variety	Breakfast Pizza  100% Fruit Juice Fruit Milk Variety	Biscuit,Sausage Scr. Eggs 100% Fruit Juice Fruit Milk Variety	Sausage Kolache Yogurt 100% Fruit Juice Fruit Milk Variety	Egg & Cheese Sandwich 100% Fruit Juice Fruit Milk Variety	<b>Lunch Menu D4</b>
	Waffles Bacon 100% Fruit Juice Fruit Milk Variety	Biscuit,Gravy,Ham Scr. Eggs 100% Fruit Juice Fruit Milk Variety	Cereal Toast 100% Fruit Juice Fruit Milk Variety	Sausage,Egg & Cheese Pretzel Sand. 100% Fruit Juice Fruit Milk Variety	Breakfast Burrito  100% Fruit Juice Fruit Milk Variety	<b>Lunch Menu E5</b>
This product was funded by USDA This institution is an equal opportunity provider.	Sausage Biscuit  100% Fruit Juice Fruit Milk Variety	Breakfast Strudel Cheese Stick 100% Fruit Juice Fruit Milk Variety	Chicken-n-Waffles  100% Fruit Juice Fruit Milk Variety	Stuffed Bagel Sausage 100% Fruit Juice Fruit Milk Variety	Dutch Waffle Bacon 100% Fruit Juice Fruit Milk Variety	<b>Lunch Menu F6</b>

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August

	M	T	W	T	F
	1	2	3	4	5
	8	9	10	11	12
	15	16	17	18	19
A	22	23	24	25	26
B	29	30	31		

September

	M	T	W	T	F
B				1	2
C	5	6	7	8	9
D	12	13	14	15	16
E	19	20	21	22	23
F	26	27	28	29	30

October

	M	T	W	T	F
A	3	4	5	6	7
B	10	11	12	13	14
C	17	18	19	20	21
D	24	25	26	27	28
E	31				

November

	M	T	W	T	F
E		1	2	3	4
F	7	8	9	10	11
A	14	15	16	17	18
B	21	22	23	24	25
C	28	29	30		

December

	M	T	W	T	F
C				1	2
D	5	6	7	8	9
E	12	13	14	15	16
X	19	20	21	22	23
X	26	27	28	29	30

January

	M	T	W	T	F
F	2	3	4	5	6
A	9	10	11	12	13
B	16	17	18	19	20
C	23	24	25	26	27
D	30	31			

February

	M	T	W	T	F
D			1	2	3
E	6	7	8	9	10
F	13	14	15	16	17
A	20	21	22	23	24
B	27	28			

March

	M	T	W	T	F
B			1	2	3
C	6	7	8	9	10
X	13	14	15	16	17
D	20	21	22	23	24
E	27	28	29	30	31

April

	M	T	W	T	F
F	3	4	5	6	7
A	10	11	12	13	14
B	17	18	19	20	21
C	24	25	26	27	28

May

	M	T	W	T	F
D	1	2	3	4	5
E	8	9	10	11	12
F	15	16	17	18	19
A	22	23	24	25	

- Student Holiday
- Early Release
- Star Test dates
- Weather days
- Special menu Dates
- Nov. 22 Thanksgiving
- Dec. 15 Christmas

**A complete Nutritional Analysis**

The West Texas Food Coop completes an analysis of the menus for the week. Nutrients are based on the average for a 5-Day week. Maximum calories provided are 650kcal for grades K-5; 700 kcal for grades 6-8; and 850 kcal for grades 9-12. In addition, the school lunch provides not more than 10% saturated fat (% of total calories) and not more than 640 mg of Sodium (salt) for grades K-5; not more than 710 mg Sodium for grades 6-8; and not more than 740 mg sodium for grades 9-12

Menus may change due to product availability or other significant market changes. Menus meet recommended dietary guidelines. Especially during April and May

**School Lunch Requirements:**

The Lunch consists of 5 Components. The 5 Components are: Meat/Meat Alternate, Fruit, Vegetable, Grains, and Milk. Students are required to select at least 3 full components--one of which must be a creditable serving of fruit (1/2 cup) or vegetable (1/2 cup) from the 5 Lunch Components daily.

Keep this Menu for the Entire Year.

August

	M	T	W	T	F
	1	2	3	4	5
	8	9	10	11	12
	15	16	17	18	19
A	22	23	24	25	26
B	29	30	31		

September

	M	T	W	T	F
B				1	2
C	5	6	7	8	9
D	12	13	14	15	16
E	19	20	21	22	23
F	26	27	28	29	30

October

	M	T	W	T	F
A	3	4	5	6	7
B	10	11	12	13	14
C	17	18	19	20	21
D	24	25	26	27	28
E	31				

November

	M	T	W	T	F
E		1	2	3	4
F	7	8	9	10	11
A	14	15	16	17	18
B	21	22	23	24	25
C	28	29	30		

December

	M	T	W	T	F
C				1	2
D	5	6	7	8	9
E	12	13	14	15	16
X	19	20	21	22	23
X	26	27	28	29	30

January

	M	T	W	T	F
F	2	3	4	5	6
A	9	10	11	12	13
B	16	17	18	19	20
C	23	24	25	26	27
D	30	31			

February

	M	T	W	T	F
D			1	2	3
E	6	7	8	9	10
F	13	14	15	16	17
A	20	21	22	23	24
B	27	28			

March

	M	T	W	T	F
B			1	2	3
C	6	7	8	9	10
X	13	14	15	16	17
D	20	21	22	23	24
E	27	28	29	30	31

April

	M	T	W	T	F
F	3	4	5	6	7
A	10	11	12	13	14
B	17	18	19	20	21
C	24	25	26	27	28

May

	M	T	W	T	F
D	1	2	3	4	5
E	8	9	10	11	12
F	15	16	17	18	19
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Menus may change due to product availability or other significant market changes. Menus meet recommended dietary guidelines. Especially during April and May

**School Lunch Requirements:**

The Breakfast consists of 4 Components. The 4 Components are: Grain product, Fruit 1 cup serving, Meat/Meat alternate, and Milk. Students are required to select at least 3 full components

**All Students in school receive a Breakfast at No Charge.**

**Keep this Menu for the Entire Year.**