

TIDEHAVEN I.S.D. 2009 – 2010 LUNCH MENUS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CYCLE 1	Steak Fingers, Mashed Potatoes w/gravy, Green Beans, Bread, Fruit 9/21, 10/19, 11/16, 12/14, 1/25, 2/22, 3/22, 4/19,	BBQ Chicken, California Blend Vegetables, Bread, Gelatin 9/22, 10/20, 11/17, 12/15, 1/26, 2/23, 3/23, 4/20,	Turkey & Ham Sub Sandwich, Sandwich Salad, Oven Fries, Cookies 9/23, 10/21, 11/18, 12/16, 1/27, 2/24, 3/24, 4/21,	Chicken Quesadillas, Refried Beans, Salad, Fruit 9/24, 10/22, 12/17, 1/28, 2/25, 3/25, 4/22,	Pizza, Fresh Veggies w/dip, Fruit 9/25, 10/23, 11/20, 12/18, 1/29, 2/26, 3/26, 4/23
CYCLE 2	Chicken Nuggets, Scalloped Potatoes, Seasoned Green Beans, Hot Rolls, Fruit 8/31, 9/28, 10/26, 11/23, 1/4, 2/1, 3/1, 3/29, 4/26,	Spaghetti w/meat sauce, Broccoli & Cauliflower Mix, Garlic Bread, Fruit 9/1, 9/29, 10/27, 11/24, 1/5, 2/2, 3/2, 3/30, 4/27,	Hot Dogs, Oven Fries, Pickles, Rice Krispie Treats 9/2, 9/30, 10/28, 1/6, 2/3, 3/3, 3/31, 4/28,	Parmesan Chicken, Steamed Carrots, Garden Salad, Bread, Cookies 9/3, 10/1, 10/29, 1/7, 2/4, *3/4, 4/1, 4/29,	Taco Salad, Whole Kernel Corn, Asst. Crackers, Fruit 9/4, 10/2, 10/30, 1/8, 2/5, *3/5, 4/30
CYCLE 3	Ham & Cheese Melt, Vegetable Soup, crackers, Fruit 10/5, 11/2, 11/30, 1/11, 2/8, 3/8, 4/5, 5/3	Chicken Enchiladas Mexican Rice, Refried Beans, Salad, Fruit 9/8, 10/6, 11/3, 12/1, 1/12, 2/9, 3/9, 4/6, 5/4	Soft Taco Supreme, Corn, Asst. Crackers, Fruit 9/9, 10/7, 11/4, 12/2, 1/13, 2/10, 3/10, 4/7, 5/5	Oven Fried Chicken, Whipped Potatoes, Garden Salad, Cornbread, Pudding 9/10, 10/8, 11/5, 12/3, 1/14, 2/11, 3/11, 4/8, 5/6	Hamburger, Hamb. Salad, Oven Fries, Gelatin w/fruit 9/11, 10/9, 11/6, 12/4, 1/15, 2/12, 3/12, 4/9
CYCLE 4	Nachos Grande, Refried Beans, Asst. Crackers, Fruit 9/14, 11/9, 12/7, 2/15, 3/15, 4/12	Southwestern Chicken Sandwich, Oven Fries, Fruit 9/15, 10/13, 11/10, 12/8, 1/19, 2/16, 3/16, 4/13	Shepard's Pie, California Vegetables, Hot Rolls, Pudding 9/16, 10/14, 11/11, 12/9, 1/20, 2/17, 3/17, 4/14	Corn Dog, Tossed Salad, Ranch Style Beans, Fruit 9/17, 10/15, 11/12, 12/10, 1/21, 2/18, 3/18, 4/15	Fish, Baked Potato, Asst. Crackers, Carrot and Celery Sticks, Fruit 9/18, 10/16, 11/13, 12/11, 1/22, 2/19, 3/19, 4/16
Special Event Days: Dec. 18 Feb. 12 Apr. 1	* Emergency Days March 4 & 5	MANAGERS CHOICE MENUS August 24 th to August 28 th May 11 to May 14 May 17 to May 20 May 24 to May 27 <div style="border: 1px solid black; padding: 2px; width: fit-content;">Chef Salad offered at High School</div> <div style="border: 1px solid black; padding: 2px; width: fit-content;">Iced Tea offered at Intermediate and High School-\$0.25</div>	2 nd Choice Menu during Lent, Tuna Sandwich, Salad, Fruit Feb. 17 April 3	Turkey & Dressing, Green Beans, Candied Yams, Hot Rolls, Fruit 11/19/2009 2/25/2010	

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 to USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington D.C. 20250-9410 or call (800)795-3272 or (202)720-6382 (TTY). USDA is an equal opportunity provider and employer.

LOWFAT AND SKIM MILK OFFERED ON ALL LUNCH MENUS.

TIDEHAVEN I.S.D. 2009 – 2010 BREAKFAST MENUS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CYCLE 1	Oatmeal, Toast 9/21, 10/19, 11/16, 12/14, 1/25, 2/22, 3/22, 4/19,	Breakfast Tacos 9/22, 10/20, 11/17, 12/15, 1/26, 2/23, 3/23, 4/20,	Waffles, Cereal 9/23, 10/21, 11/18, 12/16, 1/27, 2/24, 3/24, 4/21,	Sandwich Peanut Butter & Jelly 9/24, 10/22, 12/17, 1/28, 2/25, 3/25, 4/22,	French Toast, Cereal 9/25, 10/23, 11/20, 12/18, 1/29, 2/26, 3/26, 4/23
CYCLE 2	Donuts, Cereal 8/31, 9/28, 10/26, 11/23, 1/4, 2/1, 3/1, 3/29, 4/26,	Breakfast Tacos 9/1, 9/29, 10/27, 11/24, 1/5, 2/2, 3/2, 3/30, 4/27,	Sausage, Biscuit 9/2, 9/30, 10/28, 1/6, 2/3, 3/3, 3/31, 4/28,	Breakfast Bar, Toast 9/3, 10/1, 10/29, 1/7, 2/4, *3/4, 4/1, 4/29,	Muffins, Cereal 9/4, 10/2, 10/30, 1/8, 2/5, *3/5, 4/30
CYCLE 3	Breakfast Pizza 10/5, 11/2, 11/30, 1/11, 2/8, 3/8, 4/5, 5/3	Sausage Roll 9/8, 10/6, 11/3, 12/1, 1/12, 2/9, 3/9, 4/6, 5/4	Oatmeal, Toast 9/9, 10/7, 11/4, 12/2, 1/13, 2/10, 3/10, 4/7, 5/5	Pancakes, Ham 9/10, 10/8, 11/5, 12/3, 1/14, 2/11, 3/11, 4/8, 5/6	Scrambled Eggs and Biscuits 9/11, 10/9, 11/6, 12/4, 1/15, 2/12, 3/12, 4/9
CYCLE 4	Muffins, Cereal 9/14, 11/9, 12/7, 2/15, 3/15, 4/12	Breakfast Bar, Toast 9/15, 10/13, 11/10, 12/8, 1/19, 2/16, 3/16, 4/13	Donuts, Cereal 9/16, 10/14, 11/11, 12/9, 1/20, 2/17, 3/17, 4/14	Sausage, Biscuit 9/17, 10/15, 11/12, 12/10, 1/21, 2/18, 3/18, 4/15	Cheese Toast, Cereal 9/18, 10/16, 11/13, 12/11, 1/22, 2/19, 3/19, 4/16
Manager's Choice Menus August 24 th to August 28 th May 11 – May 14 , 2008 May 17– May 20, 2008 May 24 – May 27, 2007					

JUICE AND LOWFAT MILK OFFERED ON ALL BREAKFAST MENUS.

* Emergency Days

MEAL PRICES

BREAKFAST	LUNCH	EXTRAS
Student: Free	Elementary Student: \$2.00	Main Dish: \$1.00
Employee: \$1.75	Secondary Student: \$2.25	Milk or Juice: \$0.35
Adult Visitor: \$2.25	Employee: \$2.75	FF/Potatoes: \$0.50
Child Visitor: \$0.75	Adult Visitor: \$3.50	Veg./Fruit/Dessert:\$0.25
	Child Visitor: \$1.50	Tea: \$0.25

Free and Reduced Price (\$0.40) lunches provided for eligible students. Please contact your child's school for information. **An alternate lunch (that meets Federal Guidelines) will be provided once student has 5 charges.** (Alternate Lunch: sandwich, vegetable, fruit, milk)

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