

**Plano Independent School District
HIGH SCHOOL
2010-2011
LUNCH MENU**

CYCLE 1

CYCLE 2

CYCLE 3

MONDAY

Hamburger/Cheeseburger
Orange Chicken w/Rice
Vegetarian Egg Roll w/ Rice
Cobb Salad

MONDAY

Hamburger/Cheeseburger
Broccoli Beef
Vegetarian Chef Salad

MONDAY

Hamburger/Cheeseburger
Shrimp Poppers/Corn Muffin
Hot Dog w/Baked Beans
Vegetarian Chef Salad

TUESDAY

Hamburger/Cheeseburger
Cheese Nachos
Nacho Grande
Deli Wrap

TUESDAY

Hamburger/Cheeseburger
Breaded Chicken on Wheat Bun
Southwest Veggie Wrap/ Pinto Beans
Deli Wrap

TUESDAY

Hamburger/Cheeseburger
Nacho Grande
Chicken Strips w/Biscuit
Deli Wrap

WEDNESDAY

Mini Burgers w/Ranch Style Beans
Chicken Fried Steak w/Roll
BBQ Sandwich
Tuna Chef Salad

WEDNESDAY

Mini Burgers w/Ranch Style Beans
Chicken Nuggets w/Wheat Roll
Grilled Cheese Sandwich
Tuna Chef Salad

WEDNESDAY

Mini Burgers w/Ranch Style Beans
Oven Fried Chicken w/Roll
Steak Fingers w/Roll
Tuna Chef Salad

THURSDAY

Hamburger/Cheeseburger
Calzone w/Marinara
Corn Dog
Vegetarian Chef Salad

THURSDAY

Hamburger/Cheeseburger
Lasagna /Wheat Roll
Grilled Chicken Sandwich
Vegetarian Chef Salad

THURSDAY

Hamburger/Cheeseburger
Spaghetti/Meat Sauce w/Garlic Toast
Hot & Spicy Chicken Sandwich
Vegetarian Chef Salad

FRIDAY

Cheese/Pepperoni Pizza
Fish on Wheat Bun
Baked Potato w/Cheese

FRIDAY

Cheese/Pepperoni Pizza
Baja Fish Taco
Baked Potato w/Cheese

FRIDAY

Cheese/Pepperoni Pizza
Crispy Fish w/ Whole Grain Biscuit
Baked Potato w/Cheese

*Vegetarian Salads Available Upon Request
A "*" indicates a meatless entrée

(Menu subject to change based on item availability.)

CYCLE 1	Aug 23, Sept 13, Oct 4, Oct. 25, Nov 15, Dec. 6, Jan 10, Jan 31, Feb 21, Mar 21, Apr 11, May 2, May 23
CYCLE 2	Aug 30, Sept 20, Oct 11, Nov 1, Nov. 22, Dec 13, Jan 17, Feb 7, Feb 28, Mar 28, Apr 18, May 9, May 30
CYCLE 3	Sept 7, Sept 27, Oct 18, Nov 8, Nov 29, Jan 4, Jan 24, Feb 14, Mar 7, Apr 4, Apr 25, May 16
Meal Prices	BREAKFAST (where served) — \$1.35 LUNCH — \$2.55 ADULT / VISITOR BREAKFAST — \$1.85 ADULT / VISITOR LUNCH — \$3.00

What is a school lunch?

To ensure that students are eating healthy, well-balanced, nutritious meals, the program require that students select the following in order to receive the meal at the unit price:

Minimum requirements for the unit price meal:

One Entrée, 1 Side and 1 Milk or One Entrée, 2 Sides (must be different) and 1 Milk

Maximum requirements for the unit price meal:

One Entrée, 3 Sides (must be different) and 1 Milk

If minimum requirements for a reimbursable meal are not met, a la carte prices will be charged.

Did you Know?

Plano ISD has a District Wellness Policy!!
Visit our web site under Nutrition & Menus: and Click on Policies

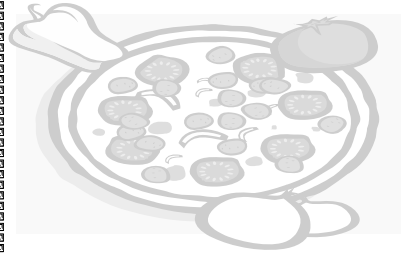
Reminder...

*Under the No Charge policy, a student will not be allowed to purchase any meal on credit. In the event that a student is carrying a negative account balance or does not have sufficient money to purchase a meal for that day, a modified meal at a reduced price will be provided. Free & Reduced Applications are available at each campus site.

A la Carte Entrees

Available for purchase at lunch...

**High School
Featured A la carte
item of the day**



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Chicken Chunks \$ 2.60	Personal Pizza \$ 2.60	Clux Delux Sandwich \$ 2.60	Pizza by the Slice \$ 2.60	Chicken Strips \$ 2.60

***Fresh Fruits and Veggies Available Daily**

Important Dates to Remember:

National School Lunch Week-Oct 11-15
National School Breakfast Week-March 7-11
Child Nutrition Appreciation Week-May 2-6

ALA CARTE PRICES

Fruit or Vegetable of the day	\$0.60
French Fries	\$0.75
Petite Salad	\$1.75
Yogurt; Variety	\$0.70-\$1.00
Yogurt Parfait	\$1.25
Fresh Baked Cookie, 1 oz	\$0.25
Chips; Baked & Reduced Fat	\$0.60
Assorted Snacks	\$0.60-\$0.80
Milk, 8 oz, Carton, 1%, Skim	\$0.55
Beverages; Variety	\$0.50-\$1.75

FOR INFORMATION ABOUT
THE TEXAS PUBLIC SCHOOL
NUTRITION POLICY
GO TO:
WWW.SQUAREMEALS.ORG



BREAKFAST...A Great Way to Start the Day

May select one from Selection A,
select one or both from Selection B, and select or decline milk

<u>MONDAY</u> Selection A	<u>TUESDAY</u> Selection A	<u>WEDNESDAY</u> Selection A	<u>THURSDAY</u> Selection A	<u>FRIDAY</u> Selection A
Cereal & Granola Bar Breakfast Pizza	Cereal & Pop Tart Build Your Own; Breakfast Burrito	Cereal & Muffin Sausage & Biscuit/Gravy	Cereal & Pop Tart Build Your Own; Breakfast Burrito	Cereal & Granola Bar Breakfast Sandwich
Selection B	Selection B	Selection B	Selection B	Selection B
Orange Juice Chilled Peaches	Apple Juice Home Style Potatoes	Orange Juice Fruit Cocktail	Apple Cherry Juice Home Style Potatoes	Orange Juice Chilled Pineapple
Milk	Milk	Milk	Milk	Milk

Breakfast served at several High School Campus Sites
*Check Your Campus for Availability

A La Carte Breakfast offered at some High School Campus Sites
*Check Your Campus for Availability

PayPAMS

PayPAMS allows parents to make credit card payments
for their child's meals via the Internet.
Instructions for PayPAMS can be found at: www.pisd.edu

Plano Independent School District
Food & Nutritional Services
6600 Alma Drive, Suite B
Plano, TX 75023
469-752-5788

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