



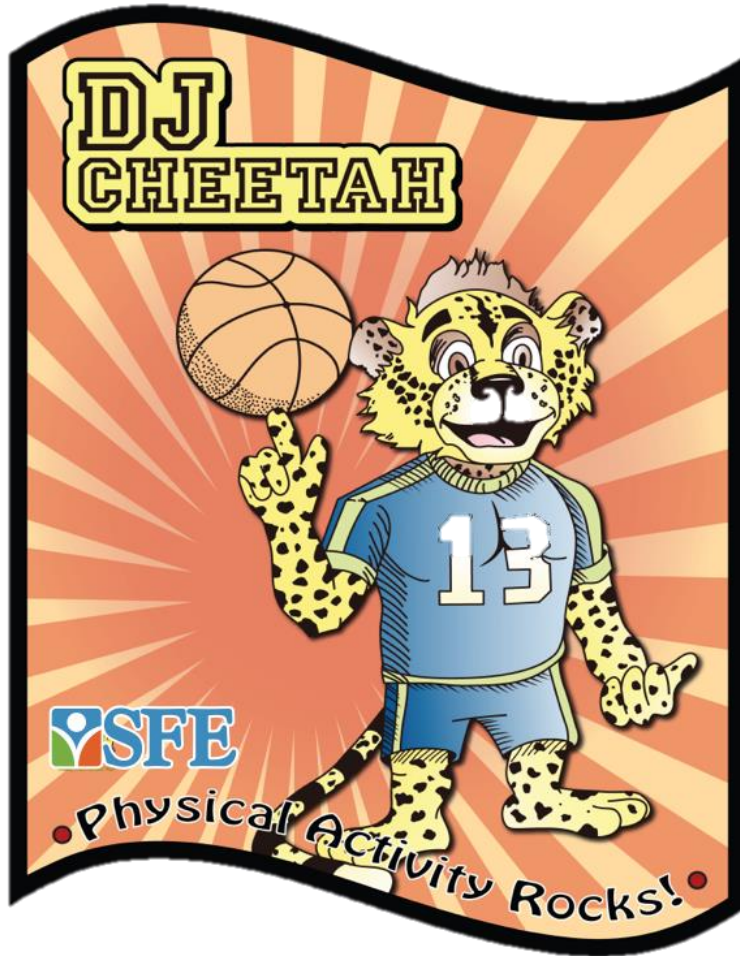
# AUGUST 2016



## Elementary Breakfast & Lunch Menus

### DJ CHEETAH

### NUTRITION FACTS



What kind of physical activity do you like to do? Children should be getting at least 60 minutes of physical activity each day. I have provided a list of fun stuff that DJ Cheetah likes to do to get exercise. You should try them too.

- Riding bikes
- Jumping rope
- Swimming
- Playing soccer or basketball
- Walking
- Dancing

In fifteen minutes, jumping rope can burn 200 calories. The first soccer games may have originated in China. The very first game of basketball was played with a soccer ball.

Food Service Director :: Tina Byrnes  
 Email :: [tina.byrnes@centerisd.org](mailto:tina.byrnes@centerisd.org)  
 Chef :: Jimmy Johnston  
 Email :: [jimmie.johnston@centerisd.org](mailto:jimmie.johnston@centerisd.org)  
 Phone :: 936-598-1599



### PUTTING CHILD NUTRITION FIRST!

Due to our constant pursuit of excellence SFE will enhance our menus through students' feedback, surveys, parent meetings, recipe development and market trends.



# Center ISD

## ELEMENTARY BREAKFAST

Fresh Fruit and Juice Bar Served Daily!

August 2016

Monday

Tuesday

Wednesday

Thursday

Friday

1-

2-

3-

4-

5-

8-

9-

10-

11-

12-

15-

16-

17-

18-

19-

22-Sausage Bagel Pizza  
Assorted Low Sugar Cereal

23-French Toast Sticks  
Assorted Low Sugar Cereal

24-Biscuit & Gravy  
w/Sausage  
Assorted Low Sugar Cereal

25-Mini Blueberry Pancakes  
Assorted Low Sugar Cereal

26-Sausage & Cheese  
Croissant  
Assorted Low Sugar Cereal

29-Ham & Cheese Biscuit  
Assorted Low Sugar Cereal

30- Whole Grain Pancakes  
Assorted Low Sugar Cereal

31-Chicken Biscuit  
Assorted Low Sugar Cereal

**Return your completed  
Lunch application by  
Sept. 16<sup>th</sup> for a chance  
To win the  
GRAND PRIZE!!!**



**Milk**

Reduced Fat Milk Variety  
Offered Daily

**Food Service Director: Tina Byrnes :: Email: [tina.byrnes@centerisd.org](mailto:tina.byrnes@centerisd.org)**

### Elementary Menu Meal Prices

Paid Lunch.....\$2.50	Paid Breakfast.....Free	
Reduced Lunch.....\$0.40	Reduced Breakfast.....Free	
Staff/Adult Lunch.....\$3.50	Staff/Adult Breakfast.....\$1.75	Milk.....\$0.50



# Center ISD

## ELEMENTARY LUNCH

Fresh Fruit and Vegetable Bar Served Daily!

August 2016

Monday

Tuesday

Wednesday

Thursday

Friday

1-

2-

3-

4-

5-

8-

9-

10-

11-

12-

15-

16-

17-

18-

19-

22-Cheeseburger  
Sun Butter & Jelly Sandwich  
Breaded Chicken Sandwich  
Vegetarian Baked Beans  
Fresh Fruit & Vegetable Bar  
Variety of Milk

23- Spaghetti w/Italian Sauce  
Turkey Sub  
Cheese Quesadilla  
Steamed Broccoli  
Fresh Fruit & Vegetable Bar  
Variety of Milk

24-Chicken Nuggets w/Roll  
Ham & Cheese Sandwich  
Mini Chicken Corn Dog  
Mashed Potatoes  
Fresh Fruit & Vegetable Bar  
Variety of Milk

25-Pepperoni Pizza  
Chicken Wrap  
Turkey Hot Dog  
Steamed Baby Carrots  
Fresh Fruit & Vegetable Bar  
Variety of Milk

26-Beef Fingers w/Roll  
Ham, Turkey & Cheese Sand  
Cheesy Chili Mac  
Green Beans  
Fresh Fruit & Vegetable Bar  
Variety of Milk

29-Ham, Turkey & Cheese Sand  
Hamburger  
Chicken Nuggets w/Roll  
Vegetarian Baked Bean  
Variety of Milk

30-Turkey Hot Dog  
BBQ Fajita Chicken Sub  
Tater Tot Casserole  
Steamed Baby Carrots  
Variety of Milk

31-Oven Roasted Chicken  
Chef Salad  
Beef Fingers w/Roll  
Green Beans  
Variety of Milk

**Return your completed  
Lunch application by  
Sept 16<sup>th</sup> for a chance  
To win the  
GRAND PRIZE!!!**



**Food Service Director: Tina Byrne; :: Email: [tina.byrne@centerisd.org](mailto:tina.byrne@centerisd.org)**

### Elementary Menu Meal Prices

Paid Lunch.....\$2.50	Paid Breakfast.....Free	
Reduced Lunch.....\$0.40	Reduced Breakfast.....Free	
Staff/Adult Lunch.....\$3.50	Staff/Adult Breakfast.....\$1.75	Milk.....\$0.50