



OCTOBER 2014

High School Café Express



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

		Wednesday 1	Thursday 2	Friday 3
Meal Prices Paid: \$2.70 Reduced: \$0.40 Adult: \$3.50 Paid Breakfast: \$1.25 Reduced Breakfast: \$0.30 Adult Breakfast: \$1.75 Milk: \$0.50		SAUTE' Cheese Pizza Chicken Alfredo Pizza Pepperoni Pizza Delicatessen with 4 Deli Selection Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Egg,Sausage and Cheese English Muffin Fresh Fruit Selection Assorted Low Sugar Cereal	SAUTE' Pepperoni Pizza Cheese Pizza Pepperoni Calzone Delicatessen with 4 Deli Selection Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Blueberry Snack'n Waffle Fresh Fruit Selection Assorted Low Sugar Cereal	SAUTE' Cheese Pizza Pepperoni Pizza Pepperoni and Jalapeno Pizza Delicatessen with 4 Deli Selection Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Breakfast on a Stick Fresh Fruit Selection Assorted Low Sugar Cereal
				
October 13th -17th				
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
PASTA EXPRESS Cheese Pizza Pepperoni Pizza Chicken Fajita Pizza Delicatessen with 4 Deli Selection Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Breakfast Bagel,Sausage Pizza Fresh Fruit Selection Assorted Low Sugar Cereal	PASTA EXPRESS Cheese Pizza Pepperoni Pizza Sausage Calzone Delicatessen with 4 Deli Selection Fresh Fruit and Vegetable Bar Variety of Milk Breakfast French Toast Sticks Fresh Fruit Selection Assorted Low Sugar Cereal	PASTA EXPRESS Cheese Pizza Pepperoni Pizza Chicken Alfredo Pizza Delicatessen with 4 Deli Selection Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Biscuits and Gravy with Sausage Patty Fresh Fruit Selection Assorted Low Sugar Cereal	PASTA EXPRESS Cheese Pizza Pepperoni Pizza Pepperoni Calzone Delicatessen with 4 Deli Selection Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Mini Blueberry Pancakes Fresh Fruit Selection Assorted Low Sugar Cereal	PASTA EXPRESS Cheese Pizza Pepperoni Pizza Pepperoni and Jalapeno Pizza Delicatessen with 4 Deli Selection Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Sausage and Cheese Croissant Fresh Fruit Selection Assorted Low Sugar Cereal
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
BISTRO BOWL Cheese Pizza Pepperoni Pizza Chicken Fajita Pizza Delicatessen with 4 Deli Selection Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Egg,Sausage and Cheese Burrito Fresh Fruit Selection Assorted Low Sugar Cereal	BISTRO BOWL Cheese Pizza Pepperoni Pizza Sausage Calzone Delicatessen with 4 Deli Selection Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Cinnamon Roll with Icing Fresh Fruit Selection Assorted Low Sugar Cereal	BISTRO BOWL Cheese Pizza Pepperoni Pizza Chicken Alfredo Pizza Delicatessen with 4 Deli Selection Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Chicken Biscuit Sandwich Fresh Fruit Selection Assorted Low Sugar Cereal	BISTRO BOWL Cheese Pizza Pepperoni Pizza Pepperoni Calzone Delicatessen with 4 Deli Selection Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Strawberry Banana and Granola Yogurt Parfait Fresh Fruit Selection Assorted Low Sugar Cereal	BISTRO BOWL Cheese Pizza Pepperoni Pizza Pepperoni and Jalapeno Pizza Delicatessen with 4 Deli Selection Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Whole Grain Pancakes Fresh Fruit Selection Assorted Low Sugar Cereal
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
TACO STREET Cheese Pizza Pepperoni Pizza Chicken Fajita Pizza Delicatessen with 4 Deli Selection Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Colby Cheese Omelet Fresh Fruit Selection Assorted Low Sugar Cereal	TACO STREET Cheese Pizza Pepperoni Pizza Sausage Calzone Delicatessen with 4 Deli Selection Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Breakfast Casserole with Toast Fresh Fruit Selection Assorted Low Sugar Cereal	TACO STREET Cheese Pizza Pepperoni Pizza Chicken Alfredo Pizza Delicatessen with 4 Deli Selection Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Egg,Sausage and Cheese English Muffin Fresh Fruit Selection Assorted Low Sugar Cereal	TACO STREET Cheese Pizza Pepperoni Pizza Pepperoni Calzone Delicatessen with 4 Deli Selection Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Blueberry Snack'n Waffle Fresh Fruit Selection Assorted Low Sugar Cereal	TACO STREET Cheese Pizza Pepperoni Pizza Pepperoni and Jalapeno Pizza Delicatessen with 4 Deli Selection Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Breakfast on a Stick Fresh Fruit Selection Assorted Low Sugar Cereal
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
SMOKEHOUSE BBQ Cheese Pizza Pepperoni Pizza Chicken Fajita Pizza Delicatessen with 4 Deli Selection Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Breakfast Bagel,Sausage Pizza Fresh Fruit Selection Assorted Low Sugar Cereal	SMOKEHOUSE BBQ Cheese Pizza Pepperoni Pizza Sausage Calzone Delicatessen with 4 Deli Selection Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Chicken Biscuit Sandwich with Honey Fresh Fruit Selection Assorted Low Sugar Cereal	SMOKEHOUSE BBQ Cheese Pizza Pepperoni Pizza Chicken Alfredo Pizza Delicatessen with 4 Deli Selection Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Biscuits and Gravy with Sausage Patty Fresh Fruit Selection Assorted Low Sugar Cereal	SMOKEHOUSE BBQ Cheese Pizza Pepperoni Pizza Pepperoni Calzone Delicatessen with 4 Deli Selection Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Mini Blueberry Pancakes Fresh Fruit Selection Assorted Low Sugar Cereal	SMOKEHOUSE BBQ Cheese Pizza Pepperoni Pizza Pepperoni and Jalapeno Pizza Delicatessen with 4 Deli Selection Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Sausage and Cheese Croissant Fresh Fruit Selection Assorted Low Sugar Cereal

Food Service Director: Elliott Minshew:: Phone: (936) 598-1599 :: Email: elloitt.minshew@centerisd.org

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OCTOBER 2014

High School Rough Rider Café



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

Meal Prices		Wednesday 1	Thursday 2	Friday 3
Paid: \$2.70		Rough Rider Café	Rough Rider Café	Rough Rider Café
Reduced: \$0.40		Chicken Parmesan	Chicken Quesadilla	Pasta Primavera with Chicken and Breadstick
Adult: \$3.50		Chicken Tenders with Roll	Spicy Chicken Sandwich	Popcorn Chicken
Paid Breakfast: \$1.25		Cheeseburger	Turkey Corn Dog	Supreme Nachos with Spanish Rice
Reduced Breakfast: \$0.30		Bean and Cheese Flour Tacos	Oven Roasted Chicken with Roll and Rice	Cheeseburger
Adult Breakfast: \$1.75		Fresh Fruit and Vegetable Bar	Fresh Fruit and Vegetable Bar	Fresh Fruit and Vegetable Bar
Milk: \$0.50		Variety of Milk	Variety of Milk	Variety of Milk
		Breakfast	Breakfast	Breakfast
		Egg,Sausage and Cheese English Muffin	Blueberry Snack'n Waffle	Breakfast on a Stick
		Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection
		Assorted Low Sugar Cereal	Assorted Low Sugar Cereal	Assorted Low Sugar Cereal
Monday 6	October 13th -17th	Wednesday 8	Thursday 9	Friday 10
Rough Rider Café	Rough Rider Café	Rough Rider Café	Rough Rider Café	Rough Rider Café
Cheeseburger	Spicy Chicken Sandwich	Cheeseburger	Spicy Chicken Sandwich	Cheeseburger
Breaded Baked Chicken with Roll	Orange Chicken with Rice	Chili Cheese Baked Potato and Roll	Beef and Broccoli Stir Fry	Beef Fingers with Roll
Beef Tostada	Beef Tacos	Turkey and Rice Burrito	Cheese Enchilada with Rice	Cajun Chicken Jambalaya
Spicy Chicken Tenders	Country Fried Steak with Roll	Turkey Hot Dog	Popcorn Chicken	Supreme Nachos with Spanish Rice
Fresh Fruit and Vegetable Bar	Fresh Fruit and Vegetable Bar	Fresh Fruit and Vegetable Bar	Fresh Fruit and Vegetable Bar	Fresh Fruit and Vegetable Bar
Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Breakfast Bagel,Sausage Pizza	Gfrench Toast Sticks	Biscuits and Gravy with Sausage Patty	Mini Blueberry Pancakes	Sausage and Cheese Croissant
Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection
Assorted Low Sugar Cereal	Assorted Low Sugar Cereal	Assorted Low Sugar Cereal	Assorted Low Sugar Cereal	Assorted Low Sugar Cereal
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
Rough Rider Café	Rough Rider Café	Rough Rider Café	Rough Rider Café	Rough Rider Café
Spicy Chicken Sandwich	Cheeseburger	Spicy Chicken Sandwich	Cheeseburger	Spicy Chicken Sandwich
Beef and Bean Tamale Pie with Rice	Orange Chicken with Rice	Chicken Quesadilla	Beef and Broccoli Stir Fry with Rice	Supreme Nachos with Spanish Rice
Chicken Alfredo with Breadstick	Beef and Bean Burrito	Spaghetti with Meatballs and Breadstick	Green Chili Chicken Enchilada with Salsa	Chicken Nuggets with Roll
Turkey Corn Dog	Breaded Baked Chicken with Roll	Spicy Chicken Tenders with Roll	Chicken Corn Dog	Beef Lasagna with Breadstick
Fresh Fruit and Vegetable Bar	Fresh Fruit and Vegetable Bar	Fresh Fruit and Vegetable Bar	Fresh Fruit and Vegetable Bar	Fresh Fruit and Vegetable Bar
Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Egg,Sausage and Cheese Burrito	Cinnamon Roll with Icing	Chicken Biscuit Sandwich	Strawberry Banana and Granola Yogurt Parfait	Whole Grain Pancakes
Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection
Assorted Low Sugar Cereal	Assorted Low Sugar Cereal	Assorted Low Sugar Cereal	Assorted Low Sugar Cereal	Assorted Low Sugar Cereal
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
Rough Rider Café	Rough Rider Café	Rough Rider Café	Rough Rider Café	Rough Rider Café
Cheeseburger	Spicy Chicken Sandwich	Cheeseburger	Spicy Chicken Sandwich	Cheeseburger
Country Fried Steak with Roll	Beef Teriyaki Dippers with Brown Rice	Meatball Sub	Orange Chicken with Roll	Spicy Baked Rotini with Chicken
Popcorn Chicken	BBQ Glazed Chicken and Cornbread	Chili Mac	Beef Fingers with Roll	BBQ Beef Dipper Slider
Cajun Chicken Jambalaya with Roll	Chicken Tenders with Roll	Chicken Parmesan	Chilli Cheese Baked Potato and Biscuit	Supreme Nachos with Spanish Rice
Fresh Fruit and Vegetable Bar	Fresh Fruit and Vegetable Bar	Fresh Fruit and Vegetable Bar	Fresh Fruit and Vegetable Bar	Fresh Fruit and Vegetable Bar
Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Colby Cheese Omelet	Breakfast Casserole with Toast	Egg,Sausage and Cheese English Muffin	Blueberry Snack'n Waffle	Breakfast on a Stick
Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection
Assorted Low Sugar Cereal	Assorted Low Sugar Cereal	Assorted Low Sugar Cereal	Assorted Low Sugar Cereal	Assorted Low Sugar Cereal
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
Rough Rider Café	Rough Rider Café	Rough Rider Café	Rough Rider Café	Rough Rider Café
Cheeseburger	Spicy Chicken Sandwich	Cheeseburger	Spicy Chicken Sandwich	Cheeseburger
Chicken Nuggets with Roll	Chicken Corn Dog	Baked Penne with Breadstick	Pulled Pork Fried Rice	Garlic and Herb Fish Filet with Roll
Tater Tot Casserole with Biscuit	Sweet and Sour Chicken with Rice	Chicken Pot Pie with Biscuit Crust	Chicken Alfredo with Breadstick	Supreme Nachos with Spanish Rice
Hard Shell Chicken Tacos with Spanish Rice	Chicken Enchilada with Spanish Rice	Chicken Burrito	Chicken Quesadilla	Chicken Garlic Cream Spaghetti
Fresh Fruit and Vegetable Bar	Fresh Fruit and Vegetable Bar	Fresh Fruit and Vegetable Bar	Fresh Fruit and Vegetable Bar	Fresh Fruit and Vegetable Bar
Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Breakfast Bagel,Sausage Pizza	Chicken Biscuit Sandwich with Honey	Biscuits and Gravy with Sausage Patty	Mini Blueberry Pancakes	Sausage and Cheese Croissant
Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection
Assorted Low Sugar Cereal	Assorted Low Sugar Cereal	Assorted Low Sugar Cereal	Assorted Low Sugar Cereal	Assorted Low Sugar Cereal

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