

**Plano Independent School District  
HIGH SCHOOL  
2009-2010  
LUNCH MENU**

**CYCLE 1**

**MONDAY**

Hamburger/Cheeseburger  
Breaded Chicken Sandwich  
Bowtie Pasta/Alfredo Sc/Cheese  
Chicken Chef Salad

**TUESDAY**

Hamburger/Cheeseburger  
Nacho Grande  
Cheese Enchiladas  
Caesar Salad w/Deli Wrap

**WEDNESDAY**

Hamburger/Cheeseburger  
Chicken Fried Steak/Wheat Roll  
Corn Dog  
Tuna Chef Salad

**THURSDAY**

Hamburger/Cheeseburger  
Calzone w/Marinara  
Pizza Sticks w/Marinara  
Vegetarian Chef Salad

**FRIDAY**

Cheese/Pepperoni Pizza  
Turkey Burger  
Crispy Fish/Corn Muffin  
Turkey Chef Salad

**CYCLE 2**

**MONDAY**

Hamburger/Cheeseburger  
Philly Steak Sandwich  
Orange Chicken/Rice  
Chicken Chef Salad

**TUESDAY**

Hamburger/Cheeseburger  
Nacho Grande  
Burrito  
Caesar Salad w/Deli Wrap

**WEDNESDAY**

Hamburger/Cheeseburger  
Grilled Cheese Sandwich  
Chicken Nuggets/ Wheat Roll  
Tuna Chef Salad

**THURSDAY**

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

**FRIDAY**

Cheese/Pepperoni Pizza  
Turkey Burger  
Fish Sandwich  
Popcorn Chicken Salad

**CYCLE 3**

**MONDAY**

Hamburger/Cheeseburger  
Shrimp Poppers/Corn Muffin  
Chili Cheese Dog  
Chicken Chef Salad

**TUESDAY**

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

**WEDNESDAY**

Hamburger/Cheeseburger  
Oven Fried Chicken/ Wheat Roll  
Steak Fingers/ Wheat Roll  
Tuna Chef Salad

**THURSDAY**

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

**FRIDAY**

Cheese/Pepperoni Pizza  
Turkey Burger  
Barbeque Beef Sandwich  
Popcorn Chicken Salad

\*Vegetarian Salads Available Upon Request

ENTREES-MUST SELECT ONE SIDES-MAY SELECT UP TO THREE (SELECTION OF FRUITS, VEGGIES AND BREADS OFFERED DAILY) SELECTION OF MILK OFFERED WITH LUNCH  (MENU SUBJECT TO CHANGE BASED ON ITEM AVAILABILITY)	<b>CYCLE 1</b>	Aug 24, Sept 14, Oct 5, Oct. 26, Nov 16, Dec 7, Jan 11, Feb 1, Feb 22, Mar 22, Apr 12, May 3, May 24
	<b>CYCLE 2</b>	Aug 31, Sept 21, Oct 12, Nov 2, Nov. 23, Dec 14, Jan 18, Feb 8, Mar 1, Mar 29, Apr 19, May 10, May 31
	<b>CYCLE 3</b>	Sept 7, Sept 28, Oct 19, Nov 9, Nov 30, Jan 4, Jan 25, Feb 15, Mar 8, Apr 5, Apr 26, May 17
<b>Meal Prices</b>	<b>BREAKFAST (where served) — \$1.35</b>	<b>LUNCH — \$2.55</b>
	<b>ADULT / VISITOR BREAKFAST — \$1.55</b>	<b>ADULT / VISITOR LUNCH — \$3.00</b>

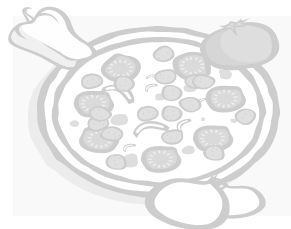
**Important Dates to Remember:**

**National School Lunch Week-Oct 12-18**  
**National School Breakfast Week-March 8-12**  
**Child Nutrition Appreciation Week-May 3-7**

**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.

# HIGH SCHOOL EXPRESS MENU 2009-2010



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Pizza Chicken Chunks	Pizza Chicken Sandwich	Pizza Chicken Chunks	Pizza Chicken Strips	Pizza Chicken Sandwich

**\*Deli Sandwiches Available Daily**

FOR INFORMATION ABOUT  
THE TEXAS PUBLIC  
SCHOOL  
NUTRITION POLICY  
GO TO:  
[WWW.SQUAREMEALS.ORG](http://WWW.SQUAREMEALS.ORG)

### A LA CARTE PRICES

Fruit or Vegetable of the day	\$0.60	Chips; Baked & Reduced Fat	\$0.60
French Fries	\$1.00	Milk; Plastic, 8 oz	\$0.60
Petite Salad	\$1.75	Beverages; Variety	\$0.50-\$1.75
Fresh Baked Cookie, 1 oz	\$0.25	Yogurt; Variety	\$0.70-\$1.00
Snacks, Variety	\$0.60-\$0.80	Yogurt Parfait; 9 oz, 12 oz	\$1.25-\$1.75

## 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 Cinnamon French Toast	Cereal & Pop Tart Build Your Own: Breakfast Burrito	Cereal & Muffin Sausage & Biscuit/Gravy Cinnamon French Toast	Cereal & Pop Tart Build Your Own: Breakfast Burrito	Cereal & Granola Bar Sausage & Biscuit/Gravy Cinnamon French Toast
<b>Selection B</b>	<b>Selection B</b>	<b>Selection B</b>	<b>Selection B</b>	<b>Selection B</b>
Orange Juice Mandarin Oranges	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](http://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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