

Mabank ISD Intermediate School September 2010 Lunch Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| | | 1 Chicken Alfredo Seasoned Green Beans Roasted Corn on the Cob Fresh Apple Slices Garlic Bread Choice of Ice Cold Milk | 2 Baked Chicken Nuggets Pepper Gravy Mashed Potatoes Broccoli Fresh Orange Smiles Wheat Roll Choice of Ice Cold Milk | 3 Baked Ravioli Steamed Corn Green Beans Apple Sauce Garlic Bread Stick Choice of Ice Cold Milk |
| 6 No School Labor Day Holiday | 7 Baked Ocean Fish Nuggets Mac and Cheese Fresh Broccoli Wheat Roll Mandarin Oranges Choice of Ice Cold Milk | 8 Low Fat Grilled Cheese Sandwich Pork and Beans Glazed Carrots Golden Fresh Banana Choice of Ice Cold Milk | 9 Baked Chicken Rings Pepper Gravy Mashed Potatoes Green Peas Wheat Roll Diced Pears Choice of Ice Cold Milk | 10 Chicken Crispito Fresh Green Lettuce with Tomato Mexican Rice Cinnamon Apples Choice of Ice Cold Milk |
| 13 Salisbury Steak Brown Gravy Mashed Potatoes Mandarin Oranges Wheat Roll Choice of Ice Cold Milk | 14 Chicken Spaghetti Tator Tots Green Beans Hot Roll Purple Grapes Choice of Ice Cold Milk | 15 BBQ Rib Sandwich Pork and Beans Glazed Carrots Golden Fresh Banana Choice of Ice Cold Milk | 16 Spaghetti with Meat Sauce Whole Grain Noodles Golden Steamed Corn Pinto Beans Fresh Bread Stick Chilled Peaches Choice of Ice Cold Milk | 17 Beef and Cheese Nachos Refried Beans Spanish Rice Pine Apple Tidbits Choice of Ice Cold Milk |
| 20 Baked Chicken Rings Gravy Mashed Potatoes Seasoned Spinach Diced Pears Choice of Ice Cold Milk | 21 Beef and Cheese Burrito Low Fat Refried Beans Spanish Rice Fresh Orange Smiles Choice of Ice Cold Milk | 22 Baked Breaded Chicken Roasted Sweet Potatoes Green Beans Hot Wheat Roll Apple Sauce Choice of Ice Cold Milk | 23 Baked Ravioli Broccoli Normandy Blend Seasoned Corn Fresh Orange Smiles Bread Stick Choice of Ice Cold Milk | 24 Baked Breaded Fish Pork and Beans Cole Slaw Apple Crisp Wheat Roll Choice of Ice Cold Milk |
| 27 Salisbury Steak Brown Gravy Scalloped Potatoes Chilled Applesauce Wheat Roll Choice of Ice Cold Milk | 28 Beef Fajitas Fresh Green Lettuce and Tomatoes Mexican Rice Cinnamon Apples Choice of Ice Cold Milk | 29 Meat Loaf Mashed Potatoes Black Eyed Peas Blushing Diced Pears Choice of Ice Cold Milk | 30 Baked Chicken Sticks with Gravy Mashed Potatoes Green Peas Sparkling Pears Choice of Ice Cold Milk | |

Choice of Milk, Chef Salads, Wraps, & Sandwiches Offered Daily

Menus are subject to change.



An asterisk(*) denotes components of Balanced Choices meals that meet strict nutrient parameters for calories, fat, saturated fat, cholesterol, fiber, sodium, and other key nutrients. All Balanced Choices meals include a choice of 1% white milk.



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