

Mabank ISD High and Jr. High School September 2010 Origins Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Egg Roll Steamed Fried Rice Oriental Veggies Diced Pears Choice of Ice Cold Milk	2 Baked Country Steak Fingers Mashed Potatoes Black Eyed Peas Purple Grapes Bread Stick Choice of Ice Cold Milk	3 Baked Ham Green Beans Sweet Potatoes Fruit Salad Wheat Roll Choice of Ice Cold Milk
6 No School Labor Day Holiday	7 Oven Baked Fish Square Mac and Cheese Cole Slaw Wheat Roll Mix Fruit Choice of Ice Cold Milk	8 Baked Ravioli Mashed Potatoes Black Eyed Peas Peaches Bread Stick Choice of Ice Cold Milk	9 Pork Roast with Gravy Baked Rosemary Potatoes Steamed Carrots Wheat Roll Cinnamon Apples Choice of Ice Cold Milk	10 Chopped BBQ Sandwich Pork and Beans Steamed Broccoli Peaches Bread Stick Choice of Ice Cold Milk
13 Chicken Spaghetti with Whole Grain Noodles Mashed Potatoes Steamed Green Beans Pears Bread Stick Choice of Ice Cold Mil	14 Meat Loaf Corn on Cob Pinto Beans Strawberry Cup Warm Biscuit Choice of Ice Cold Milk	15 Oven Baked BBQ Chicken Brown Rice Steamed Broccoli Wheat Roll Fresh Mix Fruit Choice of Ice Cold Milk	16 Sweet and Sour Pork Fried Brown Rice Oriental Veggies Fresh Orange Choice of Ice Cold Milk	17 Salisbury Steak Scalloped Potatoes Steamed Cabbage Wheat Roll Mixed Fruit Choice of Ice Cold Milk
20 Chicken Alfredo Roasted Sweet Potatoes Spinach Peaches Bread Stick Choice of Ice Cold Milk	21 Baked Fried Chicken Mashed Potatoes Green Beans Hot Roll Purple Grapes Choice of Ice Cold Milk	22 Baked Ziti with Whole Grain Rotini Baked Potato Half Peas & Carrots Wheat Roll Mixed Fruit Choice of Ice Cold Milk	23 Hamburger Steak w/ Gravy Mashed Potatoes Steamed Yellow Corn Fresh Red Apple Wheat Roll Choice of Ice Cold Milk	24 Chicken and Dumplings Roasted Sweet Potatoes Tossed Green Salad Orange Smiles Choice of Ice Cold Milk
27 Chicken Ala King Rose Mary Potatoes Green Beans Peaches Biscuit Choice of Ice Cold Milk	28 Meat Loaf Scalloped Potatoes Broccoli Normandy Blend Mixed Fruit Wheat Roll Choice of Ice Cold Milk	29 Cheesy Tuna Casserole Ranch Style Beans Spring Mix Salad Fresh Golden Banana Wheat Roll Choice of Ice Cold Milk	30 Oven Baked Fish Square Mac and Cheese Cole Slaw Wheat Roll Mix Fruit Choice of Ice Cold Milk	

Choice of Milk, Sandwiches, and Wraps Offered Daily / Variety Chef Salads offered daily

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