



GISD CN Department

Austin, Collegiate Academy at Weis, Central

Lunch 2019-2020

All grains offered are Whole Grain Rich
Items noted with * May Contain Pork

	Monday	Tuesday	Wednesday	Thursday	Friday
Cycle 1	General TSO's or Tangerine Chicken w/ Ponzu Rice Steamed Broccoli Baby Carrots w/ Ranch Dressing Mandarin Oranges	Frito Chili Pie or Crispy Tacos w/ Spanish Rice Refried Beans Fiesta Salad Strawberry Pop	Spaghetti & Meatballs w/ Garlic Twist Cherry Tomatoes Green Beans Mixed Fruit	BBQ Baked Potato* w/ Chocolate Chip Cookies Ranch Style Beans Golden Corn Fresh Banana	Chicken Tenders w/ Mac & Cheese Seasoned Fries Steamed Vegetable Medley Fruit Juice
Aug 26-30, Sept 9-13, Sept 23-27, Oct 7-11, Oct 21-25, Nov 4-8, Nov 18-22, Dec 9-13, Jan 6-10, Jan 21-24, Feb 3-7, Feb 17-21, Mar 2-6, Mar 23-27, Apr 6-9, Apr 20-24, May 4-8, May 18-22	Stuffed Crust Cheese or Pepperoni* Pizza "Super" Salad Curly Fries Seasoned Fries Mandarin Oranges	Cheese or Pepperoni* Pizza "Super" Salad Curly Fries Strawberry Pop	Stuffed Crust Cheese or Pepperoni* Pizza "Super" Salad Seasoned Fries Mixed Fruit	Cheese or Pepperoni* Pizza "Super" Salad Curly Fries Fresh Banana	Stuffed Crust Cheese or Pepperoni* Pizza "Super" Salad Seasoned Fries Fruit Juice
	Cheeseburger, or Original or Buffalo Chicken Smackers w/ Garlic Twist "Super" Salad Seasoned Fries Mandarin Oranges	Double Dogs*, or Spicy Chicken Sandwich "Super" Salad Curly Fries Strawberry Pop	Cheeseburger, or Original or Buffalo Chicken Smackers w/ Garlic Twist "Super" Salad Seasoned Fries Mixed Fruit	Cheeseburger, or Spicy Chicken Sandwich "Super" Salad Curly Fries Fresh Banana	Cheeseburger, or Original or Buffalo Chicken Smackers w/ Garlic Twist "Super" Salad Seasoned Fries Fruit Juice
Menu Items Subject to Change without Notice Choice of Borden's Milk Daily	PB&J Sandwich w/ Cheese Stick Munchies "Super" Salad Mandarin Oranges	Turkey & Cheese Anytimer Lunch Box Reduced Fat Dorito Chips "Super" Salad Strawberry Pop	PB&J Sandwich w/ Cheese Stick Munchies "Super" Salad Mixed Fruit	Turkey & Cheese Lunch Box Reduced Fat Dorito Chips "Super" Salad Fresh Banana	PB&J Sandwich w/ Cheese Stick Munchies "Super" Salad Fruit Juice

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	Monday	Tuesday	Wednesday	Thursday	Friday
Cycle 2	Chicken Alfredo w/ Garlic Twist Green Beans "Super" Salad Fresh Apple	Grilled Cheese Sandwich w/ Chicken Noodle Soup Baby Carrots "Super" Salad Fresh Orange Wedges	BYO Sub Sandwich Sub Veggies "Super Salad" Apple Slices	Steak Fingers w/ Texas Toast Mashed Potatoes Broccoli w/ Cheese Pineapple Chunks	Meat & Cheese or Cheese Nachos Spanish Rice Salsa Charro Beans Fruit Juice
Sep 3-6, Sept 16-20, Sept 30- Oct 4, Oct 14-18, Oct 28-Nov 1, Nov 11-15, Dec 2-6, Dec 16-20, Jan 13-17, Jan 27-31, Feb 10- 14, Feb 24-28, Mar 16-20, Mar 30-Apr 3, Apr 13- 17, Apr 27-May 1, May 11-15, May 26-28	Cheese or Pepperoni* Pizza "Super" Salad Seasoned Fries Fresh Apple	Stuffed Crust Cheese or Pepperoni* Pizza "Super" Salad Tator Tots Fresh Orange Wedges	Cheese or Pepperoni* Pizza "Super" Salad Seasoned Fries Apple Slices	Stuffed Crust Cheese or Pepperoni* Pizza "Super" Salad Tater Tots Pineapple Chunks	Cheese or Pepperoni* Pizza "Super" Salad Seasoned Fries Fruit Juice
	Cheeseburger, or Original or Buffalo Chicken Smackers w/ Garlic Twist "Super" Salad Seasoned Steak Fries Fresh Apple	Double Corndog*, or or Spicy Chicken Sandwich "Super" Salad Tator Tots Fresh Orange Wedges	Cheeseburger, or Original or Buffalo Chicken Smackers w/ Garlic Twist "Super" Salad Seasoned Fries Apple Slices	Cheeseburger, or Spicy Chicken Sandwich "Super" Salad Tater Tots Pineapple Chunks	Cheeseburger, or Original or Buffalo Chicken Smackers w/ Garlic Twist "Super" Salad Seasoned Fries Fruit Juice
Menu Items Subject to Change without Notice Choice of Borden's Milk Daily	PB&J Sandwich w/ Cheese String Munchies "Super" Salad Fresh Apple	Turkey & Cheese Anytimer Lunch Box Reduced Fat Dorito Chips "Super" Salad Fresh Orange Wedges	PB&J Sandwich w/ Cheese String Munchies "Super" Salad Apple Slices	Turkey & Cheese Anytimer Lunch Box Reduced Fat Dorito Chips "Super" Salad Pineapple Chunks	PB&J Sandwich w/ Cheese String Munchies "Super" Salad Fruit Juice

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