

January 2010

La Joya I.S.D. Breakfast & Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

Guess What?

***Air-dry your clothes. Set up a clothes line in your backyard and save energy from not using the dryer.**

***Wash fruits and vegetables in a bowl to conserve water.**

Monday	Tuesday	Wednesday	Thursday	Friday
4 Holiday	5 Holiday	6 Holiday	7 Holiday	8 Holiday
11 Asst. Cereal w/Graham Crackers BBQ On a Bun Potato Salad Pickle Spear Baked Chips Chilled Mix Fruit	12 Peanut Butter Uncrustable Nachos Grande Spanish Rice Golden Corn Lettuce & Tomato Salad Chilled Pineapple Tidbits	13 Sunrise Biscuit Fresh Baked Pizza Garden Salad Seasoned Green Beans Fruited Gelatin	14 French Toast Sticks w/syrup Chicken Strips Mashed Potatoes w/gravy Peas & Carrots Fresh Baked Biscuit Blushing Pears	15 Breakfast Kolache Crispy Fish Wedge Whole Wheat Roll Macaroni & Cheese Cheesy Broccoli Florets Fruited Gelatin
18 Asst. Cereal w/Graham Crackers Chili/Cheese Hot Dog Tater tots Cool Burger Salad Chilled Mixed Fruit	19 Biscuit & Sausage Cavatini w/Meat Sauce Hot Wheat Roll Garden Salad Seasoned Green Beans Chilled Tropical Fruit Mix	20 Pancake on a stick Burrito w/ Chili & Cheese Spanish Rice Golden Corn Lettuce & Tomato Salad Chilled Peaches	21 Cinnamon Oatmeal w/toast *Tamales Sandwich/Soup Combo Macaroni Salad Frito-Lay Baked Chips Sandwich Salad Chilled Mandarin Oranges	22 Breakfast Kolache Cheese Enchiladas Charro Beans Spanish Rice Saltine Crackers Lettuce & Tomato Salad Chilled Pineapple Tidbits
25 Asst. Cereal w/Graham Crackers Crispy Chicken Burger Seasoned Oven Fries Burger Salad Chilled Mandarin Oranges	26 Grill Cheese Sandwich Beef Tacos Charro Beans Spanish Rice Lettuce & Tomato Salad Chilled Peaches	27 Peanut Butter Uncrustable Italian Pocket Garden Salad Peas & Carrots Chilled Mixed Fruit	28 Breakfast Kolache Chicken Nuggets Mashed Potatoes w/ gravy Seasoned Green Beans Fresh Baked Biscuit Fruited Gelatin	29 Breakfast Taco Beans w/cheese Chalupas Spanish Rice Golden Corn Lettuce & Tomato Salad Chilled Pineapple Tidbits

A La Carte

Student's first meal is free of charge.
Additional meal may be purchased at a la carte prices:

Breakfast - \$2.00

Entrée \$1.50
Juice .30
Milk .40

Lunch - \$3.25

Entrée \$1.75
Side Dish .50
Fruit .50
Bread/Crackers .30
Milk .40

School News

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MENU SUBJECT TO CHANGE WITHOUT NOTICE DUE TO FOOD AVAILABILITY.