

# 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.**

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