



Harris County Schools Nutrition Program-Elementary & Middle School 2017-2018 Menus

Dates	Monday	Tuesday	Wednesday	Thursday	Friday	Breakfast This Week
September 1 October 2-6	Italian Pasta Bake Chicken Nuggets Honey Glazed Carrots Garden Salad Breadstick Fruit	BBQ Nachos Chicken Nachos Salsa Seasoned Corn Black Beans Fruit	Pizza w/Marinara Sauce Cheeseburger Sliders Potato Wedges Baked Beans Fruit	Lasagna w/Breadstick Flatbread Chicken Melt Steamed Broccoli Corn on the Cob Fruit	Corndog Chicken Filet Sandwich Coleslaw Baby Carrots Fruit	(M) Pancakes w/Sausage (Tu) Ham & Cheese Croissant (W) Cinnamon Roll (Th) Breakfast Pizza (F) Variety Biscuit
September 4-8 October 9-13	Asian Bowl: General Tso Chicken Teriyaki Chicken Noodles Glazed Carrots Steamed Broccoli Fruit	Chicken Fajitas Beef Nachos Salsa Seasoned Corn Black Beans Fruit	Breakfast for Lunch: Chicken & Waffles Sausage & Waffles Tater Tots Baby Carrots Fruit	Oven Roasted Chicken Cubed Steak Sweet Potato Yams Green Beans Roll Fruit	Popcorn Shrimp BBQ Sliders Coleslaw Baked Beans Roll Fruit	(M) Pancake on a Stick (Tu) Chicken Biscuit (W) Muffin & Yogurt (Th) Breakfast Pizza (F) Variety Biscuit
September 11-15 October 16-20	Beefaroni w/Breadstick Corndog Honey Glazed Carrots Steamed Broccoli Fruit	Taco Salad Chicken Nachos Salsa Seasoned Corn Black Beans Fruit	Pizza with Marinara Sauce Corn on a Cob Garden Salad Fruit	Chicken Nuggets Steak Sandwich Sweet Potato Fries Greens Beans Fruit	Cheeseburgers Chicken Sandwich Potato Wedges Baked Beans Fruit	(M) Waffles w/Sausage (Tu) Sausage & Cheese Croissant (W) Donut (Th) Breakfast Pizza (F) Variety Biscuit
September 18-22 October 23-27	Asian Bowl Orange Chicken Sweet & Sour Chicken Rice Broccoli Fruit	Cheese Quesadillas Chicken Fajitas Salsa Seasoned Corn Black Beans Fruit	Pizza with Marinara Sauce Chicken Sandwich Sweet Potato Fries Baked Beans Fruit	BBQ Drumsticks Meatloaf Mashed Potatoes Turnip Greens Roll Fruit	Chicken Sliders Hotdogs Curly Fries Cole Slaw Fruit	(M) Pancakes (Tu) Chicken Biscuit (W) Sausage, Egg, & Cheese Wrap (Th) Breakfast Pizza (F) Variety Biscuit
September 25-29 October 30-31	Cheeseburger Corndog Baby Carrots Black-eyed Pea Fruit	Chicken Fajitas Beef Nachos Salsa Seasoned Corn Black Beans Fruit	Pizza with Marinara Sauce Cuban Sandwich Sweet Potato Fries Green Beans Fruit	Chicken Filet Sandwich Hamburger Steak w/ Roll Mashed Potatoes Broccoli & Cheese Fruit	Popcorn Shrimp Turkey & Cheese Sliders Cole Slaw Corn on the Cob Fruit	(M) Pancakes (Tu) Ham & Cheese Croissant (W) Cinnamon Roll (Th) Breakfast Pizza (F) Variety Biscuit

Alternative Entrees that may be available: PB & J, Deli Sandwiches, Wraps, Chef Salad, Turkey, Tuna, Chicken, or Salads, Fruit & Yogurt Plate

Everyday Breakfast Choices:
Milk, Juice, & Assorted Cereals
Manager's Choice: offer Grits, Cinnamon Toast, or Oatmeal Daily
*Students must choose 3 items from the 4 categories offered.

Helpful Information:
Milk is offered daily for lunch and breakfast. Alternative choices are offered at all schools. Menu is subject to change based on product availability.

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"



Harris County Schools Nutrition Program-High School 2017-2018 Menus

Dates	Monday	Tuesday	Wednesday	Thursday	Friday	Breakfast This Week
September 1 October 2-6	Baked Spaghetti Chicken Nuggets Honey Glazed Carrots Mashed Potatoes Breadstick Fruit	BBQ Nachos Chicken Nachos Salsa Seasoned Corn Black Beans Fruit	Chicken & Cheese Sliders Cheeseburger Potato Wedges Baked Beans Fruit	Lasagna w/Breadstick Flatbread Chicken Melt Steamed Broccoli Corn on the Cob Fruit	Hotdogs (Chili & Cheese) Chicken Filet Sandwich Coleslaw Baby Carrots Fruit	(M) Pancakes w/Sausage (Tu) Ham & Cheese Croissant (W) Cinnamon Roll (Th) Breakfast Pizza (F) Variety Biscuit
September 4-8 October 9-13	Asian Bowl: General Tso Chicken Teriyaki Chicken Noodles Glazed Carrots Steamed Broccoli Fruit	Chicken Fajitas Beef Nachos Salsa Seasoned Corn Black Beans Fruit	Breakfast for Lunch: Chicken & Waffles Sausage & Waffles Tater Tots Baby Carrots Fruit	Oven Roasted Chicken Cubed Steak Sweet Potato Yams Green Beans Mac & Cheese Roll Fruit	Popcorn Shrimp w/Breadstick BBQ Sliders Coleslaw Baked Beans Roll Fruit	(M) Pancake on a Stick (Tu) Chicken Biscuit (W) Muffin & Yogurt (Th) Breakfast Pizza (F) Variety Biscuit
September 11-15 October 16-20	Philly Cheese Steak Sliders Chili Cheese Dog Honey Glazed Carrots Steamed Broccoli Fruit	Taco Salad Chicken Nachos Salsa Seasoned Corn Black Beans Fruit	BBQ Sandwich Corndog Corn on a Cob Baby Carrots Fruit	Chicken Nuggets Steak Sandwich Sweet Potato Fries Greens Beans Fruit	Cheeseburgers Chicken Sandwich Potato Wedges Baked Beans Fruit	(M) Waffles w/Sausage (Tu) Sausage & Cheese Croissant (W) Donut (Th) Breakfast Pizza (F) Variety Biscuit
September 18-22 October 23-27	Asian Bowl Orange Chicken Sweet & Sour Chicken Rice Broccoli Honey Glazed Carrots Fruit	Cheese Quesadillas Chicken Fajitas Salsa Seasoned Corn Black Beans Fruit	BBQ Tator Chicken Tator Sweet Potato Fries Baked Beans Fruit	Oven Roasted Chicken Meatloaf Mashed Potatoes Turnip Greens Mac & Cheese Roll Fruit	Chicken Sliders Hotdogs Curly Fries Cole Slaw Fruit	(M) Pancakes (Tu) Chicken Biscuit (W) Sausage, Egg, & Cheese Wrap (Th) Breakfast Pizza (F) Variety Biscuit
September 25-29 October 30-31	Cheeseburger Corndog Baby Carrots Black-eyed Pea Fruit	Chicken Fajitas Beef Nachos Salsa Seasoned Corn Black Beans Fruit	Chicken Tenderloin Sandwich Cuban Sandwich Sweet Potato Fries Green Beans Fruit	Chicken Filet Sandwich Hamburger Steak w/ Roll Mashed Potatoes Broccoli & Cheese Fruit	Popcorn Shrimp w/Breadstick Turkey & Cheese Sliders Cole Slaw Corn on the Cob Fruit	(M) Pancakes (Tu) Ham & Cheese Croissant (W) Cinnamon Roll (Th) Breakfast Pizza (F) Variety Biscuit

Alternative Entrees that may be available: PB & J, Deli Sandwiches, Wraps, Chef Salad, Turkey, Tuna, Chicken, or Salads, Fruit & Yogurt Plate
Smart Mouth Pizza & Salad Bar Served Daily

Everyday Breakfast Choices:
Milk, Juice, & Assorted Cereals
Manager's Choice: offer Grits, Cinnamon Toast, or Oatmeal Daily
*Students must choose 3 items from the 4 categories offered.

Helpful Information:
Milk is offered daily for lunch and breakfast. Alternative choices are offered at all schools. Menu is subject to change based on product availability.

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Menus

Elementary & Middle:

Italian Past Bake



Cook like you would normally cook spaghetti:

Ground Beef (101005), Rotini noodles (111019), Tomato Sauce (109170), Cheese shredded mozzarella (300185), Parmesan Cheese (157860)

Brown meat in large skillet; drain. Return to skillet. Add cooked pasta, pasta sauce, and parmesan; mix well.

Spoon into baking pan sprayed with cooking spray; top with cheese. Bake for 20 minutes or until heated through.

Flatbread Chicken Melt



Use Chicken fajita meat (101156), Cheese shredded mozzarella (300185) or Cheddar Cheese (157801), Bell pepper and onions (Optional)
Flatbread (107106)



Chicken Sliders



BBQ Sliders





BBQ or Chicken Tator



Baked Potato topped with Chicken Fajita or BBQ and Students can add trimmings

Honey Glazed Carrots

Place carrots in 1 inch of water, heat to boiling, reduce heat to low. Simmer 10 to 15 minutes or until tender. Drain well. Add honey and butter to carrots in saucepan. Cook, Stirring Frequently, until butter is melted and carrots are glazed.



Hamburger Steak w/



Beef Patties (101039), Peppers & Onions (106095), Mushroom (112175), Gravy (118129)
Cook the patties as you normally would, but add the trimmings.....

Chicken Scampi



Chicken fajita Meat with spaghetti noodles, diced tomatoes, Italian dressing.



Cuban Sandwich



BBQ Pork, Ham, Cheese, & Pickle Served on Flatbread, Hoagie Bun, or Hamburger Bun