

# Taylor Middle School

## December (6<sup>th</sup> – 8<sup>th</sup>)

Our menus are aligned with the USDA's  
"Healthier US School Challenge."

### Breakfast Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1</b>	Pancake on a Stick	Breakfast Bagel	Cinnamon Roll	Blueberry Pancake	Bean & Cheese Burrito
<b>WEEK 2</b>	Blueberry Bread	Breakfast Sausage Pizza	Chicken on a Bun	Kolache	Egg and Cheese Taco
<b>WEEK 3</b>	French Toast	Breakfast Bites	Breakfast Quesadilla	Pancake And Sausage	WG Powdered Donut
<b>WEEK 4</b>	Pancake on a Stick	Breakfast Bagel	Cinnamon Roll	Blueberry Pancake	Bean & Cheese Burrito
<b>WEEK 5</b>	Blueberry Bread	Breakfast Sausage Pizza	Chicken on a Bun	Kolache	Egg and Cheese Taco

**Daily Breakfast Choices Include:**  
Whole Grain Cereals, Cereal Bars, 100% Orange Juice, Fresh Fruit 1% White Milk and Fat Free Chocolate Milk .

 <b>SECONDARY MEAL PRICES</b> Student Breakfast FREE Reduced Breakfast \$ .00 Adult Breakfast \$2.00 Student Lunch \$2.90 Reduced Lunch \$ .40 Adult Lunch \$3.50		 <b>A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES</b> Fresh Garden Salad Greens plus Fruits & Vegetables, Locally Grown items are offered whenever seasonally available. 1% White Milk and Fat Free Chocolate Milk included with all meals	
			<b>December 1<sup>st</sup></b> Frito Pie Charro Beans Chilled Mixed Fruit
<b>December 4<sup>th</sup></b> Pulled Pork Stroganoff Steamed Corn Applesauce	<b>December 5<sup>th</sup></b> Shake 'n Bake Chicken Dinner Roll Black Beans Pineapple	<b>December 6<sup>th</sup></b> Chicken Nuggets with WG Breadstick Mashed Potatoes with Gravy Oranges	<b>December 7<sup>th</sup></b> Honey Mustard Chicken Bites Dinner Roll Chilled Pears
<b>December 11<sup>th</sup></b> Baked Ziti Wheat Roll Broccoli Applesauce	<b>December 12<sup>th</sup></b> Chili Lime Chicken Mexicali Corn Herb Roasted Carrots Pineapple	<b>December 13<sup>th</sup></b> Chicken Nuggets with WG Breadstick Mashed Potatoes with Gravy Oranges	<b>December 14<sup>th</sup></b> Chicken Pot Pie Breadstick Herb Roasted Carrots Chilled Pears
<b>December 18<sup>th</sup></b> Chicken Spaghetti Italian Green Beans Corn Applesauce	<b>December 19<sup>th</sup></b> Chicken Potato Bowl Breadstick Herb Roasted Carrots Pineapple	<b>December 20<sup>th</sup></b> Chicken Nuggets with WG Breadstick Mashed Potatoes with Gravy Oranges	<b>December 8<sup>th</sup></b> Bowtie Pasta w/ Queso Blanco With Breadstick Broccoli Mixed Fruit
			<b>December 15<sup>th</sup></b> Chicken Fried Steak Dinner Roll Mashed Potatoes Chilled Mixed Fruit


 **EVERYDAY CHOICES**  
Hamburger, Cheeseburger  
And Spicy Chicken Sandwich



<b>MON</b>	Chicken Quesadilla
<b>TUES</b>	Bean & Cheese Burrito
<b>WED</b>	Green Chili Burrito
<b>THUR</b>	Chicken Enchilada Bake
<b>FRI</b>	Taco Loco Salad

 **Fresh Salads and Turkey Subs Offered daily**

<b>MON</b>	Turkey & Cheese Bagel	Turkey Chef Salad
<b>TUES</b>	Turkey Apple Pita	Asian Salad
<b>WED</b>	Crispy Chicken Wrap	Fruit Cheese and Yogurt Plate
<b>THUR</b>	Italian Pesto Wrap	Spinach Pear Crunch Salad
<b>FRI</b>	Turkey & Cheese Bagel	Turkey Chef Salad



<b>MON</b>	Chicken Stromboli
<b>TUES</b>	Supreme Pizza
<b>WED</b>	Pulled Pork
<b>THUR</b>	Chicken & Bacon
<b>FRI</b>	Hawaiian pizza

### Healthy Hunger-Free Kids Act

Taylor ISD 's lunch and breakfast plans are compliant with HHFKA. Our meals are based on a Food Based Menu planning system.

Every lunch meal will consist of five components: grains, meat/meat alternatives, fruit, vegetable, and milk. In order to be considered a "student meal", the student must select three of the five components. We encourage students to select all five components to receive a balanced meal.

Every student will be required to take 1/2 cup of fruit and/or vegetable each day to make a "student meal".

We follow a plan that is called offer vs. serve. Larger portions of vegetables and fruit will be available to those students who want them. The minimum amount that a student will have to take is 1/2 cup of a fruit, 1/2 cup of a vegetable or a combination of both.

**Legumes continue to be offered at least once a week.**  
Legumes are from the bean/pea family, but they are not green beans or green peas! These include black beans, kidney beans and pinto beans. You October see these items offered as a southwest bean salad. Or, they October be part of an entrée, such as refried beans in a burrito.