



Cross Roads Child Nutrition Services
 School Year 2019-2020
 Grades 9-12
 Food Based Menu Planning
 Offer vs. Serve

Offered daily: Salad Entrée Choice, ½ c. Fresh Fruit Bowl and/or ½ c. Assorted 100% Fruit Juice.

Second visit, all food items are À la carte price.

Student Lunch: \$2.40

Adult / Visitor Lunch \$3.50

Menus subject to change

Check school calendar for scheduled student holidays/early release days.

Cycle Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aug. 19-Aug. 23 Sept.30-Oct. 4 Nov. 11-15 Jan.13-17 Feb. 24-28 Apr. 13-17	Enchiladas Spanish Rice Charro Beans Seasoned Corn Salsa Sliced Seasonal Fruit Milk Variety	Meatball Sub Sandwich Potato Rounds Fresh Veggie Cup Mixed Fruit Milk Variety	Chicken Nuggets Mac and Cheese Savory Green Beans Garden Salad Apple Slices Milk Variety	Pizza Choice Seasoned Corn Red Pepper Strips or Tiny Tomato cup Fresh Seasonal Fruit Milk Variety	Hamburger/Cheeseburger Hamburger Garnish Cucumber Slices Baby Carrots Cinnamon Applesauce Cookie Milk Variety
Cycle Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aug. 26-30 Oct. 7-11 Nov. 18-22 Jan. 20-24 Mar. 2-6 Apr. 20-24	Steak Fingers Gravy Mashed Potatoes Carrot Coins Roll Strawberries Milk Variety	Spaghetti Bowl Breadsticks Garden Salad California Blend Veg. Fruit Cup Chocolate/Vanilla Pudding Milk Variety	Hot Dogs Celery Sticks Carrot Sticks Orange Smiles Brownie Milk Variety	Mexican Combo Plate Spanish Rice Mexicali Corn Refried Beans Salsa Peaches Milk Variety	Popcorn Chicken Roll Broccoli Bites Oven Fries Fresh Seasonal Fruit Milk Variety
Cycle Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sept. 2-6 Oct. 14-18 Dec.2-6 Jan.27-31 Mar.9-13 Apr. 27- May 1	Pizza Choice Baby Carrots Seasoned Corn Fresh Grapes Cookie Milk Variety	Frito Pie Fresh Veggie Cup Charro Beans Salsa Apples Milk Variety	Chicken Nuggets Mashed Potatoes Garden Salad Tuscan Vegetables Roll Pears Milk Variety	Hamburger/Cheeseburger Hamburger Garnish Oven Fries Baby Carrots Orange Smiles Milk Variety	Pulled Pork Sliders Coleslaw Multi Grain Chips Savory Green Beans Chilled Pineapple Milk Variety
Cycle Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sept. 9-13 Oct. 21-25 Dec. 9-13 Feb.3-7 Mar. 23-27 May 4-8	Oven Roasted Chicken Broccoli Bites Roll Baked Beans Apples Milk Variety	Nachos Grande Refried Beans Salsa Tiny Tomato Cup Cucumber Slices Peaches Milk Variety	Chicken Sandwich Oven Fries Fresh Veggie Cup Mandarin Oranges Milk Variety	Asian Bowl Eggroll Garden Salad Fresh Seasonal Fruit Milk Variety	Pizza Choice Baby Carrots Fresh Seasonal Fruit Brownie Milk Variety
Cycle Week 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sept. 16-20 Oct.28-Nov.1 Dec. 16-20 Feb. 10-14 Mar. 30- Apr. 3 May 11-15	Country Fried Steak Gravy Mashed Potatoes Okra Roll Strawberry Cup Milk Variety	Corn Dogs Baked Beans Fresh Veggie Cup Applesauce Milk Variety	Chicken Tenders Texas Toast Gravy Broccoli Sweet Potato Fries Mixed Fruit Crispy Cereal Treat Milk Variety	Chicken Spaghetti Breadsticks Garden Salad Carrots Apple Slices Milk Variety	Fish Sticks Mac and Cheese Coleslaw Savory Green Beans Orange Smiles Milk Variety
Cycle Week 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sept. 23-27 Nov. 4-8 Jan.6-10 Feb. 17-21 Apr. 6-10 May 18-22	Texas Basket Fresh Veggie Cup Mixed Fruit Milk Variety	Asian Bowl Eggroll Garden Salad Fresh Seasonal Fruit Milk Variety	Chicken Fried Steak Sandwich Oven Fries Fresh Veggie Cup Hot Cinnamon Apples Milk Variety	Chili Cheese Dogs Broccoli Bites Fresh Veggie Cup Fresh Seasonal Fruit Milk Variety	Bobcat Bowl Roll Savory Green Beans Apple Slices Milk Variety

Extra Entrée: \$1.50 Extra Vegetable: .75 Extra Juice: .50 Extra Fruit: .75 Extra Milk: .50

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.