

SEPTEMBER 2010

MONDAY

TUESDAY

COLDSPRING-OAKHURST CISD

WEDNESDAY

THURSDAY

FRIDAY


Visit the District website at: www.cocisd.org

All Meals include ½ pint Milk.
1% White - G, Non-Fat Chocolate - G and
Non-Fat Strawberry flavored Milk - G, is available.

For information or requests
for children with food allergies or
special needs, please call
(936) 653-1108.

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G = GO FOODS - ALMOST ANYTIME S = SLOW FOODS - SOMETIMES FOODS W = WHOA FOODS - ONCE IN A WHILE

<p>View or apply money to your child's account online at www.mealpayplus.com</p> <p>Make payments or ask questions on your child's account via phone at 1-866-695-3422</p>		1 Cheese Omelet, Sausage & Toast - S or Cereal - G & Toast - G	2 Pizza Bagel - S or Cereal - G & Muffin - G	3 Biscuit & Sausage Gravy - S Or Cereal - G & Cinnamon Toast - G
		<p>Beef-a-Roni - S With Cornbread - S Or Chicken Sandwich - S Charra Beans - S Salad - G, Fruit - G</p>	<p>Steak Fingers - S or Chicken Tenders - S Mashed Potatoes - G Green Beans - G Roll - G, Gravy - G, Fruit - G</p>	<p>Spaghetti with Meatballs - S with Breadstick - G Or BBQ Link on Bun - S Cheesy Broccoli - G House Salad - G Fruit - G</p>
<p>6 Labor Day</p> 	7 Biscuit, Egg & Sausage - S Or Cereal - G & Donut Holes - G	8 Ham Bar - S & Toast - G or Cereal - G & Toast - G	9 Funnel Cake - S or Cereal - G & Muffin - S	10 Pancake-n-Sausage - S or Cereal - G & Cinnamon Toast - G
	<p>Oven Fried Chicken - S or Hamburger - S Quick Baked Potato - G Hamburger Salad - G, Fruit - G, Cookie - W</p>	<p>Fajita Wrap - S with Cheese Cup - W Or Burrito - S Refried Beans - G Salad - G</p>	<p>Steak Fingers - S or Chicken Tenders - S Mashed Potatoes - G Green Beans - G, Roll - G, Gravy - G, Fruit - G</p>	<p>BBQ Rib Sandwich - S or BBQ Chicken - S AuGratin Potatoes - G Baked Beans - G Fruit - G</p>
13 French Toast Sticks - S or Cereal - G & Toast - G	14 Steak & Biscuit - S or Cereal - G & Donut Holes - G	15 Cheese Omelet, Sausage & Toast - S or Cereal - G & Toast - G	16 Pizza Bagel - S or Cereal - G & Muffin - G	17 Biscuit & Sausage Gravy - S Or Cereal - G & Cinnamon Toast - G
<p>Cheeseburger - S or Chicken Nuggets with Roll - S Tater Tots - S Hamburger Salad - G Fruit - G</p>	<p>Lasagna - S with Texas Toast - G Or Pizza - S Corn-on-the-Cob - G Veggie Sticks with Dip - G Fruit - G</p>	<p>Beef-a-Roni - S With Cornbread - S Or Chicken Sandwich - S Charra Beans - S Salad - G, Fruit - G</p>	<p>Steak Fingers - S or Chicken Tenders - S Mashed Potatoes - G Green Beans - G Roll - G, Gravy - G, Fruit - G</p>	<p>Spaghetti with Meatballs - S With Breadstick - G Or BBQ Link on bun - S Cheesy Broccoli - G House Salad - G Fruit - G</p>
20 Breakfast Pizza - S or Cereal - G & Toast - G	21 Biscuit, Egg & Sausage - S Or Cereal - G & Donut Holes - G	22 Ham Bar - S & Toast - G or Cereal - G & Toast - G	23 Funnel Cake - S or Cereal - G & Muffin - S	24 Pancake-n-Sausage - S or Cereal - G & Cinnamon Toast - G
<p>Chicken Spaghetti - S with Breadstick - S Or Pizza - S Steamed Broccoli - G Carrots - G</p>	<p>Oven Fried Chicken - S or Hamburger - S Quick Baked Potato - G Hamburger Salad - G, Fruit - G, Cookie - W</p>	<p>Fajita Wrap - S with Cheese Cup - W Or Burrito - S Refried Beans - G Salad - G</p>	<p>Steak Fingers - S or Chicken Tenders - S Mashed Potatoes - G Green Beans - G, Roll - G, Gravy - G, Fruit - G</p>	<p>BBQ Rib Sandwich - S or BBQ Chicken - S AuGratin Potatoes - G Baked Beans - G Fruit - G</p>
27 French Toast Sticks - S or Cereal - G & Toast - G	28 Steak & Biscuit - S or Cereal - G & Donut Holes - G	Cheese Omelet, Sausage & Toast - S or Cereal - G & Toast - G	30 Pizza Bagel - S or Cereal - G & Muffin - G	<p>Menu Subject to Change.</p> <p>View the School Menu online at www.schoolmenu.com</p>
<p>Cheeseburger - S or Chicken Nuggets with Roll - S Tater Tots - S Hamburger Salad - G Fruit - G</p>	<p>Lasagna - S with Texas Toast - G Or Pizza - S Corn-on-the-Cob - G Veggie Sticks with Dip - G Fruit - G</p>	<p>Beef-a-Roni - S With Cornbread - S Or Chicken Sandwich - S Charra Beans - S Salad - G, Fruit - G</p>	<p>Steak Fingers - S or Chicken Tenders - S Mashed Potatoes - G Green Beans - G Roll - G, Gravy - G, Fruit - G</p>	

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