



www.eatlearnlive.com/chartbusters

Whitesboro High School Lunch Menu September 2010



Origins includes Entrée, Garden Salad, Fresh Fruit and Choice of Milk

September 1-3

- WED** Crispito, Mexican Rice, Southwest Black Beans
- THU** Oven Fried Chicken, Quick Baked Potatoes, Seasoned Green Beans, Roll
- FRI** BBQ Pork on Bun, Baked Beans, Corn, French Fries, Dinner Roll

September 6-10

- MON** LABOR DAY
- TUE** Fried Chicken, Mac n Cheese, Black Eyed Peas
- WED** Mandarin Orange Chicken, Oriental Fried Rice, Broccoli, Seasoned Carrots
- THU** Chicken Strip Hoagie, French Fries
- FRI** Chicken Nuggets, Hot Buffalo Sauce, Baked Potatoes Wedges, Seasoned Carrots

September 13-17

- MON** Hamburger Steak, Rice, Seasoned Carrots
- TUE** Popcorn Shrimp, Mac N Cheese, Black Eyed Peas
- WED** Open Face Hot Chicken Sandwich, Baked Tator Tots, Broccoli w/Cheese
- THU** Lasagna, Seasoned Carrots, Seasoned Green Beans, Garlic Toast
- FRI** BBQ Rib Sandwich, Baked Beans, Fresh Baby Carrots/Cucumbers

September 20-24

- MON** Chicken Nuggets, Sweet Mustard Dressing, Mashed Potatoes, Green Beans, Roll
- TUE** Lasagna, Seasoned Mixed Veggies, Breads Sticks
- WED** Chopped Steak, Seasoned Carrots, Baked Beans, Dinner Roll
- THU** Country Style Steak, Mashed Potatoes, Gravy, Broccoli, Dinner Roll
- FRI** Cajun Baked Chicken, Dirty Rice, Seasoned Green Beans

September 27-30

- MON** Spaghetti & Meatballs, Broccoli and carrots, Bread Sticks
- TUE** Backyard BBQ Chicken Casserole, Baked Potato, Corn, Dinner Roll
- WED** Crispito, Mexican Rice, Southwest Black Beans
- THU** Oven Fried Chicken, Quick Baked Potatoes, Seasoned Green Beans, Dinner Roll



FEATURED DAILY

Cheese Pizza

September 1-3

- WEDNESDAY - Brocc/Cheese Calzone
- THURSDAY - Pepperoni Pizza
- FRIDAY - Supreme Pizza

September 6-10

- MONDAY - Labor Day
- TUESDAY - All Meat Pizza
- WEDNESDAY - Veggie Calzone
- THURSDAY - Pepperoni Pizza
- FRIDAY - Pepperoni Pizza

September 13-17

- MONDAY - Pepperoni Pizza
- TUESDAY - Sausage Pizza
- WEDNESDAY - All Meat Pizza
- THURSDAY - Pepperoni Pizza
- FRIDAY - Pepperoni Pizza

September 20-24

- Monday - Cheese Calzone
- Tuesday - Pepperoni Pizza
- Wednesday - All Meat Pizza
- Thursday - Chicken Brushetta Pizza
- Friday - Sausage Pizza

September 27-30

- Monday - Ham & Cheese Calzone
- Tuesday - Pepperoni Pizza
- Wednesday - Broccoli Cheese Calzone
- Thursday - Pepperoni Pizza

*Includes Pizza or Specialty Dish
With Sides, Fresh Fruit and
Choice of Milk*

Entrée, 3 Sides and Milk \$2.75



Whitesboro High School September 2010

World Cuisine

THE FRESH GRILLE

Served Daily: Cheeseburger

Week 1

Wednesday- Mesquite Grilled Chicken Sandwich
Thursday- Bacon Cheeseburger
Friday- Roast Beef and Swiss Sandwich

Week 2

Monday- LABOR DAY
Tuesday- Chili Cheeseburger
Wednesday- Spicy Chicken Sandwich
Thursday-Breaded Chicken Sandwich
Friday- Spicy Chicken Sandwich

Week 3

Monday-Breaded Chicken Sandwich
Tuesday-Spicy Chicken Sandwich
Wednesday-Breaded Chicken Sandwich
Thursday-Roast Beef and Swiss Sandwich
Friday-Breaded Chicken Sandwich

Week 4

Monday-Spicy Chicken Sandwich
Tuesday-Mushroom Swiss Burger
Wednesday-Meatball Sub
Thursday-Roast Beef and Swiss Sandwich
Friday-Spicy Chicken Sandwich

Week 5

Monday-Breaded Chicken Sandwich
Tuesday-Toasted Ham and Cheese
Wednesday-Mesquite Grilled Chicken Sandwich
Thursday-Bacon Cheeseburger

Week 1

Wednesday-Sub Central
Thursday-Asian Nation
Friday-Casa Amigo Line

Week 2

Monday-Labor Day
Tuesday-Casa Amigo Line
Wednesday-Hot Dog Bar
Thursday-Casa Amigo Line
Friday-Casa Amigo Line

Week 3

Monday-Casa Amigo Line
Tuesday-Hot Dog Bar
Wednesday-Casa Amigo Line
Thursday-Asian Nation
Friday-Sub Central

Week 4

Monday-Hot Dog Bar
Tuesday-Crispito Bar
Wednesday-Casa Amigo Line
Thursday-Sub Central
Friday-Sub Central

Week 5

Monday-Casa Amigo Line
Tuesday-Chicken Caesar Salad Bar
Wednesday-Sub Central
Thursday-Asian Nation



Grab & Go Salads offered daily

Eat peaches for energy! Besides being a good source of vitamins A and C, this super sweet fruit fuels your body with potassium, fiber, and some energy releasing B vitamins.

Try Peaches:

- On top of your breakfast cereal
- Stewed with a little brown sugar and cinnamon – a great topping for pancakes, waffles, and French toast
- As a satisfying snack
- In a fruit crisp or cobbler

Peaches can be combined with savory ingredients like onions, jalapeno peppers, garlic, and ginger to make peach chutney- a flavorful condiment for roasted meats.