



# ANSON – HIGH SCHOOL November 5–December 17

Menu is subject to change without notice and is based on availability and seasonality of food items.  
Breakfast items are listed in purple italics. Lunch entrée choices are listed below in bold type.  
Every meal includes choice of milk. All side items are listed below the calendar and rotate throughout the week.

**EVERYDAY BREAKFAST 2nd CHOICE**  
Cereal w/Toast or String Cheese  
Cinnamon Toast Crunch  
Golden Grahams  
Lucky Charms • Cocoa Puffs  
choose from these cereals any day as a 3rd Breakfast Choice

**ANSON ISD 2021/2022**  
**BREAKFAST**  
Student ..... FREE  
Faculty/Staff ..... \$2.75  
Adult ..... \$3.25  
**LUNCH**  
Student ..... FREE  
Faculty/Staff ..... \$4.25  
Adults ..... \$4.75  
À la Carte item prices are posted at the schools.  
This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Cinnamon French Toast</i> NOV 8 -GRILL DAY- Corn Dog PB&J Sandwich	<i>Breakfast Sausage Pizza</i> NOV 9 -BAKED POTATO BAR- Chicken Tenders & Roll PB&J Sandwich	<i>Cheesy Scrambled Eggs &amp; Tater Tots</i> NOV 10 *PASTA Made-to-Order* Beef Lasagna & Garlic Toast PB&J Sandwich	<i>Egg, Sausage &amp; Cheese Sandwich</i> NOV 11 << TACO & NACHO BAR >> Ham & Cheese Sub PB&J Sandwich	<i>Chicken Biscuit Melt</i> NOV 12 ... PIZZA DAY ... Chili Cheese Dog PB&J Sandwich
<i>Apple Frudel</i> NOV 15 <i>Egg &amp; Cheese Biscuit Melt</i> -GRILL DAY- Baked Chicken Pasta & Bstick PB&J Sandwich	<i>Cinnamon Roll</i> NOV 16 -MASHED POTATO BAR- Breaded Chicken Sandwich PB&J Sandwich	<i>Omelet &amp; Hashbrowns</i> NOV 17 <b>THANKSGIVING</b> Turkey & Dressing w/Gravy Mashed Potatoes Green Beans Cranberry Sauce • Dessert	<i>Muffin &amp; side</i> NOV 18 << TACO & NACHO BAR >> Chicken Fried Steak Sandwich & Country Gravy PB&J Sandwich	<i>Cinnamon French Toast</i> NOV 19 ... PIZZA DAY ... Fish Bites & Roll PB&J Sandwich
<i>Maple Sausage Pancake Wrap</i> NOV 22 -GRILL DAY- Pizza Maxx Sticks & Marinara PB&J Sandwich	<i>Sausage Kolache</i> NOV 23 -BAKED POTATO BAR- Southwest Meatloaf w/Gravy & Roll PB&J Sandwich	 <b>Have a happy &amp; safe Thanksgiving Break!</b>		<i>Cinnamon French Toast</i> NOV 26 ... PIZZA DAY ... Fish Bites & Roll PB&J Sandwich
<i>Egg &amp; Sausage Frittata</i> NOV 29 -GRILL DAY- Chicken Nuggets & Roll PB&J Sandwich	<i>Vanilla-Glazed Donut</i> NOV 30 -MASHED POTATO BAR- Meatball Pizza Sub PB&J Sandwich	<i>Egg &amp; Ham Tortilla Roll</i> DEC 1 *STREET TACOS* Chicken Parm & Spaghetti w/Marinara & Breadstick PB&J Sandwich	<i>Mini Cinnamon Rolls</i> DEC 2 << TACO & NACHO BAR >> Popcorn Chicken & Roll PB&J Sandwich	<i>Biscuit &amp; Country Gravy</i> DEC 3 ... PIZZA DAY ... Beef & Bean Burrito PB&J Sandwich
<i>Breakfast Sausage Pizza</i> DEC 6 -GRILL DAY- Chili Cheese Dog PB&J Sandwich	<i>Waffles &amp; Syrup</i> DEC 7 -MASHED POTATO BAR- Beef Enchilada PB&J Sandwichs	<i>Country Chicken Biscuit</i> DEC 8 *POPCORN CHICKEN* Pizza Maxx Sticks w/Marinara PB&J Sandwich	<i>Vanilla Glazed Donut</i> DEC 9 << TACO & NACHO BAR >> Chicken Tenders & Roll PB&J Sandwich	<i>Egg &amp; Cheese Biscuit Melt</i> DEC 10 ... PIZZA DAY ... BBQ Pork Riblet Sandwich PB&J Sandwich
<i>Cinnamon French Toast</i> DEC 13 -GRILL DAY- Corn Dog PB&J Sandwich	<i>Breakfast Sausage Pizza</i> DEC 14 -BAKED POTATO BAR- Chicken Tenders & Roll PB&J Sandwich	<i>Cheesy Scrambled Eggs &amp; Tater Tots</i> DEC 15 *PASTA Made-to-Order* Beef Lasagna & Garlic Toast PB&J Sandwich	<i>Egg, Sausage &amp; Cheese Sandwich</i> DEC 16 << TACO & NACHO BAR >> Ham & Cheese Sub PB&J Sandwich	<i>Chicken Biscuit Melt</i> DEC 17 ... PIZZA DAY ... Chili Cheese Dog PB&J Sandwich

<b>- GRILL Bar -</b> CHOOSE» Hamburger & Bun » Breaded/Spicy Chicken & Bun ADD CHEESE» American » Cheddar » Pepper Jack ADD» Veggies » Ranch Dressing	<b>• Mashed/Baked Potato Bar •</b> MASHED ADD» Popcorn Chicken » Spicy ADD» Corn » Shredded Cheese SERVED WITH» Roll Baked ADD» Chili » Taco Meat ADD» Sour Cream » Cheese » Bacon SERVED WITH» Roll	<b>Wednesdays</b> Made-To-Order menu rotations... <i>(the color of the block above corresponds to the menu below)</i> 	<b>&lt;&lt; Nacho &amp; Taco Bar &gt;&gt;</b> CHOOSE» Taco Shells » Tortilla » Chips ADD» Diced Chicken » Beef Taco Meat ADD» Shredded Cheese » Queso ADD» Sour Cream • Lettuce • Tomatoes Jalapeños • Salsa • Pico • Black Olives	Have a great Winter Break— See you January 4, 2022! ... PIZZA BAR ... Cheese » Pepperoni » Specialty Pizzas
<b>*Popcorn Chicken Bar*</b> Popcorn Chicken <i>leave em Plain, or...</i> SAUCE IT» BBQ » Buffalo » Spicy TOP IT» Jalapeños » Banana Pepper <i>served with: Baby Carrots &amp; Celery Sticks</i>	<b>*PASTA*</b> PASTA» Penne » Rotini ADD» Meatballs » Chicken ADD SAUCE» Marinara » Alfredo INCLUDES» Breadstick	<b>*Deli Day!*</b> Can be served HOT or COLD! CHOOSE» Sub Roll » Flatbread CHOOSE 1» Turkey » Ham ADD 1» American » Cheddar » Swiss TOP IT OFF» Veggies SELECT» Buffalo Ranch Honey Mustard	<b>*Breakfast 4 Lunch*</b> CHOOSE» Scrambled Eggs Pancake » Toast » Potato Wedges ADD 1» Sausage » Ham TOP IT» Mushrooms » Bacon Crumbles » Green Peppers & Onions » Shredded Cheese	<b>*Street Taco Day*</b> CHOOSE» Corn » Flour Tortilla ADD 1» Taco Meat » Carnitas ADD» Mexican Rice ADD» Shredded Cheese » Cheese Sauce TOP IT» Salsa » Pico » Sour Cream Lettuce » Tomatoes » » Jalapeños

**EXTRAS**

Extra Entrée .....	\$2.25
Fresh Fruit/Veggies .....	\$1.50
Chips (assorted) .....	\$1.00
Cereal Bars (assorted) .....	75¢
Pop Tarts (assorted) .....	75¢
CheX-Mix/Goldfish (assorted) .....	75¢
Rice Krispies (variety) .....	75¢
Cookie Variety (assorted) .....	50¢
Brownie Cookie .....	75¢
Parfait (assorted) .....	\$1.50
Ice Cream .....	\$1.25
Bottled Water .....	\$1.00
Capri Sun (assorted) .....	\$1.00

Items are à la carte and may be purchased in addition to a cafeteria lunch or a lunch from home. You may also send restrictions for your student. "Extras" may be purchased with cash or your account. They may NOT be charged.

**EVERYDAY SIDES** (available seasonally, items rotate each day) Apple • Applesauce • Baby Carrots • Baked Beans • Banana • Broccoli/Fresh or Steamed • Cantaloupe  
Celery Sticks • Collard Greens/Steamed • Corn • Cucumber & Tomato Salad • Cucumber/Slices • French Fries • Grapes/Fresh • Green Beans • Kickin' Pinto Beans • Mandarin Oranges  
Mashed Potatoes • Mexican Rice • Mixed-Fruit Cup • Orange-Glazed Carrots • Orange • Peaches/Diced • Pears/Diced • Peas & Carrots • Pineapple Tidbits • Red Pepper Strips  
Side Salad/Romaine • Sweet Potato Fries • Tater Tots • Tomato Wedges • Watermelon • Yellow Squash/Steamed • Zucchini/Fresh or Roasted  
Apple Juice • Fruit Juice • Grape Juice • Orange Juice | **MILK** Skim Milk • Skim Chocolate Milk • Skim Strawberry Milk

**THE LUNCH PROGRAM** The "Offer Vs Serve" Lunch Program was designed by the federal government to eliminate food waste. This program requires each student (K–12th grade) to choose at least 3 of the 5 components each day. Their choices must include 1 fruit and/or vegetable and at least two more of the items offered. We encourage them to take all five items each day. Lunch serving consists of: Entrée (meat/meat/alternates), fruits, vegetables, grains/breads, assortment of low-fat milk.

