





Longview Independent School District

Lead School Menus 2016-2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Week 1</u>	Pepperoni and Jalapeno Pizza Broccoli and Cheese Sauce Cucumber Salad Shredded Lettuce Diced Tomatoes Baby Carrots w/ Ranch Red Delicious Apple Banana Milk	Chicken Enchilada w/ Rotel Sauce Refried Beans Spanish Brown Rice Scoops and Salsa Cantaloupe Honey Dew Melon Milk	Spaghetti Green Beans w/Tomatoes Seasoned Corn Garlic Toast Strawberries RIPS-100% Fruit 	Loaded Baked Potato (baked potato, diced chicken, cheese, butter, sour cream, chives) Steamed Broccoli Diced Tomatoes Rotel Sauce Crackers Scooby Doo Graham Crackers Green Apple Red Grapes Milk	Ranch Style Chicken Cabbage Steamed carrots Brown Rice Pilaf Cornbread Orange Pineapple Milk
<u>Week 2</u>	Italian Baked Chicken Brown Rice Pilaf California Mixed Vegetables Shredded Lettuce Diced Tomatoes Roll Italian Dressing Cantaloupe Honey Dew Melon Milk	Beef Tacos Refried Beans Spanish Brown Rice Shredded Lettuce Diced Tomatoes Shredded Cheese Strawberries RIPS-100% Fruit Taco Sauce Milk	Chicken Spaghetti Green Beans w/ Tomatoes Glazed Carrots Broccoli Salad Roll Green Apple Red Grapes Milk	Spicy Chicken Sandwich w/ Cheese Smiles Shredded Lettuce Sliced Tomatoes Celery Sticks Baby Carrots w/ Ranch Ketchup Pineapple Orange Milk	Fried Fish Baked Beans Mac and Cheese Potato Wedges Coleslaw Red Delicious Apple Banana Ketchup Milk 
<u>Week 3</u>	General Tso's Chicken Mandarin Orange Chicken Brown Rice Pilaf California Blend Vegetables Baked Summer Squash Egg Roll w/ sweet and sour sauce Strawberries RIPS-100% Fruit Milk	Beef Rotel Dip and Scoops Spanish Brown Rice Refried Beans Shredded Lettuce Diced Tomatoes Salsa Green Apple Red Grapes Milk 	Chicken Jambalaya Chicken Gumbo Brown Rice Mexicali Corn Shredded Lettuce Diced Tomatoes Ranch Roll/ Crackers Pineapple Orange Milk	Sloppy Joes BBQ Hot Dogs w/ chili Sliced Cheese Baked Beans Potato Salad Carrots w/ Ranch Red Delicious Apple Banana Milk	Mashed Potato Bowl (mashed potatoes, popcorn chicken, corn, brown gravy) Chicken Nuggets Mashed Potatoes Green Beans Seasoned Corn Roll/Crackers Shredded Cheese Brown Gravy Cantaloupe Honey Dew Melon Milk
<u>Week 4</u>	Chicken Parmesan Breaded Cheese sticks Baked Zucchini Celery sticks w/ Ranch Marinara Roll Green Apple Red Grapes Milk 	Chicken Burrito Bowl (brown rice w/corn, diced chicken, refried beans) Scoops Shredded Lettuce Tomato Pico Salsa Rotel Sauce Pineapple Orange Milk	Hamburger Helper Turnip Greens Pinto Beans Cornbread Red Delicious Apple Banana Milk	Hamburgers Tater Tots Sliced Cheese Shredded Lettuce Sliced Tomatoes Mayo, Mustard, Ketchup Cantaloupe Honey Dew Melon Milk	Chicken Fried Steak w/ gravy Candied Sweet Potatoes Turnip Greens Cornbread Strawberries RIPS-100% Fruit Milk

Meals are subject to change.

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High School Menu Everyday Monday – Friday

Sub Sandwich – Bread, Turkey Ham, Cheese, Lettuce, Tomato, Fruit and Vegetable Offering

WW Wrap – Tortilla, Turkey Ham, Cheese, Lettuce, Ranch Dressing, Bacon Bits, Baked, Chips, Fruit and Vegetable Offering

Chef Salad – Lettuce, Chicken, Cheese, Egg, Tomato, Cucumber, Crackers, Ranch Dressing, Fruit and Vegetable Offering

Mexican Chicken Salad – Fajita Chicken, Lettuce, Cheese, Salsa, Nacho Chips, Fruit and Vegetable Offering

Spicy Chicken Sandwich – WW Bun, Spicy Chicken, Fruit and Vegetable Offering