



Bridge City Independent School District
February 2012
Intermediate & Elementary School Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Region 5 ESC Food Service Coop's 12 th Annual Food Show & Tasting Beaumont Civic Center Tuesday Feb. 14 Students & Parents 4:00 pm – 6:00 pm 				
6 <i>Pizza Bagel</i> ***** Steak Fingers w/Gravy Mashed Potatoes Glazed Carrots Homemade Roll	7 <i>Biscuit & Sausage</i> ***** King Ranch Casserole Seasoned Peas and Carrots Fresh Fruit Homemade Roll	1 <i>Sausage/Egg/Cheese Tac-Go</i> ***** Hamburger Lettuce / Pickles / Tomato Chilled Fruit Baked French Fries	2 <i>Breakfast Wrap</i> ***** Gumbo w/ Hot Rice/ Crackers Potato Salad Country Blend Vegetables Fresh Fruit	3 <i>Warm Donut</i> ***** Egg Rolls w/Sweet & Sour Sauce Asian Blend Vegetables Pineapple Chunks Bread Stick Fortune Cookie
13 <i>Breakfast Pizza Pocket</i> ***** Heart Shaped Nuggets Smile Potatoes Squash & Zucchini Mix Homemade Roll Gravy	14 <i>Oatmeal & Toast</i> ***** Spaghetti w/Meatballs Seasoned Lima Beans Fresh Fruit Garlic Bread <i>Valentine Treat!</i>	8 <i>Pancakes & Sausage Link</i> ***** Grilled Chicken Burger Lettuce / Pickles / Tomato Baked Tater Tots Fresh Fruit	9 <i>Scrambled Egg w/Toast</i> ***** Homemade Chili Hot Rice Pickle Spears Fresh Fruit Crackers	10 <i>Snack n Waffles</i> ***** Hot Dog Pork & Beans Chilled Fruit Cole Slaw
20 <i>Breakfast Pizza</i> ***** Chicken Nuggets w/ Country Gravy Mashed Potatoes Seasoned Corn Homemade Roll 	21 <i>Biscuit & Sausage</i> ***** Beef & Cheese Nachos Lettuce / Tomato Pinto Beans Spanish Rice	15 <i>Kolache</i> ***** Hamburger Lettuce / Tomato / Pickle Roasted Deli Potatoes Chilled Fruit	16 <i>Pizza Strips</i> ***** Chicken & Dumplings Okra and Tomatoes Fresh Fruit Texas Toast	17 <i>Yogurt and Muffin</i> ***** Beef Soft Tacos Lettuce / Tomato / Cheese Refried Beans Spanish Rice
27 <i>Kolache</i> ***** Chicken Sticks Mashed Potatoes Seasoned Green Beans Homemade Roll Country Gravy	28 <i>Breakfast Wrap</i> ***** Fiesta Chili Mac Mexicali Corn Fresh Fruit Cornbread	22 <i>Smucker P B & J</i> ***** Fish Burger Fresh Fruit Baked Curly Fries Carrot Sticks w/Ranch	23 <i>Scrambled Egg w/Toast</i> ***** Mandarin Chicken Chilled Fruit Steamed Broccoli Santa Fe Rice Goldfish GO - These foods are lowest in fat. You can eat them "almost" anytime. SLOW - These foods are higher in fat. You can eat them "sometimes". WHOA - These foods are highest in fat. You can eat them "on occasion" combined with other GO foods.	

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

- A variety of milk is offered with all meals.
- Available daily at Breakfast: assorted flavors of juice or fruit & cereal. Breakfast is \$1.35 (\$0.30 reduced) for students and \$1.95 for staff and \$2.45 for visitors.
- Alternate lunch entrees, Monday/Wednesday 'Salads' and Tuesday/Thursday 'Pizza'.
- Elementary lunch is \$1.85 & Intermediate lunch is \$2.10 (\$0.40 reduced) for students and \$3.10 for staff and \$3.60 for visitors.
- Menu subject to change due to availability of food items.