



August

McGregor Child Nutrition Program High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>24</p> <ul style="list-style-type: none"> S - CHICKEN ON A BUN S - TACO SALAD S - STEAK FINGER BASKET S - HOAGIE SANDWICH S - PIZZA HUT PIZZA G - BROCCOLI W/ CHEESE S - POTATO ROUNDS G - SPANISH RICE G - W/K CORN G - TOSSED SALAD S - BANANA BREAD SQUARES 	<p>25</p> <ul style="list-style-type: none"> S - TEXAS B BQ TATOR S - BEEF ENCHILIDAS S - CHICKEN NUGGET BASKET S - HOAGIE SANDWICH S - PIZZA HUT PIZZA G - WHEAT ROLLS G - TOSSED SALAD G - SEAS, PINTO BEANS G - W/K CORN S - ROYAL BROWNIES 	<p>26</p> <ul style="list-style-type: none"> S - FRITO PIE S - CHICKEN STIR FRY G - STEAMED RICE S - STEAK FINGER BASKET S - HOAGIE SANDWICH S - PIZZA HUT PIZZA G - WHEAT ROLLS G - SPANISH RICE G - REFRIED BEANS G - TOSSED SALAD G - W/K CORN S - APPLE CRISP 	<p>27</p> <ul style="list-style-type: none"> S - SPAGHETTI & MEAT SOE S - CHICKEN NUGGET BASKET S - CHICKEN QUESADILLAS S - HOAGIE SANDWICH S - PIZZA HUT PIZZA G - WHEAT ROLLS G - FRESH VEGETABLES TICHS G - SEAS, GREEN BEANS G - W/K CORN G - TOSSED SALAD S - CHOCOLENA CAKE 	<p>28</p> <ul style="list-style-type: none"> S - CHEESEBURGER S - FISH FINGER BASKET S - BEEF TACO S - HOAGIE SANDWICH S - PIZZA HUT PIZZA S - MACARONI AND CHEESE S - FRENCH FRIES G - SEAS, PINTO BEANS G - W/K CORN G - TOSSED SALAD S - PEACH SHORTCAKE
<p>31</p> <ul style="list-style-type: none"> STEAK SANDWICH S - CHICKEN NUGGET BASKET S - TACO SALAD S - HOAGIE SANDWICH S - PIZZA HUT PIZZA G - QUICK BAKED POTATOES G - W/K CORN G - FRESH VEGETABLES TICHS G - TOSSED SALAD G - SEAS, GREEN BEANS SPICE CAKE 				<p>Remember to complete a 2009-2010 Free and Reduced-Price Meal Application. You may pick one up at any McGregor I.S.D. Campus.</p>

Lunch Meal Prices:

\$2.00 High School
\$2.00 Middle School
\$1.75 Elementary

GOT MILK???

FRESH FRUIT & FRUIT JUICE
OFFERED DAILY.

Menu may be subject to change.

September Monthly Meal Plan

(21 Days)
Breakfast \$ 21.00
Lunch \$ 42.00

Making Healthy Choices

G - GO Foods are foods that you can eat "almost anytime." These foods are lowest in fat.

S - SLOW Foods are "sometimes foods." These are foods that you can eat maybe a few times a week. These foods are higher in fat.

W - WHOA Foods are "once in a while foods." These are foods that you can eat on occasion but need to be combined with other GO foods. These foods are highest in fat.

Non-Discrimination Statement: This explains what to do if you believe you have been treated unfairly. 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 Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-4302 (TDD). USDA is an equal opportunity provider and employer.