



FRIONA — HIGH SCHOOL January 4 – February 11

Menu is subject to change without notice and substitutions may be made based on availability and seasonality of food items.

Breakfast items are listed in orange 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 & side

Cinnamon Toast Crunch
Lucky Charms
choose from these cereals
any day as a 3rd Breakfast Choice

FRIONA ISD 2021/2022

BREAKFAST

Student no charge
Faculty/Staff \$2.75

LUNCH

Student no charge
Faculty/Staff \$4.50

A la Carte item prices are
posted at the schools.

This institution is an
equal opportunity provider.

MY SCHOOL BUCKS

ADD MONEY TO
YOUR ACCOUNT:
Online & Mobile app
Convenient to
monitor spending,
add funds and more!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WELCOME BACK! JAN 3	<i>Pancake-on-a-Stick</i> Grilled Cheese Sandwich Chicken Salad Sandwich JAN 4	<i>Bacon, Egg & Cheese Taco</i> Baked Potato w/Bacon & Cheese & Roll Ranch Chicken Salad w/Roll JAN 5	<i>Donut</i> Cheese Pizza Stix w/Marinara Uncrustable & String Cheese JAN 6	<i>Scooby Grahams & Yogurt</i> Pepperoni Pizza Popcorn Chicken Salad w/Roll JAN 7
FROM THE GRILL Hamburger Cheeseburger (choose American or Pepper Jack Cheese) Pepperoni Pizza Cheese Pizza Corn Dog Breaded Chicken Sandwich Spicy Breaded Chicken Sandwich Chicken Tenders w/Breadstick				
<i>Breakfast Sausage Pizza</i> Chicken Drumstick & Roll Pizza Salad w/Roll JAN 10	<i>Muffin & Yogurt</i> Spaghetti w/Meatsauce Uncrustable w/String Cheese JAN 11	<i>Omelet & Sausage</i> Frito Chili Pie Buffalo Chicken Salad w/Roll JAN 12	<i>Donut</i> Beef Soft Taco Grilled Cheese Sandwich JAN 13	<i>Pancakes & Bacon</i> Pepperoni Pizza Ham & Cheese Salad w/Roll JAN 14
FROM THE GRILL Hamburger Cheeseburger (choose American or Pepper Jack Cheese) Pepperoni Pizza Cheese Pizza Corn Dog Breaded Chicken Sandwich Spicy Breaded Chicken Sandwich Chicken Tenders w/Breadstick				
<i>Sausage & Cheese Biscuit</i> Fish Bites w/Mac & Cheese Bean Nacho Salad w/Roll JAN 17	<i>Breakfast Burrito</i> Tator Tot Bowl w/Breadstick Uncrustable w/String Cheese JAN 18	<i>Scrambled Eggs & Potato Smiles</i> Meatball Sub Fruit Platter w/Roll JAN 19	<i>Biscuit Stick w/Gravy</i> Chili Fries w/Roll Grilled Cheese Sandwich JAN 20	<i>Scooby Grahams & Yogurt</i> Cheese Pizza Chicken & Cheese Salad w/Roll JAN 21
FROM THE GRILL Hamburger Cheeseburger (choose American or Pepper Jack Cheese) Pepperoni Pizza Cheese Pizza Corn Dog Breaded Chicken Sandwich Spicy Breaded Chicken Sandwich Chicken Tenders w/Breadstick				
<i>Egg & Cheese Biscuit</i> Chicken Alfredo w/Bstik Buffalo Chicken Salad w/Roll JAN 24	<i>Cinnamon Roll</i> Beef Nachos Ham & Cheese Sandwich JAN 25	<i>Frittata</i> BBQ Pork Riblet on a Bun Ham, Turkey & Cheese Salad w/Roll JAN 26	<i>Pancake-on-a-Stick</i> Beef & Bean Burrito Uncrustable & String Cheese JAN 27	<i>Egg & Sausage on a Bun</i> Pepperoni Pizza Chicken Caesar Salad w/Roll JAN 28
FROM THE GRILL Hamburger Cheeseburger (choose American or Pepper Jack Cheese) Pepperoni Pizza Cheese Pizza Corn Dog Corn Dog Breaded Chicken Sandwich Spicy Breaded Chicken Sandwich Chicken Tenders w/Breadstick				
<i>Breakfast Sausage Pizza</i> Chicken Fried Steak & Country Gravy w/Roll Pizza Salad w/Roll JAN 31	<i>Scooby Grahams & Yogurt</i> Chicken Bowl w/Roll Ham & Turkey Sandwich FEB 1	<i>Scrambled Eggs & Potato Smiles</i> Corn Dog PopChicken Salad w/Roll FEB 2	<i>Waffles & Sausage</i> Walking Tacos Ham & Cheese Wrap FEB 3	Student HOLIDAY FEB 4
FROM THE GRILL Hamburger Cheeseburger (choose American or Pepper Jack Cheese) Pepperoni Pizza Cheese Pizza Corn Dog Corn Dog Breaded Chicken Sandwich Spicy Breaded Chicken Sandwich Chicken Tenders w/Breadstick				
Student HOLIDAY FEB 7	<i>Pancake-on-a-Stick</i> Grilled Cheese Sandwich Chicken Salad Sandwich FEB 8	<i>Bacon, Egg & Cheese Taco</i> Baked Potato w/Bacon & Cheese & Roll Ranch Chicken Salad w/Roll FEB 9	<i>Donut</i> Cheese Pizza Stix w/Marinara Uncrustable & String Cheese FEB 10	<i>Scooby Grahams & Yogurt</i> Pepperoni Pizza FEB 11
FROM THE GRILL Hamburger Cheeseburger (choose American or Pepper Jack Cheese) Pepperoni Pizza Cheese Pizza Corn Dog Corn Dog Breaded Chicken Sandwich Spicy Breaded Chicken Sandwich Chicken Tenders w/Breadstick				
EARLY RELEASE				

• HIGH SCHOOL • MORE CHOICES EVERYDAY • MADE-TO-ORDER •

NACHO BAR

Tortilla Chips
add: Taco Meat, Beans
Cheese Sauce • Jalapeños

PASTA BAR

choose: Mariana or Alfredo sauce
Rotini pasta | add Chicken

NACHO BAR

Tortilla Chips
add: Taco Meat, Beans
Cheese Sauce • Jalapeños

PASTA BAR

choose: Mariana or Alfredo sauce
Spaghetti pasta | add Chicken

NACHO BAR

Tortilla Chips
add: Taco Meat, Beans
Cheese Sauce • Jalapeños

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

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.

