

# Frost ISD BREAKFAST

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday  |
|--|---|--|--|---|
| Mar - 1<br><br>Breakfast Pizza<br>Mandarin Oranges<br>Apple Juice<br>Grape Juice<br>Orange Juice<br>Chocolate Milk<br>Strawberry Milk 1%<br>White Milk 1%  | Mar - 2<br><br>Cinnamon Roll<br>Apple Juice<br>Grape Juice<br>Orange Juice<br>Chocolate Milk<br>Strawberry Milk 1%<br>White Milk 1%                   | Mar - 3<br><br>Scrambled Eggs<br>Cheese Toast<br>Apple Juice<br>Grape Juice<br>Orange Juice<br>Chocolate Milk<br>Strawberry Milk 1%<br>White Milk 1%<br>Jelly    | Mar - 4<br><br>Morning Sausage Roll<br>Apple Juice<br>Grape Juice<br>Orange Juice<br>Chocolate Milk<br>Strawberry Milk 1%<br>White Milk 1%<br>Jelly  | Mar - 5<br><br>Sausage Patty<br>BAKING POWDER BI<br>Mandarin Oranges<br>Apple Juice<br>Grape Juice<br>Orange Juice<br>Chocolate Milk<br>Strawberry Milk 1%<br>White Milk 1%<br>Jelly  |
| Mar - 8<br><br>Cinnamon Toast Crunc<br>Reese's Puffs<br>Trix<br>Wheat Toast<br>Mandarin Oranges<br>Apple Juice<br>Grape Juice<br>Orange Juice<br>Chocolate Milk<br>Strawberry Milk 1%<br>White Milk 1%<br>Jelly  | Mar - 9<br><br>Breakfast Taco<br>Apple Juice<br>Grape Juice<br>Orange Juice<br>Chocolate Milk<br>Strawberry Milk 1%<br>White Milk 1%<br>Picante Sauce | Mar - 10<br><br>Pancakes<br>Mandarin Oranges<br>Apple Juice<br>Grape Juice<br>Orange Juice<br>Chocolate Milk<br>Strawberry Milk 1%<br>White Milk 1%<br>Syrup     | Mar - 11<br><br>Morning Sausage Roll<br>Apple Juice<br>Grape Juice<br>Orange Juice<br>Chocolate Milk<br>Strawberry Milk 1%<br>White Milk 1%<br>Jelly | Mar - 12<br><br>Sausage Patty<br>BAKING POWDER BI<br>Mandarin Oranges<br>Apple Juice<br>Grape Juice<br>Orange Juice<br>Chocolate Milk<br>Strawberry Milk 1%<br>White Milk 1%<br>Jelly |
| Mar - 15<br><br>Sping Break  | Mar - 16<br><br>Sping Break   | Mar - 17<br><br>Sping Break  | Mar - 18<br><br>Sping Break  | Mar - 19<br><br>Sping Break   |
| Mar - 22<br><br>Breakfast Pizza<br>Mandarin Oranges<br>Apple Juice<br>Grape Juice<br>Orange Juice<br>Chocolate Milk<br>Strawberry Milk 1%<br>White Milk 1%<br>Jelly  | Mar - 23<br><br>Muffin<br>Wheat Toast<br>Apple Juice<br>Grape Juice<br>Orange Juice<br>Chocolate Milk<br>Strawberry Milk 1%<br>White Milk 1%<br>Jelly | Mar - 24<br><br>Waffles<br>Mandarin Oranges<br>Apple Juice<br>Grape Juice<br>Orange Juice<br>Chocolate Milk<br>Strawberry Milk 1%<br>White Milk 1%<br>Syrup      | Mar - 25<br><br>Morning Sausage Roll<br>Apple Juice<br>Grape Juice<br>Orange Juice<br>Chocolate Milk<br>Strawberry Milk 1%<br>White Milk 1%<br>Jelly | Mar - 26<br><br>Sausage Patty<br>BAKING POWDER BI<br>Mandarin Oranges<br>Apple Juice<br>Grape Juice<br>Orange Juice<br>Chocolate Milk<br>Strawberry Milk 1%<br>White Milk 1%<br>Jelly |
| Mar - 29<br><br>Cinnamon Toast Crunc<br>Reese's Puffs<br>Trix<br>Wheat Toast<br>Mandarin Oranges<br>Apple Juice<br>Grape Juice<br>Orange Juice<br>Chocolate Milk<br>Strawberry Milk 1%<br>White Milk 1%<br>Jelly | Mar - 30<br><br>OATMEAL<br>TOAST,WHOLE-WHE<br>Apple Juice<br>Grape Juice<br>Orange Juice<br>Chocolate Milk<br>Strawberry Milk 1%<br>White Milk 1%     | Mar - 31<br><br>French Toast<br>Mandarin Oranges<br>Apple Juice<br>Grape Juice<br>Orange Juice<br>Chocolate Milk<br>Strawberry Milk 1%<br>White Milk 1%<br>Syrup |  |   |

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## Frost ISD ELEMENTARY LUNCH

| Monday   | Tuesday  | Wednesday   | Thursday  | Friday  |
|--|--|---|---|---|
| Mar - 1<br>Sub Sandwich<br>Burger Salad<br>Baked Potato Chips<br>Ranch Style Beans<br>Orange<br>Graham Cracker<br>Strawberry Milk 1%<br>Chocolate Milk<br>White Milk 1%<br>Mustard<br>Salad Dressing | Mar - 2<br>OVEN FRIED CHICKE<br>Mashed Potatoes<br>Green Beans<br>Cream Gravy<br>Roll<br>Apple<br>Chocolate Milk<br>Strawberry Milk 1%<br>White Milk 1%                          | Mar - 3<br>CHILI CON CARNE W<br>RICE,Cooked White<br>Tossed Salad<br>CRACKERS<br>CORNBREAD<br>Apricots<br>Chocolate Milk<br>White Milk 1%<br>Strawberry Milk 1%<br>Ranch Dressing | Mar - 4<br>TACO SALAD<br>Pinto Beans<br>Lettuce and Tomato<br>CHOCOLATE CAKE<br>CHOCOLATE GLAZE<br>Chocolate Milk<br>Strawberry Milk 1%<br>White Milk 1%<br>Picante Sauce<br>Ranch Dressing | Mar - 5<br>Cheeseburger<br>Burger Salad<br>French Fries<br>Banana<br>Chocolate Milk<br>Strawberry Milk 1%<br>White Milk 1%<br>Ketchup<br>Mustard          |
| Mar - 8<br>Pepperoni Pizza<br>Carrot and Celery Stick<br>Corn<br>Rosy Applesauce<br>Crackers<br>Strawberry Milk<br>Chocolate Milk<br>White Milk 1%<br>Ranch Dressing                                 | Mar - 9<br>Salisbury Steak<br>Brown Gravy<br>MACARONI AND CHE<br>Broccoli<br>Roll<br>Pears<br>Chocolate Milk<br>Strawberry Milk 1%<br>White Milk 1%<br>Graham Cracker<br>Ketchup | Mar - 10<br>Spaghetti<br>Tossed Salad<br>Green Beans<br>Breadstick<br>Pineapple<br>Chocolate Milk<br>Strawberry Milk 1%<br>White Milk 1%<br>Ranch Dressing                        | Mar - 11<br>Chicken Fajitas<br>Lettuce and Tomato<br>Pinto Beans<br>Spanish Rice<br>Peach Cobbler<br>Chocolate Milk<br>Strawberry Milk 1%<br>White Milk 1%<br>Picante Sauce                 | Mar - 12<br>BBQ CHICKEN ON B<br>Baked Potato Chips<br>Orange<br>OATMEAL COOKIES<br>Chocolate Milk<br>Strawberry Milk 1%<br>White Milk 1%<br>Ketchup       |
| Mar - 15<br>Sping Break  | Mar - 16<br>Sping Break  | Mar - 17<br>Sping Break   | Mar - 18<br>Sping Break   | Mar - 19<br>Sping Break   |
| Mar - 22<br>Hot Dog<br>Tater Tots<br>Mixed Vegetables<br>Orange<br>Graham Cracker<br>Chocolate Milk<br>White Milk 1%<br>Strawberry Milk 1%<br>Ketchup<br>Mustard                                     | Mar - 23<br>Chicken Nuggets<br>Mashed Potatoes<br>Cream Gravy<br>Green Beans<br>Pears<br>Roll<br>Chocolate Milk<br>Strawberry Milk 1%<br>White Milk 1%<br>Ketchup                | Mar - 24<br>Sub Sandwich<br>Burger Salad<br>Baked Potato Chips<br>Orange<br>Strawberry Milk 1%<br>Chocolate Milk<br>White Milk 1%   | Mar - 25<br>Beef Taco<br>Pinto Beans<br>Lettuce and Tomato<br>CHOCOLATE CAKE<br>CHOCOLATE GLAZE<br>Apricots<br>Chocolate Milk<br>Strawberry Milk 1%<br>White Milk 1%<br>Picante Sauce       | Mar - 26<br>Barbecue on Bun<br>Baked Beans<br>French Fries<br>Orange<br>SUGAR COOKIES<br>Chocolate Milk<br>Strawberry Milk 1%<br>White Milk 1%<br>Ketchup |
| Mar - 29<br>Corn Dog<br>Tater Tots<br>Coleslaw<br>Apple<br>Chocolate Milk<br>Strawberry Milk 1%<br>White Milk 1%<br>Mustard<br>Ketchup   | Mar - 30<br>Spaghetti<br>Tossed Salad<br>Peas<br>Breadstick<br>Pineapple<br>Chocolate Milk<br>Strawberry Milk 1%<br>White Milk 1%<br>Ranch Dressing                              | Mar - 31<br>Steak Fingers<br>Mashed Potatoes<br>Cream Gravy<br>Mixed Vegetables<br>Roll<br>Apple<br>Chocolate Milk<br>Strawberry Milk 1%<br>White Milk 1%                         |   |   |

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## Frost ISD Secondary Lunch

| Monday   | Tuesday  | Wednesday   | Thursday  | Friday  |
|--|--|---|---|---|
| Mar - 1<br>Sub Sandwich<br>Burger Salad<br>Baked Potato Chips<br>Ranch Style Beans<br>Orange<br>Graham Cracker<br>Strawberry Milk 1%<br>Chocolate Milk<br>White Milk 1%<br>Mustard<br>Salad Dressing | Mar - 2<br>OVEN FRIED CHICKE<br>Mashed Potatoes<br>Green Beans<br>Roll<br>Cream Gravy<br>Apple<br>Chocolate Milk<br>Strawberry Milk 1%<br>White Milk 1%                          | Mar - 3<br>CHILI CON CARNE W<br>RICE,Cooked White<br>Tossed Salad<br>CRACKERS<br>CORNBREAD<br>Apricots<br>Chocolate Milk<br>White Milk 1%<br>Strawberry Milk 1%<br>Ranch Dressing | Mar - 4<br>TACO SALAD<br>Pinto Beans<br>Lettuce and Tomato<br>CHOCOLATE CAKE<br>CHOCOLATE GLAZE<br>Chocolate Milk<br>Strawberry Milk 1%<br>White Milk 1%<br>Picante Sauce<br>Ranch Dressing   | Mar - 5<br>Cheeseburger<br>Burger Salad<br>French Fries<br>Banana<br>Chocolate Milk<br>Strawberry Milk 1%<br>White Milk 1%<br>Ketchup<br>Mustard          |
| Mar - 8<br>Pepperoni Pizza<br>Carrot and Celery Stick<br>Corn<br>Rosy Applesauce<br>Crackers<br>Strawberry Milk<br>Chocolate Milk<br>White Milk 1%<br>Ranch Dressing                                 | Mar - 9<br>Salisbury Steak<br>Brown Gravy<br>MACARONI AND CHE<br>Broccoli<br>Roll<br>Pears<br>Chocolate Milk<br>Strawberry Milk 1%<br>White Milk 1%<br>Graham Cracker<br>Ketchup | Mar - 10<br>Spaghetti<br>Tossed Salad<br>Green Beans<br>Breadstick<br>Pineapple<br>Chocolate Milk<br>Strawberry Milk 1%<br>White Milk 1%<br>Ranch Dressing                        | Mar - 11<br>Chicken Fajitas<br>Lettuce and Tomato<br>Pinto Beans<br>Spanish Rice<br>Peach Cobbler<br>Chocolate Milk<br>Strawberry Milk 1%<br>White Milk 1%<br>Picante Sauce<br>Ranch Dressing | Mar - 12<br>BBQ CHICKEN ON B<br>Baked Potato Chips<br>Orange<br>OATMEAL COOKIES<br>Chocolate Milk<br>Strawberry Milk 1%<br>White Milk 1%<br>Ketchup       |
| Mar - 15<br>Sping Break  | Mar - 16<br>Sping Break  | Mar - 17<br>Sping Break   | Mar - 18<br>Sping Break   | Mar - 19<br>Sping Break   |
| Mar - 22<br>Hot Dog<br>Tater Tots<br>Mixed Vegetables<br>Orange<br>Graham Cracker<br>Chocolate Milk<br>White Milk 1%<br>Strawberry Milk 1%<br>Ketchup<br>Mustard                                     | Mar - 23<br>Chicken Nuggets<br>Mashed Potatoes<br>Cream Gravy<br>Green Beans<br>Pears<br>Roll<br>Chocolate Milk<br>Strawberry Milk 1%<br>White Milk 1%<br>Ketchup                | Mar - 24<br>Sub Sandwich<br>Burger Salad<br>Baked Potato Chips<br>Orange<br>Strawberry Milk 1%<br>Chocolate Milk<br>White Milk 1%   | Mar - 25<br>Beef Taco<br>Pinto Beans<br>Lettuce and Tomato<br>CHOCOLATE CAKE<br>CHOCOLATE GLAZE<br>Apricots<br>Chocolate Milk<br>Strawberry Milk 1%<br>White Milk 1%<br>Picante Sauce         | Mar - 26<br>Barbecue on Bun<br>Baked Beans<br>French Fries<br>Orange<br>SUGAR COOKIES<br>Chocolate Milk<br>Strawberry Milk 1%<br>White Milk 1%<br>Ketchup |
| Mar - 29<br>Corn Dog<br>Tater Tots<br>Coleslaw<br>Apple<br>Chocolate Milk<br>Strawberry Milk 1%<br>White Milk 1%<br>Mustard<br>Ketchup   | Mar - 30<br>Spaghetti<br>Tossed Salad<br>Peas<br>Breadstick<br>Pineapple<br>Chocolate Milk<br>Strawberry Milk 1%<br>White Milk 1%<br>Ranch Dressing                              | Mar - 31<br>Steak Fingers<br>Mashed Potatoes<br>Cream Gravy<br>Mixed Vegetables<br>Roll<br>Apple<br>Chocolate Milk<br>Strawberry Milk 1%<br>White Milk 1%                         |   |   |

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