

Cayuga I.S.D. Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

FEB

MENU 2023

GEAR UP FOR TRACK & FIELD



ANNOUNCEMENTS:

Menu Subject to Change!

An assortment of
Fat Free
Or
1% Milk served daily.

A variety of 100%
juice
served daily ONLY to
High School Students
(9th thru 12th Grade).

1ST
Country Fried Beef Steak Sandwich
Sandwich Salad
Carrot Sticks
w/Ranch Dressing
Oven Baked Breaded Okra
Strawberry Cup

2ND
Mandarin Orange Chicken
Or
General Tso's Chicken
Egg Rolls
Asian Noodles
Oriental Blend Vegetables
Fruity Gelatin

3RD
Cheese Burger
w/Burger Garnish
Oven Baked French
Fries
Orange Smiles

6TH
Chicken Nuggets
Mashed Potatoes
Fat Free Pepper Gravy
Broccoli
Dinner Roll
Diced Peaches

7TH
Quesadilla (Chicken & Cheese)
Mexicali Corn
Refried Beans
Lettuce, Tomato & Cheese
Garnish w/Ranch Dressing
Applesauce Cup

8TH
Grilled Cheese Sandwich
Vegetable Soup
Pickle
Chips
Fresh Red Delicious Apple

9TH
Hot Dog / Chili Cheese Dog
or
Frito Pie
Carrot Coins
Baked Beans
Mandarin Oranges

10TH
Pizza
Garden Salad
w/Cherry Tomatoes
Ranch Dressing
Oven Baked French Fries
Orange Smiles

13TH
Popcorn Chicken
Mashed Potatoes
Fat Free Pepper Gravy
Lemon Garlic Spinach
Rip Stick
Sliced Peaches

14TH
Soft Beef Taco
Refried Beans
Lettuce, Tomato, and
Cheese Garnish
w/Ranch Dressing
Applesauce Cup

15TH
Sub Sandwich
Sandwich Salad
Carrots Sticks, IW
w/Ranch Dressing
Chips
Fresh Gala Apple

16TH
Beef Ravioli
w/Bread Stick
Or
3rd Grade and up can choose:
Max Sticks (Cheese Stick)
w/ Marinara Sauce
Italian Blend Vegetables
Pineapple Tidbits in 100% Fruit Juice

17TH
School Holiday

20TH
School Holiday

21ST
Walking Taco
or
Crispito (Chicken and Cheese)
w/Queso Blanco & Chips
Bean Dip
Lettuce & Tomato Garnish
Hot Cinnamon Apples

22ND
Chicken Sandwich
Sandwich Salad
Carrots Sticks, IW
w/Ranch Dressing
Multigrain Chips
Fresh Granny Smith Apple

23RD
Orange Chicken
or
General Tso's Chicken
Egg Rolls
Fried Rice
Oriental Blend Vegetables
Mixed Fruit Cup

24TH
Pizza
Garden Salad
w/Cherry Tomatoes
Ranch Dressing
Oven Baked French Fries
Orange Smiles

27TH
Popcorn Chicken
Mashed Potatoes
Fat Free Pepper Gravy
Broccoli
Dinner Roll
Diced Peaches

28TH
Chicken Fajitas
w/Onions and Peppers
Charro Beans
Mexicali Corn
Spanish Rice
Lettuce and Tomato Garnish
Rosy Applesauce



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

This product was funded by USDA.
This institution is an equal opportunity provider.



Food and Nutrition Division
National School Lunch Program



Updated 2/1/2023
www.SquareMeals.org