

ROPES 9th-12th LUNCH MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

6TH Corn dog, potatoes, tomato cup, fruit cup and milk variety OR Burger choice

7TH Nachos grande, salsa, beans, cucumber, apricots, ice cream and milk variety OR Hot sandwich choice

8TH Chicken sandwich, fresh veggie cup garden salad, fruity gelatin and milk variety OR Pizza choice

9TH Breaded pork chop, gravy, roll, broccoli, corn, mandarin oranges and milk variety OR Tex-Mex choice

10TH Pizza choice, carrots, savory green beans, seasonal fresh fruit, grain based cookie and milk variety OR Texas basket

13TH Country fried steak, gravy, potatoes, okra, roll, strawberries and milk variety OR Burger choice

14TH Tex-Mex stack, Spanish rice, beans, carrots, salsa, hot cinnamon apples, sherbet cup and milk variety OR Hot sandwich choice

15TH Chicken alfredo, breadstick, garden salad, savory green beans, peaches and milk variety OR Pizza choice

16TH Popcorn chicken, roll, corn, crunchy broccoli salad, fresh apple slices, cookie and milk variety OR Tex-Mex choice

17TH Hot dog, potatoes, tomato cup, snowball salad and milk variety OR Texas basket

20TH **TEACHER WORKDAY NO SCHOOL**

21ST Chilli cheese totchos, fresh veggie cup, strawberries and bananas and milk variety OR Hot sandwich choice

22ND Chicken nuggets, mac and cheese, carrots, squash, grapes and milk variety OR Pizza choice

23RD Hamburger, tots, tomato cup, garden salad, pears and milk variety OR Tex-Mex choice

24TH Roast beef sandwich, corn, cucumbers, rosy applesauce, grain based dessert and milk variety OR Texas basket

27TH Spaghetti bowl, breadstick, garden salad, potatoes, seasonal fresh fruit and milk variety OR Burger choice

28TH Frito pie, beans, veggie cup, chilled pineapple, cookie/brownie and milk variety OR Hot sandwich choice

FEB

MENU 2023

GEAR UP FOR TRACK & FIELD



ANNOUNCEMENTS:

- *** 9th -12th grade is offered an additional serving of fruit daily. It is offered in the form of juice.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
National School Lunch Program



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