

**Rasco Middle School Lunch Menu**  
**2009 – 2010**

*Week of: Aug. 24-28, Sept. 8-11, Sept 21-25, Oct. 5-9, Oct. 19-23, Nov. 2-6, Nov. 16-20, Nov. 30- Dec. 4, Dec. 14-18, Jan. 11-14, Jan. 25-29, Feb. 8-12, Feb. 22-26, Mar. 8-12, Mar. 29- Apr. 1, Apr. 12-16, Apr. 26-30, May 10-14, May 24-28*

Cycle 1	Monday	Tuesday	Wednesday	Thursday	Friday
Popular Combos	Chicken Nuggets or Baked Country Fried Steak or Baked Breaded Chicken <b>Choose any 3 Vegt. or Fruit</b> Mashed Potatoes Steamed Zucchini Squash Garden Salad 3 Chilled Fruits 2 Fresh Fruits Roll	Hot & Spicy Chicken Bites or Chicken Bites or Chicken Spaghetti <b>Choose any 3 Vegt. or Fruit</b> Mashed Potatoes Green Beans Carrots Crisps 3 Chilled Fruits 2 Fresh Fruits Roll	Chicken Rings or Chicken Drumsticks or Spicy Popcorn Chicken or Macaroni and Cheese <b>Choose any 3 Vegt. or Fruit</b> Pinto Beans Garden Salad 3 Chilled Fruits 2 Fresh Fruits Garlic Breadstick	Popcorn Chicken or Roasted Chicken or Egg Roll Wild Rice <b>Choose any 3 Vegt. or Fruit</b> Steamed Broccoli Cucumbers w/Dip 3 Chilled Fruits 2 Fresh Fruits Roll	Shrimp Poppers or Spicy Chicken Nuggets or Calzone <b>Choose any 3 Vegt. or Fruit</b> Hashbrown Green Peas Fresh Veggie Chilled Strawberries Chilled Pears Fresh Banana Frozen Fruit Sherbert Garlic Breadstick
Themed Favorites	Personal Pan Pepperoni Pizza or Personal Pan Cheese Pizza or Grilled Chicken w/ Pasta Alfredo with Roll <b>Choose any 3 Vegt. or Fruit</b> Steamed Zucchini Squash Garden Salad 3 Chilled Fruits 2 Fresh Fruits	Beefy Nachos or Soft Taco Chicken Fajitas or Pork Gordita White Rice <b>Choose any 3 Vegt. or Fruit</b> Pinto Beans Fiesta Salad / Carrot Crisps Jalapenos / Salsa 3 Chilled Fruits 2 Fresh Fruits	Garlic Cheese Flat Bread or Chicken Spaghetti with or with out Garlic Bread Stick or Pepperoni Personal Pan Pizza <b>Choose any 3 Vegt. or Fruit</b> Italian Green Beans Garden Salad 3 Chilled Fruits 2 Fresh Fruits	Beefy Nachos or Soft Taco Burrito with or without Chili and/or Cheese or Bean and Cheese Chalupa Spanish Rice <b>Choose any 3 Vegt. or Fruit</b> Corn Fiesta Salad / Cucumbers w/ Dip Jalapenos / Salsa 3 Chilled Fruits 2 Fresh Fruits	Pepperoni Pizza Slice or Cheese Pizza Slice or Lasagna Roll Up with or without Garlic Breadstick <b>Choose any 3 Vegt. or Fruit</b> Steamed Broccoli Fresh Veggie Chilled Strawberries Chilled Pears Fresh Banana Frozen Fruit Sherbert
The Shuttle	Hamburger or Cheeseburger or Chicken Sandwich or BBQ on a Bun <b>Choose any 3 Vegt. or Fruit</b> Ranch Style Beans Burger Salad / Sliced Pickles 3 Chilled Fruits 2 Fresh Fruits	Hamburger or Cheeseburger or Spicy Chicken Sandwich or Mini Corn Dogs <b>Choose any 3 Vegt. or Fruit</b> Green Beans Carrots Crisps Burger Salad / Sliced Pickles 3 Chilled Fruits 2 Fresh Fruits	Hamburger or Cheeseburger or Chicken Sandwich or Sausage Link on a Bun Baked Chips <b>Choose any 3 Vegt. or Fruit</b> Pinto Beans Burger Salad / Sliced Pickles 3 Chilled Fruits 2 Fresh Fruits	Hamburger or Cheeseburger or Spicy Chicken Sandwich or Pulled Pork Sandwich <b>Choose any 3 Vegt. or Fruit</b> Corn Whole Pickle Burger Salad / Sliced Pickles 3 Chilled Fruits 2 Fresh Fruits	Hamburger or Cheeseburger or Chicken Sandwich or Grilled Cheese Sandwich <b>Choose any 3 Vegt. or Fruit</b> Hashbrown Fresh Veggie Burger Salad / Sliced Pickles Chilled Strawberries Chilled Pears Fresh Banana Frozen Fruit Sherbert

## Rasco Middle School

*Week of: Aug. 31- Sept. 4, Sept. 14-18, Sept. 28- Oct. 2, Oct. 13-16, Oct. 26-30, Nov. 9-13, Nov. 23-24, Dec. 7-11, Jan. 4-8, Jan. 18-22, Feb. 1-5, Feb. 16-19, Mar. 1-5, Mar. 22-26, Apr. 5-9, Apr. 19-23, May 3-7, May 17-21, June 1-2*

Cycle 2	Monday	Tuesday	Wednesday	Thursday	Friday
Popular Combos	Steak Fingers or Chicken Nuggets or Chicken & Dumplings <b>Choose any 3 Vegt. or Fruit</b> Mashed Potatoes Green Beans Garden Salad / Baby Carrots 3 Chilled Fruits 2 Fresh Fruits Garlic Breadstick	Hot & Spicy Chicken Bites or Chicken Bites or Baked Breaded Chicken <b>Choose any 3 Vegt. or Fruit</b> Corn Mashed Potatoes Fresh Veggies 3 Chilled Fruits 2 Fresh Fruits Roll	Turkey Roast over Rice or Chicken Rings or Beef Roast w/ Rice or <b>Choose any 3 Vegt. or Fruit</b> Sweet Potato Steamed Broccoli w/ Parmesan Cheese Garden Salad 3 Chilled Fruits 2 Fresh Fruits Roll	Popcorn Chicken or BBQ Chicken or Baked Country Fried Steak <b>Choose any 3 Vegt. or Fruit</b> Pinto Beans Mashed Potatoes Garden Salad / Baby Carrots 3 Chilled Fruits 2 Fresh Fruits Roll	Baja Fish w / Hushpuppie or Spicy Chicken Nuggets or Teriyaki Meatballs w/ Rice <b>Choose any 3 Vegt. or Fruit</b> Mashed Potatoes Italian Green Bean Fresh Veggies Chilled Cherries Chilled Pears Fresh Banana Minute Maid Frozen Fruit Treat Garlic Breadstick
Themed Favorites	Personal Pan Pepperoni Pizza or Personal Pan Cheese Pizza or Spaghetti and Meat sauce with Garlic Breadstick <b>Choose any 3 Vegt. or Fruit</b> Green Beans Garden Salad / Baby Carrots 3 Chilled Fruits 2 Fresh Fruits	Beefy Nachos or Soft Tacos Burrito with or without Chili and/or Cheese or Chicken Fajitas Spanish Rice <b>Choose any 3 Vegt. or Fruit</b> Corn Fiesta Salad / Fresh Veggies Jalapenos / Salsa 3 Chilled Fruits 2 Fresh Fruits	French Bread Pizza or Pita Pocket Sandwich or Pepperoni Personal Pan Pizza Baked Penne Pasta w/Meat Sauce with or without Garlic Breadstick <b>Choose any 3 Vegt. or Fruit</b> Steamed Broccoli Garden Salad 3 Chilled Fruits 2 Fresh Fruits	Beefy Nachos or Soft Tacos Cheese Enchiladas or Carne Guisada Rice <b>Choose any 3 Vegt. or Fruit</b> Pinto Beans Fiesta Salad / Baby Carrots Jalapenos / Salsa 3 Chilled Fruits 2 Fresh Fruits	Pepperoni Pizza Slice or Cheese Pizza Slice or Bosco Jalapeno Cheese Sticks or Lasagna Roll Up with or without Garlic Breadstick <b>Choose any 3 Vegt. or Fruit</b> Italian Green Bean Fresh Veggies Chilled Cherries Chilled Pears Fresh Banana Minute Maid Frozen Fruit Treat
The Shuttle	Hamburger or Cheeseburger or Chicken Sandwich or Hot Dog with or without Chili and/or Cheese <b>Choose any 3 Vegt. or Fruit</b> Green Beans Burger Salad / Sliced Pickles 3 Chilled Fruits 2 Fresh Fruits	Hamburger or Cheeseburger or BBQ Rib Sandwich or Baked Country Fried Steak Sandwich <b>Choose any 3 Vegt. or Fruit</b> Corn on the Cob Burger Salads / Sliced Pickles Fresh Veggie 3 Chilled Fruits 2 Fresh Fruits	Hamburger or Cheeseburger or Chicken Sandwich or Corn Dog Baked Chips <b>Choose any 3 Vegt. or Fruit</b> Ranch Style Beans Burger Salad / Sliced Pickles 3 Chilled Fruits 2 Fresh Fruits	Hamburger or Cheeseburger or Spicy Chicken Sandwich or <b>Choose any 3 Vegt. or Fruit</b> Pinto Beans Whole Pickle Burger Salad / Sliced Pickles 3 Chilled Fruits 2 Fresh Fruits	Hamburger or Cheeseburger or Chicken Sandwich or Shrimp PoBoy <b>Choose any 3 Vegt. or Fruit</b> Hashbrown Burger Salad / Sliced Pickles Fresh Veggie Chilled Cherries Chilled Pears Fresh Banana Minute Maid Frozen Fruit Treat