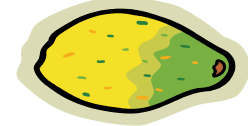




Deer Park Independent School District Elementary and Secondary School Breakfast Menu 2008-2009



Dates Served		Monday	Tuesday	Wednesday	Thursday	Friday
August 25-29 October 6-10 November 17-21 January 20-23 March 2-6 April 20-24 June 1-4	September 15-19 October 28-31 December 15-19 February 9-13 March 30-April 3 May 11-15	Pancake with Sausage on a Stick (s) Syrup (w) or Peach Cobbler Biscuit (w) Juice or Fruit (g) Milk (g)	Chicken Patty (s) Biscuit (w) Jelly (w) or Cinnamon Roll (w) Juice or Fruit (g) Milk (g)	French Toast Sticks (s) Syrup (w) or Potato, Sausage, and Cheese Breakfast Burrito (s) Juice or Fruit (g) Milk (g)	Sausage Biscuit (s) Jelly (w) or Blueberry Muffin (s) Strawberry Yogurt (s) Juice or Fruit (g) Milk (g)	Steak Fingers (s) Biscuit (w) Gravy (s) or Honey Bun (s) Juice or Fruit (g) Milk (g)
September 2-5 October 13-17 December 1-5 January 26-30 March 9-13 April 27-May 1	September 22-26 November 3-7 January 6-9 February 16-20 April 6-9 May 18-22	Cheese Omelet (g) Biscuit (w) Jelly (w) or Galaxy Cheese Pizza (s) Juice or Fruit (g) Milk (g)	Cinnamon Roll (w) or Bacon, Egg, and Cheese Taco (s) Juice or Fruit (g) Milk (g)	Potato, Sausage, and Cheese Breakfast Burrito (s) or Pancakes (s) Syrup (w) Juice or Fruit (g) Milk (g)	Funnel Cake (s) or Biscuit (w) Sausage (s) Gravy (s) Juice or Fruit (g) Milk (g)	Chicken Patty (s) Biscuit (w) Jelly (w) or Waffle Sticks (s) Syrup (w) Juice or Fruit (g) Milk (g)
September 8-12 October 20-24 December 8-12 February 2-6 March 23-27 May 4-8	September 30-October 3 November 10-14 January 12-16 February 23-27 April 13-17 May 26-29	Donut Twist (w) or Sausage Biscuit (s) Jelly (w) Juice or Fruit (g) Milk (g)	Steak Patty (s) Biscuit (w) Jelly (w) or Cinnamon Roll (w) Juice or Fruit (g) Milk (g)	Breakfast Pizza (s) or Silver Dollar Pancakes (s) Syrup (w) Juice or Fruit (g) Milk (g)	Sausage Kolache (s) or Glazed Donut (w) Juice or Fruit (g) Milk (g)	Steak Fingers (s) Biscuit (w) Gravy (s) or Grilled Cheese Sandwich (s) Juice or Fruit (g) Milk (g)

The following items are served daily as alternates to the menus listed above: Cinnamonia Grahams (g), Cereal (g) with Toast or Cinnamon Toast (s), (2) pieces of Toast or Cinnamon Toast, Super Donut (g) with Toast, and Pop Tart (s) with Toast **** A Fresh Fruit option is served daily.

Please Join us for Breakfast and Lunch

Deer Park ISD Child Nutrition Department is committed to providing quality nutritious meals and excellent service to its customers, our students. All meals served meet the USDA guidelines under the Traditional Food Based Meal Plan. Our Menu reflects the guidelines of the Food Guide Pyramid, emphasizing a variety of grains, vegetables, fruits, milk, meat and beans as the foundation of a balanced, nutritious meal.

Catch Program

Deer Park ISD participates in the CATCH (Coordinated Approach To Child Health) program. Symbols have been placed next to each food item indicating whether it is categorized as a Go Food (Lowest in fat, whole grains, vegetables), Slow Food (Higher in fat and sugar, more processed foods), or Whoa Food (Highest in fat and sugar). All foods can be eaten in moderation. The important message is that a healthy diet contains mostly GO foods, a fewer number of SLOW foods and an even fewer number of WHOA foods.

Go Foods: (g)
Slow Foods: (s)
Whoa Foods: (w)



The Breakfast Menu

Students may select 3 to 4 different food items. Milk, Juice or both must be selected to make a complete meal.

The Lunch Menu

Students may select 3 to 5 different food items to make a complete meal.

If the proper meal items are not selected to make a complete meal, students will be charged a la carte prices.

Prices

Breakfast

	No Charge
PWE and DWE	
Student Breakfast	\$1.25
Reduced-Price Breakfast	\$.30
Adult Breakfast	\$1.50

Lunch

Elementary Lunch	\$1.75
Secondary Lunch	\$2.00
Reduced-Price Lunch	\$.40
Adult Lunch	\$2.50

Visit the following websites for information on nutrition and healthy activities

- www.squaremeals.org
- www.mypyramid.gov
- www.kidchef.com