

Menu

Commerce ISD A.C. Williams Elementary School Lunch Menu September 2010

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Spaghetti w/ Meat Sauce Or Chef Salad Mexican Corn Tossed Salad Fruit Cocktail Assorted Fresh Fruit	2 Corn Dog Or Chef Salad Baked Beans Steamed Spinach Chilled Peaches Assorted Fresh Fruit Whole Wheat Roll	3 Oven Fried Chicken Or Chef Salad Mashed Potatoes w/Gravy Spinach Assorted Fresh Fruit Chilled Peaches Whole Wheat Bread
6 STUDENT HOLIDAY	7 Cheese Pizza Or Chef Salad Baked Potato Wedges Garden Salad Fresh Veggies w/Dip	8 Beef Tacos Or Chef Salad Lettuce & Tomato Shredded Cheese Charra Beans Baked French Fries Chocolate Chip Cookie Assorted Fresh Fruit	9 Chicken Fried Steak Sandwich Or Chef Salad Seasoned Peas Tossed Salad Fruiti Freeze Sugar Cookie	10 Chili Dog on a Bun Or Chef Salad Pork & Beans Hot & Spicy Apples Celery Sticks Assorted Fresh Fruit
13 Baked Potato w/ Ham Or Chef Salad Fresh Veggies w/Dip Garden Salad Mexicali Corn Chilled Peaches Assorted Fresh Fruit	14 Cheeseburger Or Chef Salad Lettuce, Tomato, Pickle Baked French Fries Carrots w/Dip Baked Apple Crisp Assorted Fresh Fruit	15 Beef Burrito Or Chef Salad Cheese Sauce Corn on the Cob Baked Beans Fruit Salad Assorted Fresh Fruit	16 Chicken Sandwich Or Chef Salad Lettuce & Tomato Mexicali Corn Baked Beans Assorted Fresh Fruit	17 Pepperoni Pizza Or Chef Salad Seasoned Corn Tossed Salad Pickle Slices Mandarin Orange Cup
20 Chicken Fajitas Or Chef Salad Lettuce/Tomato/Cheese Steamed Rice Henry's Borders Beans Peaches & Cream Picante Sauce Assorted Fresh Fruit	21 Steak Fingers w/ Cream Gravy Or Chef Salad Mashed Potatoes & Gravy Broccoli Normandy Chilled Mixed Fruit Assorted Fresh Fruit White Bread	22 Oven Baked BBQ Chicken Legs Or Chef Salad Peas & Carrots Sliced Peaches Whole Wheat Bread Fresh Grapes	23 Fish Sticks Or Chef Salad Dark Green Tossed Salad Pork & Beans Fresh Apple Whole Wheat Bread	24 Hamburger on a Whole Wheat Bun Or Chef Salad Lettuce & Tomato Broccoli-Cheese & Rice Casserole Fresh Orange Slices
27 Burrito w/ Cheese Sauce Or Chef Salad Seasoned Pinto Beans Steamed Brown Rice Blushing Pears	28 Chicken Nuggets Or Chef Salad Mashed Potatoes w/ Gravy Seasoned Green Beans Chilled Peaches Wheat Roll	29 Chicken Spaghetti Or Chef Salad Garden Salad Corn on the Cob Garlic Roll Hot Spicy Apples	30 Ham & Cheese Hoagie Or Chef Salad Lettuce & Tomato Baked Beans Carrot Coins & Celery Sticks Rosy Applesauce	Questions or Comments? <i>Please call or e-mail Carl Wells, Director of Child Nutrition at 903.468.8007, or carl.wells@commerceisd. org</i>

Choice of Milk Offered Daily

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