

# Meal Options

## Opciones de menú

Intermediate District 287

RESPONSIVE. INNOVATIVE. SOLUTIONS.

### Breakfast Entrées - Platos para el Desayuno

Breakfast Pizza w/ turkey sausage --- Desayuno de pizza con salchicha de pavo  
Breakfast Pizza w/ egg and turkey bacon --- Desayuno de pizza con huevo y tocino de pavo  
Cheese Omelet --- Omelet de queso  
Cinnamon Roll --- Rol de canela  
French Toast Sticks --- Palitos o dedos de pan tostado frances  
Muffin --- Panquesito  
Egg & Cheese Wrap --- Rollo de huevo y queso  
Egg, Turkey Bacon & Cheese breakfast toast --- Huevo, Tocino de Pavo y Pan tostado con queso  
Long John --- Pan de dulce  
Snack Bread --- Bocado de pan  
Maple Syrup --- Jarabe de Maple  
Yogurt Parfait --- Yogur con frutas y granola  
Yogurt --- Yogur  
Cheese Stick --- Palitos o dedos de queso

### Lunch Entrées – Platos para el Almuerzo

Chicken Patty on a bun --- Hamburguesa de pollo  
Beef Walking Taco --- Nachos/doritos con carne de res, lechuga con queso  
Breaded Chicken Drumstick --- Pierna de pollo empanizada  
Beef Italian Pasta Bake --- Pasta con carne de res a la italiana  
Pepperoni Pizza --- Pizza de Peperoni  
Cheese Pizza --- Pizza de Queso  
Chicken Nuggets --- Nuggets de pollo  
Beef Soft Tacos --- Tacos de res  
Cheeseburger on a bun – Hamburguesa con queso  
Mandarin Orange Chicken --- Pollo a la Naranja estilo chino  
Cheese Stuffed Breadsticks --- Palitos empanizados rellenos de queso  
Beef Super Nachos --- Nachos con queso y carne de res  
Chicken Alfredo /w a twist --- Pasta Alfredo / con una convinacion  
Hot Dog on a Bun --- Perro caliente  
Italian Dunker (Garlic Cheese Bread) --- Pan de queso con ajo  
Chicken Quesadilla --- Quesadilla de pollo  
Cheese Quesadilla --- Quesadilla (solo con queso)  
Turkey Corn Dog --- Perro caliente de paco en palito  
Chicken Tenders --- Dedos de Pollo empanizado  
Beef Sloppy Joe on a bun --- Sándwich de carne molida de res  
Chicken Fajitas --- Fajitas de pollo  
Grilled Cheese Sandwich --- Sándwich de pollo asado

Teriyaki Chicken --- Pollo Teriyaki  
Popcorn Chicken --- Palomitas de pollo  
Buffalo Chicken Nachos --- Nachos de pollo buffalo  
Chicken and Cheese Burrito --- Burrito de pollo y queso  
Turkey & Gravy --- Pavo y salsa  
Spicy Thai Chicken --- Pollo tailandes picante  
Pepperoni Pizza Pasta Bake --- Pasta de pizza de pepperoni hornear

## Grains --- Granos

Dinner Roll --- Pan para cena  
Garlic Breadstick --- Pan con ajo  
Garlic Knot Roll --- Bollo de ajo  
Spanish Rice --- Arroz español  
Brown Rice --- Arroz Integral  
Tortilla Chips --- Totopos  
Cookie --- Galleta

## Fruits and Vegetables --- Frutas y Vegetales

Fruit and Salad Bar --- Barra de Frutas y Ensaladas  
Fresh Fruit --- Fruta Fresca  
Cucumber Salad --- Ensalada de Pepino  
Coleslaw --- Ensalada de col  
Fiesta Salad --- Ensalada Fiesta  
Marinara Sauce --- Salsa Marinera  
Dill Pickle Spear --- Pepinillos al Eneldo (Ingredientes: vinagre blanco, ajo, eneldo, cebolla y otras especias)  
Mashed Potatoes --- Pure de papa  
Baked Potato --- Papa al horno  
Crinkle Cut Fries --- Papas fritas onduladas  
Waffle Cut Fries --- Papas fritas rejilla  
Twister Fries --- Papas fritas enrolladas  
Hash Brown Patty --- Papa frita rallada  
Tater Tots --- Trozos de papa frita  
Baked Beans --- Frijoles cocidos  
Seasoned Carrots --- Zanahorias  
Seasoned Green Beans --- Ejotes  
Seasoned Peas --- Chicharos  
Seasoned Broccoli --- Brocoli  
Seasoned Corn --- Granos de Elote  
Mixed Vegetables --- Vegetales Mixtos

## Beverages --- Bebidas

Variety Juice --- Variedad de Jugos  
Milk --- Leche  
1% white Milk --- 1% de Leche  
Fat free Chocolate Milk --- Leche de chocolate sin grasa

## Condiments --- Condimentos

Sour Cream --- Crema Agria  
Salsa --- Salsa  
Ketchup --- Catsup  
Mustard --- Mostaza  
Mayo --- Mayonesa  
BBQ Sauce --- Salsa de Barbicui  
Chicken Gravy --- Salsa de Pollo

## Alternate Meals --- Comidas alternativas

- 1.- Daily Breakfast alternate is cereal or cereal bar with yogurt or cheese stick. ---
- 1.- Alternativas para el desayuno son: Cereal o barra de cereal con yogur o palitos de queso empanizado.
- 2.- Daily Lunch alternate is turkey or ham sandwich. ---
- 2.- Opciones para el lunch diaron son: Sandwich de Pavo o de Jamon.

\*Free and Reduced Meal Applications are available online at [www.district287.org](http://www.district287.org) or may be picked up at any school within Intermediate District 287.

\*Aplicaciones para descuento en los desayunos estan disponibles en line: [www.district287.org](http://www.district287.org) o Tambien lo puede recoger en cual quier escuela que pertenesca al 287.