

OCTOBER

Middle School Menu



Questions or Comments?
 Ed Banuelos
 Director of Dining Services
 Phone: 520-287-0800 ext 2520



MONTHLY PROMOTION

Check out our new website, NutriSlice. This website allows for you to build your child's menu for the day, keep track of calorie intake and much more! Go to nUSD.nutrislice.com!

DAILY SELECTIONS

Hamburger or Cheeseburger
 Spicy Chicken Sandwich
 Cheese or Pepperoni Pizza

DAILY SELECTIONS

Deli Subs
 Fresh Fruit and Vegetable Bar
 Assorted Low Fat Milk

This institution is an equal opportunity provider.

Monday

2
Breakfast
 Waffle Stix
Lunch
 Chef Salad
 Pepperoni Pizza
 Cheeseburger
 Chicken Alfredo
 Beef Corn Tacos
 Veggie of the Day

Tuesday

3
Breakfast
 Scrambled Eggs & cheese
Lunch
 Ham & Cheese Sandwich
 Chicken Salad
 Corn Dog
 Sweet & Sour Chicken
 Cheese Breadsticks
 Veggie of the Day

Wednesday

4
Breakfast
 Sliced bagel
Lunch
 Ham & Cheese Salad
 Cheeseburger
 Beef Nachos
 Chicken Parmesan
 Pepperoni Pizza
 Veggie of the Day

Thursday

5
Breakfast
 French Toast Sticks
Lunch
 Beef Lasagna
 Chicken Teriyaki
 Grilled Cheese
 Supreme Pizza
 Chicken Caesar Salad
 Veggie of the Day

Friday

6
Breakfast
 Breakfast Pizza
Lunch
 Spicy Chicken Sandwich
 Chicken Enchiladas
 Chicken Tenders
 Ham & Cheese Salad
 Pepperoni Pizza
 Veggie of the Day



Fall Break



9
Breakfast
 Scrambled egg & sausage
Lunch
 Corn Dog
 Cheese Chilaquiles
 Fajita Chicken Fried Rice
 Hot Dog
 Ham Sandwich
 Veggie of the Day

10
Breakfast
 French Toast Sticks
Lunch
 Hamburger
 Ham & Cheese Wrap
 Beef Corn Tacos
 Chicken Caesar Salad
 Pepperoni Pizza
 Veggie of the Day

11
Breakfast
 Sausage Bagel Sandwich
Lunch
 Chef Salad
 Spicy Chicken Sandwich
 Beef Nachos
 Chicken Teriyaki
 Ham & Cheese Sandwich
 Veggie of the Day

12
Breakfast
 Scrambled Egg Chorizo
Lunch
 Ham, Turkey & Cheese Sandwich
 Hot Dog
 Orange Chicken
 Chicken Caesar Salad
 Grilled Ham & Cheese Sandwich
 Veggie of the Day

13
Breakfast
 Golden Pancakes
Lunch
 Beef Corn Tacos
 Buffalo Chicken Salad
 Pepperoni Pizza
 Turkey & cheese Sandwich
 Spicy Chicken Sandwich
 Veggie of the Day

16
Breakfast
 Scrambled egg & sausage
Lunch
 Corn Dog
 Cheese Chilaquiles
 Fajita Chicken Fried Rice
 Hot Dog
 Ham Sandwich
 Veggie of the Day

17
Breakfast
 French Toast Sticks
Lunch
 Hamburger
 Ham & Cheese Wrap
 Beef Corn Tacos
 Chicken Caesar Salad
 Pepperoni Pizza
 Veggie of the Day

18
Breakfast
 Sausage Bagel Sandwich
Lunch
 Chef Salad
 Spicy Chicken Sandwich
 Beef Nachos
 Chicken Teriyaki
 Ham & Cheese Sandwich
 Veggie of the Day

19
Breakfast
 Scrambled Egg Chorizo
Lunch
 Ham, Turkey & Cheese Sandwich
 Hot Dog
 Orange Chicken
 Chicken Caesar Salad
 Grilled Ham & Cheese Sandwich
 Veggie of the Day

20
Breakfast
 Golden Pancakes
Lunch
 Beef Corn Tacos
 Buffalo Chicken Salad
 Pepperoni Pizza
 Turkey & cheese Sandwich
 Spicy Chicken Sandwich
 Veggie of the Day

23
Breakfast
 Ham & Cheese Quesadilla
Lunch
 Chef Salad
 Cheese Pizza
 Cheeseburger
 Chicken Alfredo
 Cheese Enchilada
 Veggie of the Day

24
Breakfast
 Scrambled Eggs & Cheese
Lunch
 Spicy Chicken Salad
 Hamburger
 Beef Chile Colorado
 Popcorn Chicken
 Pepperoni Pizza
 Veggie of the Day

25
Breakfast
 Cinnamon Rolls
Lunch
 Cheese Pizza
 Corn Dog
 Chicken Teriyaki
 Beef nachos
 Crispy Chicken Salad
 Veggie of the Day

26
Breakfast
 Bean & Cheese Burrito
Lunch
 Sweet & Sour Chicken
 Beefy Macaroni
 Cheeseburger
 Pepperoni Pizza
 Turkey & Cheese Sandwich
 Veggie of the Day

27
Breakfast
 Scrambled Eggs
Lunch
 Ham & Cheese Sandwich
 Hot Dog
 Italian Chicken Pasta Primavera
 Chicken Nuggets
 Crispy Chicken Salad
 Veggie of the Day

*Vegetarian Option (or vegetarian upon request)

Fresh Fruit Selection & Reduced Sugar Cereals Available Daily at Breakfast