

# JANUARY

## Nogales High School Menu



Questions or Comments?

Ed Banelos

General Manager of Foodservice

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](http://nUSD.nutrislice.com)!

### DAILY SELECTIONS

Hamburger or Cheeseburger  
Spicy Chicken Sandwich  
Cheese or Pepperoni Pizza

### DAILY SELECTIONS

Deli Subs & Wraps  
Fresh Fruit and Vegetable Bar  
Assorted Low Fat Milk



This institution is an equal opportunity provider.

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday



**1**  
**Breakfast**  
Egg & Potato Burrito  
**Lunch**  
Corn Dog  
Cheddar Cheese Quesadilla  
Spicy Chicken Sandwich  
Chicken Parmesan  
Orange Chicken  
Veggie of the Day

**2**  
**Breakfast**  
Sausage & Cheese Omelet  
**Lunch**  
Chicken Alfredo  
Grilled Cheeseburger  
Pepperoni Pizza  
Hot Dog  
Sweet & Sour Chicken  
Veggie of the Day

**3**  
**Breakfast**  
Breakfast Pizza  
**Lunch**  
Crispy Chicken Salad  
Beef Nachos  
Spicy Chicken Sandwich  
Chicken Mole (nut free)  
Teriyaki Chicken  
Veggie of the Day

**4**  
**Breakfast**  
Scrambled Eggs  
**Lunch**  
Beef Corn Tacos  
Grilled Cheese w/soup  
Big Texan Stacker  
Pepperoni Pizza  
Pulled Pork Corn Tacos  
Veggie of the Day

**5**  
**Breakfast**  
Breakfast Waffle  
**Lunch**  
Grilled Cheeseburger  
Chicken Tenders  
Beef Lasagna  
Buffalo Chicken Salad  
Cheese enchiladas  
Veggie of the Day



**15**  
**Breakfast**  
Ham & Cheese Omelet  
**Lunch**  
Chicken Nugget Potato Bowl  
Beef & Vegetable Stir Fry  
Cheese Stuffed Breadstick  
Cheesy Pomodoro Spaghetti  
Orange Chicken  
Veggie of the Day

**16**  
**Breakfast**  
Scrambled Egg Cheese & Ham  
**Lunch**  
Rotisserie Chicken  
Pepperoni Pizza  
Ham & Cheese Panini  
Chicken Teriyaki  
Corn Dog  
Veggie of the Day

**17**  
**Breakfast**  
French Toast Sticks  
**Lunch**  
Popcorn Chicken  
Hot Dog  
Spicy Chicken Caesar Salad  
Beef Lasagna  
Teriyaki Beef & Broccoli Stir Fry  
Veggie of the Day

**18**  
**Breakfast**  
Oatmeal w/ peaches  
**Lunch**  
Grilled Cheeseburger  
Chicken Mole (nut free)  
Diablo Sauced Chicken Nuggets  
Italian Melt Panini  
Chicken Tenders  
Veggie of the Day

**22**  
**Breakfast**  
Pancakes  
**Lunch**  
Spaghetti w/meat balls  
Beef Corn Tacos  
Ham & Cheese Panini  
Orange Chicken  
Supreme Crumbles Pizza  
Veggie of the Day

**23**  
**Breakfast**  
Sausage & Cheese Omelet  
**Lunch**  
Spicy Chicken Sandwich  
Sweet & Sour Chicken  
Big Texan Stacker  
Popcorn Chicken  
Carne Asada  
Veggie of the Day

**24**  
**Breakfast**  
Scrambled Egg Chorizo  
**Lunch**  
Cheese stuffed breadsticks  
Pepperoni Pizza  
Chicken Nuggets  
Breaded Baked Chicken  
Fajita Chicken Fried Rice  
Veggie of the Day

**25**  
**Breakfast**  
Breakfast Pizza  
**Lunch**  
Ham & Cheese Wrap  
Beef Corn Tacos  
Grilled Ham & Cheese  
Chili-Cheese baked Potato  
Chicken Caesar Salad  
Veggie of the Day

**26**  
**Breakfast**  
Egg & Cheese Quesadilla  
**Lunch**  
Beef Teriyaki & Broccoli Stir Fry  
Pepperoni Calzone  
Spicy Buffalo Chicken Stacker  
Melted Sausage Crumbles Pizza  
Chicken Parmesan  
Veggie of the Day

**29**  
**Breakfast**  
Egg & Cheese Burrito  
**Lunch**  
Chicken Caesar Salad  
Grilled Cheese Sandwich w/ soup  
Orange Chicken  
Beefy Macaroni  
Pulled Pork Torta  
Veggie of the Day

**30**  
**Breakfast**  
Ham & Cheese Omelet  
**Lunch**  
Grilled Cheeseburger  
Hot Dog  
Chicken Tenders  
Spicy Buffalo Chicken Stacker  
Cheddar Cheese Quesadilla  
Veggie of the Day

**31**  
**Breakfast**  
Pancakes  
**Lunch**  
Chicken Corn Tacos  
Pulled Pork Corn Tacos  
Chili-Cheese Baked Potato  
Tangy Chicken Teriyaki  
Breaded Baked Chicken  
Veggie of the Day

Menu is subject to change.

Fresh Fruit Selection & Reduced Sugar Cereals Available Daily at Breakfast

Adult Meal Prices    Breakfast: \$2.25    Lunch: \$3.25