

OCTOBER

High 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
 French Toast Stick
Lunch
 Popcorn chicken
 Philly Roll
 Chicken Chop Suey
 Chicken Tender
 Spicy Chicken Sandwich
 Veggie of the Day

Tuesday

3 Breakfast
 Ham & cheese Omelet
Lunch
 Sweet & Sour Chicken
 Cheese Enchilada
 Big Texan Stacker
 Crunchy Chicken Salad
 Chicken Nuggets
 Veggie of the Day

Wednesday

4 Breakfast
 Pastry
Lunch
 Beef nachos
 Baked Potato w/ chili cheese
 Spicy Chicken Roll
 Chicken Parmesan
 Country Fried Steak
 Veggie of the Day

Thursday

5 Breakfast
 Golden Pancakes
Lunch
 Ham & Cheese Pita
 Corn Dog
 Chicken Teriyaki
 Chicken Sandwich
 Pepperoni Pizza
 Veggie of the Day

Friday

6 Breakfast
 Egg & cheese Quesadilla
Lunch
 Cheeseburger
 Chicken Alfredo
 Chicken Nuggets
 PB & J Sandwich
 Chicken Corn Tacos
 Veggie of the Day



Fall Break



9 Breakfast
 Scrambled egg & sausage
Lunch
 Chef Salad
 Cheese Chilaquiles
 Chicken Chimichanga
 Chicken Nuggets
 Fajita Chicken Fried Rice
 Veggie of the Day

10 Breakfast
 French Toast Sticks
Lunch
 Sweet & sour Chicken
 Chicken Alfredo
 Chicken Mole
 Popcorn chicken
 Ham & Cheese Sandwich
 Veggie of the Day

11 Breakfast
 Sausage Bagel Sandwich
Lunch
 Spicy Chicken Wrap
 Chicken Teriyaki
 Chicken Nuggets
 Breaded Chicken
 Beef Corn Tacos
 Veggie of the Day

12 Breakfast
 Scrambled Egg Chorizo
Lunch
 Hot Dog
 Beef Chile Verde
 Italian Chicken
 Orange Chicken
 Ham & Cheese Sandwich
 Veggie of the Day

13 Breakfast
 Golden Pancakes
Lunch
 Beef teriyaki & Broccoli
 Spicy Buffalo chicken Stacker
 Beef Corn Tacos
 Cheeseburger
 Beef Fingers
 Veggie of the Day

16 Breakfast
 Ham & Cheese Quesadilla
Lunch
 Tuna salad Sandwich
 Orange Chicken
 Chicken Nuggets
 Spicy Chicken Sandwich
 Supreme Crumbles Pizza
 Veggie of the Day

17 Breakfast
 Scrambled Eggs & Cheese
Lunch
 Corn Dog
 Chicken Mole
 Spicy Chicken Salad
 Beef Chile Colorado
 Beef Corn Tacos
 Veggie of the Day

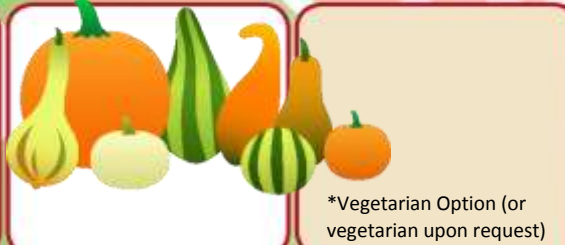
18 Breakfast
 Cinnamon Rolls
Lunch
 PB & J Sandwich
 Pulled Pork Torta
 Chicken Teriyaki
 Roasted Chicken
 Italian Chicken Pasta Primavera
 Veggie of the Day

19 Breakfast
 Bean & Cheese Burrito
Lunch
 Chicken Burrito
 Cheeseburger
 Popcorn Chicken
 Spicy Chicken Roll
 Beefy macaroni
 Veggie of the Day

20 Breakfast
 Scrambled Eggs
Lunch
 Spicy Chicken Sandwich
 Tinga Tacos
 Fajita Chicken Fried Rice
 Chicken Tenders
 Beef & Bean Burrito
 Veggie of the Day

23 Breakfast
 Ham & Cheese Quesadilla
Lunch
 Tuna salad Sandwich
 Orange Chicken
 Chicken Nuggets
 Spicy Chicken Sandwich
 Supreme Crumbles Pizza
 Veggie of the Day

24 Breakfast
 Scrambled Eggs & Ham
Lunch
 Chicken Tenders
 Sweet & Sour Chicken
 Beef Lasagna
 Chicken Sandwich
 Beef Chile Verde
 Veggie of the Day



Fresh Fruit Selection & Reduced Sugar Cereals Available Daily at Breakfast