



September

High School Breakfast & Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 HAPPY Labor Day	3 <u>Meat & Grain</u> Nacho Day! Chef Salad Orange Chicken Tuscan Chicken Sandwich <u>Vegetable / Fruit / Milk</u> Broccoli Fresh Fruit	4 <u>Meat & Grain</u> Chicken Burger Beef & Broccoli Pepperoni Pizza Turkey & Cheese Sandwich <u>Vegetable / Fruit / Milk</u> Green Beans Fresh Fruit	5 <u>Meat & Grain</u> Protein Box Cheese Pizza Chicken Stir Fry Turkey Bacon Club Sandwich <u>Vegetable / Fruit / Milk</u> Corn Fresh Fruit	6 <u>Meat & Grain</u> Grilled Day! <u>Vegetable / Fruit / Milk</u> Refried Beans Fresh Fruit
#noschool	9 <u>Meat & Grain</u> Chilaquiles Assorted Cereal Bars Assorted Breakfast Muffin Assorted Cereals w/ crackers	10 <u>Meat & Grain</u> Assorted Cereal Bars Assorted Breakfast Muffin Assorted Cereals w/ crackers	11 <u>Meat & Grain</u> Assorted Cereal Bars Assorted Breakfast Muffin Assorted Cereals w/ crackers	12 <u>Meat & Grain</u> Assorted Cereal Bars Assorted Breakfast Muffin Assorted Cereals w/ crackers
9 <u>Meat & Grain</u> Chicken Teriyaki Pepperoni Pizza Spicy Buffalo Hamburger Sunbutter & Jelly Sandwich <u>Vegetable / Fruit / Milk</u> Confetti Corn Fresh Fruit Yogurt w/ crackers Assorted Cereal Bars Assorted Breakfast Muffin Assorted Cereals w/ crackers	10 <u>Meat & Grain</u> Fruit Box Taco Tuesday! Beefy Spaghetti Chicken Tenders <u>Vegetable / Fruit / Milk</u> Carrot Fresh Fruit	11 <u>Meat & Grain</u> Beef Dippers Meatlovers Pizza Chicken Fajita Tacos Chicken Caesar Salad <u>Vegetable / Fruit / Milk</u> Broccoli Fresh Fruit	12 <u>Meat & Grain</u> Greek Salad Cheese Enchiladas Pepperoni Calzone Bacon Cheeseburger <u>Vegetable / Fruit / Milk</u> Ranchero Beans Fresh Fruit	13 <u>Meat & Grain</u> Corn Dog Pepperoni Pizza Sweet & Sour Chicken Balsamic Chicken Sub <u>Vegetable / Fruit / Milk</u> Green Beans Fresh Fruit Omelete Bar Assorted Cereal Bars Assorted Breakfast Muffin Assorted Cereals w/ crackers
16 <u>Meat & Grain</u> Taco Monday! Cheese Pizza Cordon Bleu Burger Grilled Chicken Salad <u>Vegetable / Fruit / Milk</u> Confetti Corn Fresh Fruit Mini French Toast Assorted Cereal Bars Assorted Breakfast Muffin Assorted Cereals w/ crackers	17 <u>Meat & Grain</u> Meatball Sub Italian Panini's Alfredo Macaroni Cheese Quesadilla <u>Vegetable / Fruit / Milk</u> Refried Beans Fresh Fruit	18 <u>Meat & Grain</u> Veggie Pizza Cheeseburger Fried Rice & Chicken Tostadas w/ Spanish Rice <u>Vegetable / Fruit / Milk</u> Green Beans Fresh Fruit	19 <u>Meat & Grain</u> Nacho Day! Sonoran Hot Dog Grilled Cheese Sandwich Sun Butter & Jelly Sandwich <u>Vegetable / Fruit / Milk</u> Broccoli Tree Fresh Fruit	20 <u>Meat & Grain</u> Grilled Day! <u>Vegetable / Fruit / Milk</u> Carrots Fresh Fruit
23 <u>Meat & Grain</u> Pizza Bagel Caesar Salad Chicken Chipotle Sub Bean & Cheese Burrito <u>Vegetable / Fruit / Milk</u> Hash Browns Fresh Fruit Breakfast Smoothie Assorted Cereal Bars Assorted Breakfast Muffin Assorted Cereals w/ crackers	24 <u>Meat & Grain</u> Club Wrap Macaroni & Cheese French Toast & Hash browns Barbecue Pork Ribs w/ Coleslaw* <u>Vegetable / Fruit / Milk</u> Broccoli Fresh Fruit	25 <u>Meat & Grain</u> Corn Dog Buffalo Chicken Pizza Ham, Macaroni & Cheese Chicken & Broccoli Stir Fry <u>Vegetable / Fruit / Milk</u> Carrot Fresh Fruit	26 <u>Meat & Grain</u> Taco Salad Chili Baked Potato Cheese Calzone Turkey, Ham & Cheese Sandwich <u>Vegetable / Fruit / Milk</u> Cauliflower Fresh Fruit	27 <u>Meat & Grain</u> Panchas Pepperoni Pizza Spicy Chicken Burger Chicken Parmesan Pasta <u>Vegetable / Fruit / Milk</u> Cauliflower Fresh Fruit Omelete Bar Assorted Cereal Bars Assorted Breakfast Muffin Assorted Cereals w/ crackers
30 <u>Meat & Grain</u> Taco Monday! Orange Chicken Chicago Style Hot Dog Sun Butter & Jelly Sandwich <u>Vegetable / Fruit / Milk</u> Cauliflower Fresh Fruit Poptart w/ string cheese Assorted Cereal Bars Assorted Breakfast Muffin Assorted Cereals w/ crackers	<div style="display: flex; justify-content: space-between;"> <div style="width: 30%;"> <p>Great things come from hard work and perseverance. No excuses.</p> </div> <div style="width: 30%; text-align: center;"> <p>SUCCESSFUL people are not gifted; they just WORK HARD then succeed on purpose</p> </div> <div style="width: 30%; text-align: center;"> <p>Believe in yourself & you will be <i>Unstoppable</i></p> </div> </div> <p style="text-align: center;"> September 5th National Pizza Day! September 18th is National Cheeseburger Day! September 24th National Breakfast Month! </p>			

Nutritional information is available at the food service office (520) 377-9175.
 Menu subject to change without notice.
 *Indicates pork product

Breakfast: Students MUST Select At Least 3 Items For Breakfast. One Of The 3 Items MUST Be A Fruit.

Lunch: Students Must Select 3 Out Of The 5 Meal Components. One Of The 3 Components Selected MUST Be A Fruit Or Vegetable



"This institution is an equal opportunity provider."

Fresh Fruit served daily!

