



September

Middle School Breakfast & Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3 <u>Meat & Grain</u> Nacho Day! Chef Salad Orange Chicken Tuscan Turkey Flatbread <u>Vegetable / Fruit / Milk</u> Broccoli Fresh Fruit Chilaquiles Assorted Cereal Bars Assorted Breakfast Muffin Assorted Cereals w/ crackers	4 <u>Meat & Grain</u> Chicken Burger Beef & Broccoli Pepperoni Pizza Turkey & Cheese Sandwich <u>Vegetable / Fruit / Milk</u> Green Beans Fresh Fruit Breakfast Burrito Assorted Cereal Bars Assorted Breakfast Muffin Assorted Cereals w/ crackers	5 <u>Meat & Grain</u> Protein Box Cheese Pizza Chicken Stir Fry Turkey Bacon Club Sandwich <u>Vegetable / Fruit / Milk</u> Corn Fresh Fruit Scrambled Eggs w/ toast Assorted Cereal Bars Assorted Breakfast Muffin Assorted Cereals w/ crackers	6 <u>Meat & Grain</u> Corn Dog Pueblo Salad Supreme Pizza Grilled Cheese Sandwich <u>Vegetable / Fruit / Milk</u> Refried Beans Fresh Fruit Pancake Bar 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 Protein Box Taco Tuesday! Beefy Spaghetti Chicken Tenders <u>Vegetable / Fruit / Milk</u> Carrot Fresh Fruit Breakfast on a stick Assorted Cereal Bars Assorted Breakfast Muffin Assorted Cereals w/ crackers	11 <u>Meat & Grain</u> Beef Dippers Chicken Fajita Taco Meatlovers Pizza Chicken Caesar Salad <u>Vegetable / Fruit / Milk</u> Broccoli Fresh Fruit Scrambled Eggs & Chorizo Assorted Cereal Bars Assorted Breakfast Muffin Assorted Cereals w/ crackers	12 <u>Meat & Grain</u> Greek Salad Pepperoni Calzone Bacon Cheeseburger Chicken Fajita Tacos <u>Vegetable / Fruit / Milk</u> Ranchero Beans Fresh Fruit Breakfast Cookie Assorted Cereal Bars Assorted Breakfast Muffin Assorted Cereals w/ crackers	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 Egg & Cheese Biscuit Assorted Cereal Bars Assorted Breakfast Muffin Assorted Cereals w/ crackers	18 <u>Meat & Grain</u> Veggie Pizza Cheeseburger Fried Rice & Chicken Tostadas w/ Spanish Rice <u>Vegetable / Fruit / Milk</u> Green Beans Fresh Fruit Breakfast Pastry Assorted Cereal Bars Assorted Breakfast Muffin Assorted Cereals w/ crackers	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 Breakfast Pizza Assorted Cereal Bars Assorted Breakfast Muffin Assorted Cereals w/ crackers	20 <u>Meat & Grain</u> Chicken Fajitas BBQ Hamburger Chicken Salad Sub Meatlovers Pizza <u>Vegetable / Fruit / Milk</u> Carrots Fresh Fruit Pancake Bar Assorted Cereal Bars Assorted Breakfast Muffin Assorted Cereals w/ crackers
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 Breakfast Torta Assorted Cereal Bars Assorted Breakfast Muffin Assorted Cereals w/ crackers	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 Apple Frudel Assorted Cereal Bars Assorted Breakfast Muffin Assorted Cereals w/ crackers	26 <u>Meat & Grain</u> Taco Salad Chili Baked Potato Cheese Calzone Turkey, Ham & Cheese Sandwich <u>Vegetable / Fruit / Milk</u> Cauliflower Fresh Fruit Mini Cinnamon Assorted Cereal Bars Assorted Breakfast Muffin Assorted Cereals w/ crackers	27 <u>Meat & Grain</u> Taco Salad 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	<p>September 5th National Pizza Day! September 18th is National Cheeseburger Day! September 24th National Breakfast Month!</p>			

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

Nutritional information is available at the food service office (520) 377-9175.

Menu subject to change without notice.

*Indicates pork product

"This institution is an equal opportunity provider."

Fresh Fruit served daily!

