


**Breakfast options:** Hot or Cold Cereal w/Toast, Jelly, Fruit or Juice, Milk. In addition: Breakfast Burrito, PBJ, Quesadilla, Muffin, Carne Adovada Burrito (Subject to Availability) **Lunch Options:** Cheeseburger, Pizza, Burrito, Spicy Chicken Sandwich, Hoagie Sand w/Chips, Tuna Salad Sand. w/Chips, Chef's Salad, PBJ, Grilled Cheese, Rice Bowl, Encliladas, Fish Sandwich or Taco & Baked Fries (Subject to Availability) Skim, 1% & flavored milk always available **Condiments:** Red/Green Chili; Lettuce/Pickle Cup/ Mayo/ Mustard/ Ketchup/ BBQ Sauce (Subject to Availability) Mid Schools offer a maximum of 5 choices for lunch Rev 5.17.10

### AUGUST MID/SECONDARY MENU 2010

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>2</b> <i>Egg Skillet w/Toast (1 ea)</i>  Macaroni & Cheese (3/4 cup) w/ Pretzel Sticks (2 ea) Green Beans (1/2 cup) Seasonal Fruit (Apple) (1/2 cup) Milk (8 oz)	<b>3</b> <i>Breakfast Fruitel (1 ea)</i>  Orange Chicken (1 Svg) & Rice (1 cup) Broccoli (1/2 cup) Pineapple Chunks (1/2 cup) Pudding (1/2 cup) Milk (8 oz)	<b>4</b> <i>Sausage &amp; Cheese in a Toasted Dinner Roll (1 ea)</i>  BBQ Pork on a Bun (1 ea) Pickle Slices (3) Corn (1/2 cup) Seasonal Fruit (Nectarine) (1/2 cup) Milk (8 oz)	<b>5</b> <i>Breakfast Bread (1 ea)</i>  Chicken Tenders (3 ea) Dinner Roll (1 ea) Mashed Potatoes (1/2 cup) Gravy (1/4 cup) Fresh Apple (1 ea) Milk (8 oz)	<b>6</b> <i>Breakfast Burrito (1 ea)</i>  Pepperoni Pizza (Big Daddy) (1 slice) Crunchy Veggies (carrots) (1/2 cup) w/ Dip (1 oz) Seasonal Fruit (Watermelon (1/2 cup) Cookie (1 ea) / Milk (8 oz)
<b>9</b> <i>Omelet (1ea) &amp; Tortilla (6")</i>  Soft Taco (1 ea) Shredded Lettuce (1/4 cup) Salsa (1/4 cup) Beans (1/2 cup) Seasonal Fruit (1/2 cup) OR Fruit Crisp (1/2 cup) Milk (8 oz)	<b>10</b> <i>Cinnamon Glazed French Toast (1 ea)</i>  Chicken Tenders (3 ea) Mashed Potato (1/2 cup) Gravy (1/4 cup) Dinner Roll (1 ea) Fruited Jell-o (Pears) (1/2 cup) Milk (8 oz)	<b>11</b> <i>Breakfast Pizza (1 ea 4x6)</i>  Breaded Mozzarella Cheese Sticks (6 ea) w/ Marinara Sauce (1/4 cup) Garden Salad (1 cup) w/ Italian Dressing (1 oz) Peaches (1/2 cup) Milk (8 oz)	<b>12</b> <i>Choc. Chip Muffin (1-3.6 oz)</i>  Corn Chip Pie (1 Svg) Crunchy Veggies (Celery) (1/2 cup) w/ Ranch (1 oz) Applesauce (1/2 cup) Cinnamon Twist (1 ea) Milk (8 oz)	<b>13</b> <i>Quesadilla (6") w/Salsa (1/4 cup)</i>  Pepperoni Pizza (Big Daddy) (1 slice) Garden Salad (1 cup) w/Ranch Dressing (1 oz) Seasonal Fruit (Watermelon) (1/2 cup) Brownie (1 ea) / Milk (8 oz)
<b>16 DISTRICT IN-SERVICE NO SCHOOL</b>	<b>17 DISTRICT IN-SERVICE NO SCHOOL</b>	<b>18 FIRST DAY OF SCHOOL</b>	<b>19</b>	<b>20 BACK TO SCHOOL TREAT</b>
<i>Egg Skillet w/Toast (1 ea)</i>  Nachos Supreme (1 Svg) w/wo Jalapenos Shredded Lettuce (1/4cup) Spanish Rice (1/2 cup) Mixed Fruit Cup (1/2 cup) Cookie (1 ea) / Milk (8 oz)	<i>Breakfast Fruitel (1 ea)</i>  Spaghetti (3/4 cup) w/ Meat sauce (1/2 cup) Garlic Bread (1 ea) Garden Salad (1 cup) w/Italian Dressing (1 oz) / Frozen Juice Bar (1 ea) / Milk (8 oz)	<i>Sausage &amp; Cheese in a Toasted Dinner Roll (1 ea)</i>  Carne Adovada Burrito (1 ea) w/ Red Chili Sauce (1/4 cup) Pinto Beans (1/2 cup) Seasonal Fruit (NM Apple) (1 ea) Milk (8 oz)	<i>Breakfast Bread (1 ea)</i>  Salisbury Steak (1 ea) Mashed Potato (1/2 cup) w/Gravy (1/4cup) Dinner Roll (1 ea) Mandarin Oranges (1/2 cup) Milk (8 oz)	<i>Breakfast Burrito (1 ea)</i>  Fish Fillet Sandwich w/ Oven Fries (1 Svg) Tartar Sauce/lemon wedge/ketchup (1 ea) Seasonal Fruit (1/2 cup) Lemon Cake (1 ea) Milk (8 oz)
<b>23</b> <i>Omelet (1ea) &amp; Tortilla (6")</i>  Macaroni & Cheese (3/4 cup) w/ Pretzel Sticks (2 ea) Green Beans (1/2 cup) Seasonal Fruit (Apple) (1/2 cup) Milk (8 oz)	<b>24</b> <i>Cinnamon Glazed French Toast (1 ea)</i>  Orange Chicken (1 Svg) & Rice (1 cup) Broccoli (1/2 cup) Pineapple Chunks (1/2 cup) Pudding (1/2 cup) Milk (8 oz)	<b>25</b> <i>Breakfast Pizza (1 ea 4x6)</i>  BBQ Pork on a Bun (1 ea) Pickle Slices (3) Corn (1/2 cup) Seasonal Fruit (Nectarine) (1/2 cup) Milk (8 oz)	<b>26</b> <i>Choc. Chip Muffin (1-3.6 oz)</i>  Chicken Tenders (3 ea) Dinner Roll (1 ea) Mashed Potatoes (1/2 cup) Gravy (1/4 cup) Fresh Apple (1 ea) / Milk (8 oz)	<b>27</b> <i>Quesadilla (6") w/Salsa (1/4 cup)</i>  Pepperoni Pizza (Big Daddy) (1 slice) Crunchy Veggies (Carrots) (1/2 cup) w/ Dip (1 oz) Seasonal Fruit (Watermelon) (1/2 cup) Cookie (1 ea) / Milk (8 oz)
<b>30</b> <i>Egg Skillet w/Toast (1 ea)</i>  Soft Taco (1 ea) Shredded Lettuce (1/4 cup) Salsa (1/4 cup) Beans (1/2 cup) Seasonal Fruit (1/2 cup) OR Fruit Crisp (1/2 cup) / Milk (8 oz)	<b>31</b> <i>Breakfast Fruitel (1 ea)</i>  Chicken Tenders (3 ea) Mashed Potato (1/2 cup) Gravy (1/4 cup) Dinner Roll (1 oz) Fruited Jell-o (Pears) (1/2 cup) Milk (8 oz)	 <b>WELCOME BACK!</b>		REV: 6.21.10