


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, Enchiladas, 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

SEPTEMBER MID/SECONDARY MENU 2010

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
FRUIT OF THE MONTH A VARIETY OF APPLES		<i>Sausage & Cheese in a Toasted Dinner Roll (1 ea)</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)	<i>Breakfast Bread (1 ea)</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)	<i>Breakfast Burrito (1 ea)</i> Pepperoni Pizza (Big Daddy) (1 slice) Garden Salad (1 cup) w/Ranch Dressing (1 oz) Seasonal Fruit(Watermelon) (1/2 cup) Milk (8 oz)
6 LABOR DAY--NO SCHOOL	7	8	9	10
HAVE A GREAT HOLIDAY!	<i>Cinnamon Glazed French Toast (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>Breakfast Pizza (1 ea 4x6)</i> Carne Adovada Burrito (1 ea) w/ Red Chili Sauce (1/4 cup) Pinto Beans (1/2 cup) Seasonal Fruit (Winesap Apple) ½ c Milk (8 oz)	<i>Choc. Chip Muffin (1-3.6 oz)</i> Salisbury Steak (1 ea) Mashed Potato (1/2 cup) w/Gravy (1/3cup) / Dinner Roll (1 ea) Mandarin Oranges (1/2 cup) Milk (8 oz)	<i>Quesadilla (6") w/Salsa (1/4 cup)</i> Fish 'N Chips (1 Svg) Tartar Sauce /lemon wedge/ketchup (1 ea) Dinner Roll (1 ea) Seasonal Fruit (Cantaloupe) (1/2 cup) Milk (8 oz)
13	14	15	16	17
<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 (1/2 cup) Milk (8 oz)	<i>Breakfast Fruitel (1 ea)</i> Orange Chicken (1 Svg) & Rice (1 cup) Broccoli (1/2 cup) Pineapple Chunks (1/2 cup) Milk (8 oz)	<i>Sausage & Cheese in a Toasted Dinner Roll (1 ea)</i> BBQ Pork on a Bun (1 ea) Corn (1/2 cup) Seasonal Fruit (1/2 cup) Milk (8 oz)	<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)	<i>Breakfast Burrito (1 ea)</i> Pepperoni Pizza (Big Daddy) (1 slice) Crunchy Veggies (Broccoli/Cauliflower) (1/2 cup) w/ Dip (1 oz) Seasonal Fruit (Gala Apple) (1/2 cup) Milk (8 oz)
20	21	22	23	24
<i>Omelet (1ea) & Tortilla (6")</i> Soft Taco (1 ea) Shredded Lettuce (1/4 cup) Salsa (1/4 cup) / Beans (1/2 cup) Seasonal Fruit (Granny Smith Apple) (1/2 cup) Milk (8 oz)	<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 (1/2 cup) Milk (8 oz)	<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)	<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)	<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 (1/2 cup) Milk (8 oz)
27	28	29	30	
<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 & 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) (1/2 cup) Milk (8 oz)	<i>Breakfast Bread (1 ea)</i> Salisbury Steak (1 ea) Mashed Potato (1/2 cup) w/Gravy (1/4 cup) / Dinner Roll (1 ea) Mandarin Oranges (1/2 cup) Milk (8 oz)	