



OCTOBER 2015

Nogales High School Breakfast & Lunch Menu



Due to our constant pursuit of excellence SFE will enhance our menus through students feedback, surveys, parent meetings, recipe development and marketing trends.

Adult Meal Prices Breakfast: \$2.25 Lunch: \$3.25		<h1>Free Meals for students</h1>			Thursday 1 Chicken Tender Bowl Ham & Cheese Panini Beef Lasagna Chicken Teriyaki Chicken Tacos Fresh Fruit & Vegetable Bar Variety of Milk Breakfast French Toast Fresh Fruit Selection Assorted Low Sugar Cereal	Friday 2 Hamburger Orange Chicken Cheese Quesadilla Chicken Alfredo Beef Tacos Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Breakfast Pizza Fresh Fruit Selection Assorted Low Sugar Cereal
					Monday 5 Chef Salad Beefy Macaroni Cheese Enchiladas Sweet & Sour Chicken Chicken Nugget Potato Bowl Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Scrambled egg & Sausage Fresh Fruit Selection Assorted Low Sugar Cereal	Tuesday 6 Pepperoni Pizza Nachos Beef & Broccoli Chicken Tenders Ham & Cheese Sandwich Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Pancakes Fresh Fruit Selection Assorted Low Sugar Cereal
 <h1>FALL BREAK</h1> 		Monday 12 Chef Salad Beefy Macaroni Cheese Enchiladas Sweet & Sour Chicken Chicken Nugget Potato Bowl Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Scrambled egg & Sausage Fresh Fruit Selection Assorted Low Sugar Cereal	Tuesday 13 Pepperoni Pizza Nachos Beef & Broccoli Chicken Tenders Ham & Cheese Sandwich Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Pancakes Fresh Fruit Selection Assorted Low Sugar Cereal	Wednesday 14 Spaghetti w/ Meat Sauce Chicken Ranch Wrap BLT Hot Dog Cheese Pizza Chicken Teriyaki Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Bagel Fresh Fruit Selection Assorted Low Sugar Cereal	Thursday 15 Turkey Sandwich Beef & Bean Burrito Spicy Chicken Sandwich Chicken Caesar Salad Tacos Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Cinnamon Roll Fresh Fruit Selection Assorted Low Sugar Cereal	Friday 16 Supreme Pizza Chicken Salad Turkey Melt Sandwich Beef LoMein Country Fried Steak Bowl Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Muffin Fresh Fruit Selection Assorted Low Sugar Cereal
		Monday 19 Cheeseburger Chef Salad Orange Chicken Ham & Cheese Panini Beef Dippers Potato Bowl Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Ham & Cheese Quesadilla Fresh Fruit Selection Assorted Low Sugar Cereal	Tuesday 20 Breaded Chicken Beef Lasagna Grilled Cheese Crispy Chicken Salad Beef Tostadas Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Scrambled Eggs & Cheese Fresh Fruit Selection Assorted Low Sugar Cereal	Wednesday 21 Hamburger Nachos Chicken Teriyaki Meatloaf Potato Bowl Chicken Tacos Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Cinnamon Rolls Fresh Fruit Selection Assorted Low Sugar Cereal	Thursday 22 Cheese Pizza Chicken Caesar Salad Corn Dog Sweet & Sour Chicken Beef Fingers Potato Bowl Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Bean & Cheese Burrito Fresh Fruit Selection Assorted Low Sugar Cereal	Friday 23 Chicken Tender Potato Bowl Pasta Primavera Chicken Stir Fried Ham & Cheese Sandwich Pepperoni Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Muffin Fresh Fruit Selection Assorted Low Sugar Cereal
Monday 26 Pepperoni Pizza Nachos Chicken Teriyaki Popcorn Chicken Potato Bowl Cheeseburger Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Egg & Sausage Sandwich Fresh Fruit Selection Assorted Low Sugar Cereal	Tuesday 27 Chicken Fajitas Swiss & Turkey Panini Sweet & Sour Chicken Beefy Macaroni Chef Salad Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Scrambled Egg & Ham Fresh Fruit Selection Assorted Low Sugar Cereal	Wednesday 28 Chicken Burrito Grilled Cheese Sandwich Veggie Panini Chicken Alfredo Spicy Chicken Wrap Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Pancakes Fresh Fruit Selection Assorted Low Sugar Cereal	Thursday 29 Hamburger Ham & Cheese Salad Beef & Broccoli Stir Fry Chicken Tender Potato Bowl Beef Tacos Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Sausage Breakfast Sandwich Fresh Fruit Selection Assorted Low Sugar Cereal	Friday 30 Supreme Pizza Buffalo Chicken Salad Italian Dunks Beef Tostadas Meatloaf Potato Bowl Fresh Fruit & Vegetable Bar Variety of Milk Breakfast French Toast Fresh Fruit Selection Assorted Low Sugar Cereal		

Food Service Director: Edwardo Banuelos :: Phone: (520) 377-9175 :: Email: ebanuelos@nUSD.k12.az.us

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