





# OCTOBER 2015

## Middle 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.

<b>Adult Meal Prices</b>  <b>Breakfast \$2.25</b>  <b>Lunch \$3.25</b>		<h1>Free Meals for students</h1>			<b>Thursday 1</b> Chicken Teriyaki Supreme Pizza Chicken Caesar Salad Grilled Ham & Cheese Beef Tacos Fresh Fruit & Vegetable Bar Variety of Milk Breakfast French Toast Fresh Fruit Selection Assorted Low Sugar Cereal	<b>Friday 2</b> Turkey & Cheese Sandwich Popcorn Chicken Hamburger Beefy Macaroni Pepperoni Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Breakfast Pizza Fresh Fruit Selection Assorted Low Sugar Cereal
					<b>Monday 5</b> Chef Salad Corn Dog Beef Lasagna Sweet & Sour Chicken Turkey & Cheese Sandwich Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Scrambled Egg & Sausage Fresh Fruit Selection Assorted Low Sugar Cereal	<b>Tuesday 6</b> Cheese Pizza Ham & Cheese Sandwich Chicken Nuggets Beef & Bean Burrito Hamburger Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Muffin Fresh Fruit Selection Assorted Low Sugar Cereal
		<h1>FALL BREAK</h1>				
<b>Monday 12</b>	<b>Tuesday 13</b>	<b>Wednesday 14</b>	<b>Thursday 15</b>	<b>Friday 16</b>		
<b>Monday 19</b> Cheese Pizza Chicken Chop Suey Bean & Cheese Burrito Cheeseburger Chef Salad Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Ham & Cheese Quesadilla Fresh Fruit Selection Assorted Low Sugar Cereal	<b>Tuesday 20</b> BBQ Beef Dipper Sliders Baked Chicken Beef Nachos Ham & Cheese Sandwich Pepperoni Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Scrambled Eggs & Cheese Fresh Fruit Selection Assorted Low Sugar Cereal	<b>Wednesday 21</b> Crispy Chicken Salad Chicken Tender Potato Bowl Macaroni & Cheese Hamburger Ham, Turkey & Cheese Sandwich Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Cinnamon Roll Fresh Fruit Selection Assorted Low Sugar Cereal	<b>Thursday 22</b> BBQ Chicken Sandwich Cheese Enchilada Hot Dog Ham & Cheese Salad Pepperoni Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Muffin Fresh Fruit Selection Assorted Low Sugar Cereal	<b>Friday 23</b> Hamburger Chicken Alfredo Buffalo Chicken Sandwich Cheese Pizza Ham, Turkey & Cheese Sandwich Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Muffin Fresh Fruit Selection Assorted Low Sugar Cereal		
<b>Monday 26</b> Turkey & Cheese Sandwich Cheese Quesadilla Sweet & Sour Chicken Hot Dog Cheeseburger Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Egg & Sausage Bagel Sandwich Fresh Fruit Selection Assorted Low Sugar Cereal	<b>Tuesday 27</b> Chicken Chow Mein Grilled Cheese Chicken Fajitas Caesar Salad Pepperoni Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Scrambled Egg & Ham Fresh Fruit Selection Assorted Low Sugar Cereal	<b>Wednesday 28</b> Ham & Cheese Sub Chicken Nuggets Beefy Macaroni Crispy Chicken Salad Chicken Tender Potato Bowl Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Pancakes Fresh Fruit Selection Assorted Low Sugar Cereal	<b>Thursday 29</b> Pepperoni Pizza Chicken Sandwich Beef Nachos Orange Chicken Ham, Turkey & Cheese Sandwich Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Sausage Biscuit Fresh Fruit Selection Assorted Low Sugar Cereal	<b>Friday 30</b> Chicken Alfredo Chef Salad Cheese Pizza Ham & Cheese Sandwich Corn Dog 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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