

## Middle School Breakfast & Lunch Men SF

Fresh Fruit & Vegetable Bar Served Daily!

**Monday** Tuesday Wednesday Thursday Friday

## Free Meals For All Students

4- Turkey and Bean Burrito BBQ Chicken Salad Sweet and Sour Chicken Corn Fresh Fruit Selection Variety of Milk Breakfast Egg, Ham, Potato, Cheese Bowl Fresh Fruit Selection Assorted Low Sugar Cerea 11- Beef Nachos Caribbean Chicken Salad Beef and Broccoli Stir Fry Potato Bites Fresh Fruit Selection Variety of Milk Breakfast Egg, Ham, Cheese Scrambled Eggs Fresh Fruit Selection Assorted Low Sugar Cereal 18- Beef Tacos Orange Chciken w/ Rice Turkey Sandwich Broccoli Fresh Fruit Selection Variety of Milk Breakfast Scrambled Eggs & Cheese Fresh Fruit Selection

Variety of Milk

5- Chef Salad w/ Roll Grilled Cheese and Soup Garlic Chicken Rotini Broccoli Crinkle Cut Fries Variety of Milk Breakfast Yogurt Parfait Fresh Fruit Selection Assorted Low Sugar Cereal 12- Spaghetti w/ Meat Sauce Cheese Enchiladas Beef Sliders Roasted Vegetables Fresh Fruit Selection Variety of Milk Breakfast Sausage & Cheese Muffin Fresh Fruit Selection Assorted Low Sugar Cereal 19- Mandarin Chicken Salad Chicken Burrito w/ Rice Beefy Macaroni Black Beans Fresh Fruit Selection Variety of Milk Breakfast Waffles Fresh Fruit Selection Assorted Low Sugar Cereal

6- Chicken Mole w/ Rice Vegetables Sub Chicken Caesar Salad Peas and Carrots Fresh Fruit Selection Variety of Milk Breakfast Scrambled Eggs Fresh Fruit Selection Assorted Low Sugar Cerea 13- Cheeseburger Hawaiian Chicken Salad Baked Beef Rotini Charro Beans Fresh Fruit Selection Variety of Milk Breakfast Scrambled Eggs w/ Chorizo Fresh Fruit Selection Assorted Low Sugar Cereal 20- Cheese Enchiladas w/ Rice Turkey and Cheese Sandwich Buffalo Chicken Salad Broccoli Fresh Fruit Selection Variety of Milk Breakfast Sausage English Muffin Fresh Fruit Selection Assorted Low Sugar Cereal

7- Chicken Taco Salad Cheeseburger Mac N Cheese w/ Ham Green Beans Crinkle Cut Fries Variety of Milk Breakfast French Toast Fresh Fruit Selection Assorted Low Sugar Cerea 14- Turkey Melt Beef Tacos Cheese Pizza Corn Fresh Fruit Selection Variety of Milk Breakfast Egg, Ham, & Cheese Taco Fresh Fruit Selection Assorted Low Sugar Cereal 21- Chicken Alfredo Crispy Chicken Wrap Turkey Taco Salad Potato Puffs Fresh Fruit Selection Variety of Milk Breakfast Egg, Sausage& Cheese Bagel Fresh Fruit Selection Assorted Low Sugar Cereal

1- Crispy Chicken Tacos Cheese Pizza Black Bean Mix Roasted Cauliflower Fresh Fruit Selection Variety of Milk Breakfast Belgian Waffle Fresh Fruit Selection Assorted Low Sugar Cereal 8- Buffalo Chicken Pizza Chicken Pesto Spaghetti Mixed Vegetables Salad Bar Fresh Fruit Selection Variety of Milk Breakfast Waffles Fresh Fruit Selection Assorted Low Sugar Cereal 15- Pepperoni Pizza Hot Dog Corn on the Cob Salad Bar Fresh Fruit Selection Variety of Milk Breakfast Oatmeal Fresh Fruit Selection Assorted Low Sugar Cereal 22- Pepperoni Pizza Hamburger Chicken Corn Dog Crinkle Fries Fresh Fruit Selection Variety of Milk Breakfast Belgian Waffle Fresh Fruit Selection Assorted Low Sugar Cereal



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

## Adult Meal Prices

Breakfast	\$2.25
Lunch	\$3.25

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