



NOVEMBER 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.



Free Meals for students



Adult Meal Prices:

Breakfast: \$2.25

Lunch: \$3.25

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Spaghetti w/ Meatsauce Veggie Wrap Chicken Tenders Hamburger Pepperoni Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Pancakes Fresh Fruit Selection Assorted Low Sugar Cereal	Chicken Nugget Potato Bowl Ham & Cheese Panini Cheese Chilaquiles Supreme Pizza Chicken Teriyaki Wrap Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Scrambled Egg & Sausage Fresh Fruit Selection Assorted Low Sugar Cereal	Beef Tostadas Turkey Panini Beef & Broccoli Crispy Chicken Salad Cheeseburger Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Bagel Fresh Fruit Selection Assorted Low Sugar Cereal	Cheese Quesadilla Chicken Teriyaki Hot Dog Chicken Salad Wrap Nachos Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Bean & Cheese Burrito Fresh Fruit Selection Assorted Low Sugar Cereal	Spicy Chicken Sandwich Grilled Cheese Sandwich Beef Macaroni Chef Salad Hamburger Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Scrambled Egg & Cheese Fresh Fruit Selection Assorted Low Sugar Cereal
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
Ham, Turkey & Cheese Sandwich Spicy Chicken Wrap Beef Lasagna Chicken Mole Cheese Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Scrambled Egg & Sausage Fresh Fruit Selection Assorted Low Sugar Cereal	Corn Dog Caribbean Chicken Salad Orange Chicken Chicken Alfredo Popcorn Chicken Bowl Fresh Fruit & Vegetable Bar Variety of Milk Breakfast French Toast Fresh Fruit Selection Assorted Low Sugar Cereal	Veteran's Day No School 	Country Fried Steak Bowl Beef & Broccoli Cheese Enchiladas Spaghetti w/ Meatsauce Harvest Chicken Salad Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Egg & Cheese Sandwich Fresh Fruit Selection Assorted Low Sugar Cereal	Chicken Stir Fry Italian Dunkers Veggie Panini Chicken Caesar Salad Pepperoni Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Scrambled Egg w/ Chorizo Fresh Fruit Selection Assorted Low Sugar Cereal
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
Supreme Pizza Turkey & Cheese Sandwich Beef Macaroni Cheese Enchiladas Chicken Nugget Potato Bowl Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Scrambled Egg & Sausage Fresh Fruit Selection Assorted Low Sugar Cereal	Chicken Burrito Hamburger Crispy Buffalo Chicken Salad Cheese Pizza Chicken Tenders Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Pancakes Fresh Fruit Selection Assorted Low Sugar Cereal	Chicken Teriyaki BLT Hot Dog Chicken Wrap Spaghetti w/ Meatsauce Mediterranean Salad Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Muffin Fresh Fruit Selection Assorted Low Sugar Cereal	Turkey & Cheese Pepperoni Pizza Spicy Chicken Salad Ham & Cheese Panini Orange Chicken Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Cinnamon Roll Fresh Fruit Selection Assorted Low Sugar Cereal	Cheeseburger Beef LoMein Turkey Melt Chicken Salad Nachos Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Pancakes Fresh Fruit Selection Assorted Low Sugar Cereal
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
Beef Dipper Potato Bowl Orange Chicken Hot Dog Chef Salad Chicken Sandwich Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Ham & Cheese Quesadilla Fresh Fruit Selection Assorted Low Sugar Cereal	Thanksgiving Dinner Beef Tostadas Beef Lasagna Hamburger Chicken Salad Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Scrambled Eggs & Cheese Fresh Fruit Selection Assorted Low Sugar Cereal	Chicken Teriyaki Meatloaf Potato Bowl Chicken Tacos Spicy Chicken Sandwich Pepperoni Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Muffin Fresh Fruit Selection Assorted Low Sugar Cereal	Thanksgiving Break No School 	

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

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