



February 2016

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.

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	
Popcorn Chicken Cheesy Fajita Chicken Tacos Beef Lasagna Chicken Teriyaki Ham & Panini Fresh Fruit & Vegetable Bar Variety of Milk	Chicken Fajitas Swiss & Turkey Panini Sweet & Sour Chicken Spaghetti w/ meat sauce Hot Dog Fresh Fruit & Vegetable Bar Variety of Milk	Beef Nachos Grilled Cheese Sandwich Chicken Nugget Potato Chicken Alfredo Spicy Chicken Wrap Fresh Fruit & Vegetable Bar Variety of Milk	Soup Hot Dog Chicken Tender & Creamy Potato Macaroni & Cheese Ham & Cheese Salad Fresh Fruit & Vegetable Bar Variety of Milk	Cheese-Filled Breadstick Garlic Chile Chicken Meatloaf Potato Bowl Tinga Tacos Chicken Mole Variety of Milk	
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
Banana Muffin Fresh Fruit Selection Assorted Low Sugar Cereal	Ham & Cheese Omelet Fresh Fruit Selection Assorted Low Sugar Cereal	Chocolate Muffin Fresh Fruit Selection Assorted Low Sugar Cereal	Sausage Biscuit Fresh Fruit Selection Assorted Low Sugar Cereal	French Toast Fresh Fruit Selection Assorted Low Sugar Cereal	
Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12	
Popcorn Chicken Sweet & Sour Chicken Chicken Alfredo Mouth watering Cheeseburger Pepperoni Pizza Fresh Fruit & Vegetable Bar Variety of Milk	Corn Dog Cheese Chilaquiles Beef & Cheddar Corn Tacos Chicken Teriyaki Chicken Tenders Fresh Fruit & Vegetable Bar Variety of Milk	Best Grilled Cheese Spicy Chicken Wrap Beef Dipper Creamy Potato bowl Orange Chicken Beef & Cheese Tostada Fresh Fruit & Vegetable Bar Variety of Milk	Beefy Macaroni Beef & Broccoli Stir Fry Beef Corn Tacos Chili Dog Hamburger Fresh Fruit & Vegetable Bar Variety of Milk	Tinga Tacos Garlic Chile Chicken Beef Tostada Cheese-Filled Breadstick Pepperoni Pizza Fresh Fruit & Vegetable Bar Variety of Milk	
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
Fluffy Pancake Fresh Fruit Selection Assorted Low Sugar Cereal	Ham & Cheese Omelet Fresh Fruit Selection Assorted Low Sugar Cereal	Scrambled Egg & Cheese Fresh Fruit Selection Assorted Low Sugar Cereal	Bean & Cheese burrito Fresh Fruit Selection Assorted Low Sugar Cereal	Scrambled Egg & Cheese Fresh Fruit Selection Assorted Low Sugar Cereal	
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19	
	Popcorn Chicken Chicken Mole Tinga Tacos Spaghetti w/ meat sauce Mouth watering Cheeseburger Fresh Fruit & Vegetable Bar Variety of Milk	Pulled Pork Corn Tacos Chicken Teriyaki Wrap Macaroni & Cheese Sweet & Sour Chicken Beef Nachos Fresh Fruit & Vegetable Bar Variety of Milk	Chicken Nugget Potato Bowl Chili-Cheese Baked Potato Chicken Teriyaki Cheesy Carne Guisada Tacos Hamburger Fresh Fruit & Vegetable Bar Variety of Milk	Beefy Macaroni Fish Patty Ham & Cheese Panini Hot Dog Chicken Nugget Potato Bowl Fresh Fruit & Vegetable Bar Variety of Milk	
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
Ham & Cheese Omelet Fresh Fruit Selection Assorted Low Sugar Cereal	Ham & Cheese Omelet Fresh Fruit Selection Assorted Low Sugar Cereal	Scrambled eggs Fresh Fruit Selection Assorted Low Sugar Cereal	Cinnamon Rolls Fresh Fruit Selection Assorted Low Sugar Cereal	Banana Muffin Fresh Fruit Selection Assorted Low Sugar Cereal	
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26	
Spaghetti w/ meat sauce Supreme Pizza Chef Salad Sweet & Sour Chicken Cheese Enchilada Fresh Fruit & Vegetable Bar Variety of Milk	Chicken Sandwich Beef & Cheddar Corn Tacos Turkey Tacos Beef & Vegetable Stir Fry Chicken Alfredo Fresh Fruit & Vegetable Bar Variety of Milk	Italian Panini BLT Dog Chicken Teriyaki Macaroni & Cheese Chicken Ranch Wrap Fresh Fruit & Vegetable Bar Variety of Milk	Grilled Cheese w/ soup Popcorn Chicken Ham & Cheese Panini Orange Chicken Pepperoni Pizza Fresh Fruit & Vegetable Bar Variety of Milk	Chicken Mole Hot Dog Chicken Tenders Fish Sticks Chicken Burrito Fresh Fruit & Vegetable Bar Variety of Milk	
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
Ham & Cheese Quesadilla Fresh Fruit Selection Assorted Low Sugar Cereal	Scrambled Eggs & Cheese Fresh Fruit Selection Assorted Low Sugar Cereal	Scrambled Egg Chorizo Fresh Fruit Selection Assorted Low Sugar Cereal	Bean & Cheese Burrito Fresh Fruit Selection Assorted Low Sugar Cereal	Ham & Cheese Quesadilla Fresh Fruit Selection Assorted Low Sugar Cereal	
Monday 29	<div data-bbox="354 1470 1063 1596" data-label="Text"> <h3>Join us on February 12th & enjoy a delicious Heart Pizza</h3> </div> <div data-bbox="389 1606 503 1669" data-label="Image"> </div>			<div data-bbox="1079 1438 1218 1543" data-label="Image"> </div>	<div data-bbox="1226 1438 1461 1554" data-label="Text"> <h3>Free Breakfast & Lunch for Students</h3> </div>
Supreme Pizza Chicken Teriyaki Teriyaki Beef Dippers Garlic & Herb Chicken Rotini Chicken Caesar Salad Fresh Fruit & Vegetable Bar Variety of Milk					<div data-bbox="1258 1564 1461 1596" data-label="Text"> <p>Adults Meal Prices</p> </div>
Breakfast				<div data-bbox="1266 1596 1461 1648" data-label="Text"> <p>Breakfast; \$2.25 Lunch: \$3.25</p> </div>	
Egg & Cheese Burrito Fresh Fruit Selection Assorted Low Sugar Cereal					

Food Service Director: Edwardo Banelos: Phone: (520) 377-9175 :: Email: ebanuelos@nUSD.k12.az.us
USDA is an equal opportunity provider, employer, and lender.