



September



Castle Hills Menu



MENU CHOICES

BREAKFAST: Entrée,
Fruit, Juice, Milk

LUNCH: Entrée,
Veggie (Pick 2), Fruit, Milk

* Indicates pork product
+ Possible trace of sesame due to manufacturer
++ Possible trace of tree nuts due to manufacturer

Choice of milk with breakfast & lunch
• 1% White
• Lactose-Free
• Fat-Free Chocolate
• Soy Milk

MONDAY

**School Nutrition
Services is hiring
\$14.11 hour starting**



Menu subject to change

**No fees for cash or checks
paid directly to the cafeteria**

Visit: schoolcafe.com/NorthEastSD or download the School Café App to access meal account information, make payments & apply for free reduced-price meals.



TUESDAY

1

Ham & Cheese Croissant* OR
Pick 2: Cereal, Yogurt or Cereal Bar
Fruit, Juice & Milk

Pepperoni Pizza*
Cheese Pizza
Turkey Lunchbox

Savory Green Beans
Mixed Green Salad w/Ranch
Hummus & Carrots
Seedless Grapes OR Natural Applesauce

WEDNESDAY

2

Chicken & Waffles OR
Pick 2: Cereal, Yogurt or NutriGrain Bar
Fruit, Juice & Milk

Cheese Enchiladas w/Spanish Rice
Corn Dog
Italian Salad*

Ranchero Beans
Cucumber & Jicama Sticks w/Tajin
Red Bell Peppers & Grape Tomatoes
Sliced Apples OR Sour Watermelon Raisins

THURSDAY

3

Blueberry Muffin & Sausage* OR
Pick 2: Cereal, Yogurt or Banana Muffin
Fruit, Juice & Milk

BBQ Boneless Wings & Mac N Chz
Macaroni & Cheese
Pepperoni Pizza Pack*

Buttered Corn
Red Bell Pepper & Crispy Carrots
Variety of Fresh Veggies
Variety of Fresh Fruit

FRIDAY



11

Waffle Breakfast Sandwich OR
Pick 2: Cereal, Yogurt or Pop Tart
Fruit, Juice & Milk

Breaded Chicken Sandwich++
Pizza Cheese Sticks w/Marinara
Crispy Chicken Salad

Spicy Hashbrowns
Burger Trimmings
Crispy Carrots w/Dip
Orange Smiles OR Sour Watermelon Raisins

14

Sausage & Cheese Flatbread OR
Pick 2: Cereal, Yogurt or Pop Tart
Fruit, Juice & Milk

Chicken & Waffles
Wowbutter Sandwich+ w/Cheese Stick
Crispy Chicken Salad

Sweet Potato Fries
Cucumber Slices w/Tajin
Celery Sticks & Grape Tomatoes
Fresh Watermelon OR Natural Applesauce

15

Sunrise Egg, Sausage & Potato Bowl* OR
Pick 2: Cereal, Yogurt or Cereal Bar
Fruit, Juice & Milk

Fettuccine Chicken Alfredo w/Garlic Bread
Yogurt & Cheese Stick Combo
Pepperoni Pizza Pack*

Savory Green Beans
Raw Veggie Medley w/Dip
Hummus & Celery
Seedless Grapes OR Sliced Pears

16

Biscuit & Sausage* OR
Pick 2: Cereal, Yogurt or NutriGrain Bar
Fruit, Juice & Milk

Crispy Beef Tacos w/Spanish Rice
Wowbutter Sandwich+ w/Cheese Stick
Italian Salad*

Ranchero Beans
Taco Trimmings
Crispy Carrots & Grape Tomatoes
Sliced Apples OR Sliced Peaches

17

Pumpkin Bread OR
Pick 2: Cereal, Yogurt or Banana Muffin
Fruit, Juice & Milk

Chicken Drumstick w/Mac N Chz
Macaroni & Cheese
Turkey Lunchbox

Baked Beans
Cucumber & Jicama Sticks w/Tajin
Celery Sticks & Crispy Carrots
Fresh Banana OR Strawberry Applesauce

18

National Cheeseburger Day!

Sausage Kolache* OR
Pick 2: Cereal, Yogurt or Pop Tart
Fruit, Juice & Milk

Hamburger++ or **Cheeseburger++**
Toasted Cheese Sandwich
Pepperoni Pizza Pack*

Tater Tots
Burger Trimmings
Crispy Carrots w/Dip
Gala Apple OR Fruit Cocktail

21

Pancake Sausage Wrap OR
Pick 2: Cereal, Yogurt or Pop Tart
Fruit, Juice & Milk

Chicken Tenders w/Cornbread
Baked Potato w/Cheese
Pepperoni Pizza Pack*

Mashed Potatoes w/Gravy
Broccoli w/Cheese
Crispy Carrots w/Dip
Orange Smiles OR Sliced Pears

22

Sausage, Potato & Egg Taco* OR
Pick 2: Cereal, Yogurt or Cereal Bar
Fruit, Juice & Milk

Breaded Cheese Sticks w/Marinara
Pepperoni Pizza*
Crispy Chicken Salad

Savory Green Beans
Mixed Green Salad w/Ranch
Red Bell Pepper & Crispy Carrots
Fresh Watermelon OR Strawberries w/Cream

23

Biscuit & Chicken OR
Pick 2: Cereal, Yogurt or NutriGrain Bar
Fruit, Juice & Milk

Beef & Cheese Nachos
Cheese Nachos
Italian Salad*

Ranchero Beans
Buttered Corn
Celery Sticks & Grape Tomatoes
Seedless Grapes OR Natural Applesauce

24

Homemade Cinnamon Roll OR
Pick 2: Cereal, Yogurt or Banana Muffin
Fruit, Juice & Milk

General Tso Chicken+ w/Fried Rice
Toasted Cheese Sandwich
Turkey Lunchbox

Savory Green Peas
Raw Veggie Medley w/Dip
Tossed Salad w/Ranch
Fresh Banana OR Strawberry Craisins

25

National Quesadilla Day!

Beef & Cheese Quesadilla OR
Pick 2: Cereal, Yogurt or Pop Tart
Fruit, Juice & Milk

Corn Dog
Pizza Cheese Sticks w/Marinara
Pepperoni Pizza Pack*

Spicy Hashbrowns
Celery Sticks & Crispy Carrots
Cucumber Slices w/Tajin
Granny Smith Apple OR Raspberry Passion Slush

28

Confetti Pancakes OR
Pick 2: Cereal, Yogurt or Pop Tart
Fruit, Juice & Milk

Steak Fingers w/Homemade Roll
Yogurt & Cheese Stick Combo
Pepperoni Pizza Pack*

Mashed Potatoes w/Gravy
Raw Veggie Medley w/Dip
Celery Sticks & Grape Tomatoes
Fresh Pear OR Fruit Cocktail

29

Ham & Cheese Croissant* OR
Pick 2: Cereal, Yogurt or Cereal Bar
Fruit, Juice & Milk

Pepperoni Pizza*
Cheese Pizza
Turkey Lunchbox

Savory Green Beans
Mixed Green Salad w/Ranch
Crispy Carrots w/Dip
Seedless Grapes OR Natural Applesauce

30

Chicken & Waffles OR
Pick 2: Cereal, Yogurt or NutriGrain Bar
Fruit, Juice & Milk

Cheese Enchiladas w/Spanish Rice
Corn Dog
Italian Salad*

Ranchero Beans
Cucumber & Jicama Sticks w/Tajin
Red Bell Peppers & Grape Tomatoes
Sliced Apples OR Sour Watermelon Raisins

1

Blueberry Muffin & Sausage* OR
Pick 2: Cereal, Yogurt or Banana Muffin
Fruit, Juice & Milk

BBQ Boneless Wings & Mac N Chz
Macaroni & Cheese
Pepperoni Pizza Pack*

Broccoli w/Cheese
Variety of Fresh Veggies
Variety of Fresh Fruit

2

Dutch Waffle OR
Pick 2: Cereal, Yogurt or Pop Tart
Fruit, Juice & Milk

Sausage Dog+
Wowbutter Sandwich+ w/Cheese Stick

Tater Tots
Variety of Fresh Veggies
Variety of Fresh Fruit

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