



September



Savor the Flavor Menu



NATIONAL FRUIT & VEGGIES MONTH! **BETTER BREAKFAST MONTH!**

MIDDLE SCHOOL 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 • Fat-Free Chocolate
• Lactose-Free • 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 Bean & Cheese Taco OR
Pick 2: Cereal, Yogurt or Cereal Bar
Fruit, Juice & Milk

Meatza Pizza* OR Cheese Pizza
Crispy Chicken Salad
WOW Sandwich Combo+
Breaded Chicken Wrap w/Boss Sauce

Savory Green Beans
Mixed Green Salad w/Ranch
Celery Sticks w/Hummus
Seedless Grapes OR Natural Applesauce

8

Chorizo & Egg Taco OR
Pick 2: Cereal, Yogurt or Cereal Bar
Fruit, Juice & Milk

Chicken Nuggets w/Homemade Roll
Crispy Chicken Salad
WOW Sandwich Combo+
Breaded Chicken Wrap w/Boss Sauce

Mashed Potatoes w/Gravy
Broccoli w/Cheese
Raw Veggie Medley w/Dip
Fresh Pear OR Fruit Cocktail

WEDNESDAY

2

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

Cheese Enchiladas w/Spanish Rice
Italian Salad*
Yogurt Combo
WOW Sandwich Combo+

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

9

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

Frito Pie w/Cheese & Cornbread
Italian Salad*
Yogurt Combo
WOW Sandwich Combo+

Ranchero Beans
Mixed Green Salad w/Ranch
Cucumber Slices w/Tajin
Seedless Grapes OR Natural Applesauce

THURSDAY

3

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

Sweet Asian Chicken w/Fried Rice
Spicy Chicken Salad
WOW Sandwich Combo+
Spicy Chicken Wrap w/Ranch

Savory Green Peas
Red Bell Peppers & Crispy Carrots
Tossed Salad w/Ranch
Fresh Banana OR Strawberries w/Cream

10

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

Spaghetti w/Meat Sauce & Cheesy Bread
Spicy Chicken Salad
WOW Sandwich Combo+
Spicy Chicken Wrap w/Ranch

Savory Green Beans
Red Bell Peppers & Grape Tomatoes
Cucumber & Jicama Sticks w/Tajin
Granny Smith Apple OR Blueberries w/Cream

FRIDAY

4

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

BYO Stuffed Baked Potato w/Bread Stick
Asian Chicken Salad
Yogurt Combo
Nacho Box

Buffalo Cauliflower
Crispy Carrots w/Dip
Cucumber Slices w/Tajin
Granny Smith Apple OR Sliced Peaches

11

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

Beef & Cheese Nachos
Asian Chicken Salad
Yogurt Combo
Nacho Box

Mexican Street Corn
Zesty Tomatoes & Cucumbers
Crispy Carrots w/Dip
Orange Smiles OR Sour Watermelon Raisins



14

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

Chicken & Waffles
Italian Salad*
Yogurt Combo
Nacho Box

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

21

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

Chicken Tenders w/Cornbread
Italian Salad*
Yogurt Combo
Nacho Box

Mashed Potatoes w/Gravy
Broccoli Salad*
Crispy Carrots w/Dip
Orange Smiles OR Sliced Peas

28

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

Steak Fingers w/Homemade Roll
Italian Salad*
Yogurt Combo
Nacho Box

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

15

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

Fettuccine Chicken Alfredo w/Garlic Bread
Crispy Chicken Salad
WOW Sandwich Combo+
Breaded Chicken Wrap w/Boss Sauce

Savory Green Beans
Zesty Tomatoes & Cucumbers
Hummus & Celery
Seedless Grapes OR Sliced Peas

22

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

Meatza Pizza* or Cheese Pizza
Crispy Chicken Salad
WOW Sandwich Combo+
Breaded Chicken Wrap w/Boss Sauce

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

29

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

Meatza Pizza* OR Cheese Pizza
Crispy Chicken Salad
WOW Sandwich Combo+
Breaded Chicken Wrap w/Boss Sauce

Savory Green Beans
Mixed Green Salad w/Ranch
Celery Sticks w/Hummus
Seedless Grapes OR Natural Applesauce

16

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

Crispy Beef Tacos w/Spanish Rice
Italian Salad*
Yogurt Combo
WOW Sandwich Combo+

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

23

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

Beef & Cheese or Cheese Nachos
Italian Salad*
Yogurt Combo
WOW Sandwich Combo+

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

30

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

Cheese Enchiladas w/Spanish Rice
Italian Salad*
Yogurt Combo
WOW Sandwich Combo+

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

17

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

General Tso Chicken+ w/Fried Rice
Spicy Chicken Salad
WOW Sandwich Combo+
Spicy Chicken Wrap w/Ranch

Savory Green Peas
Cucumber & Jicama Sticks w/Tajin
Celery Sticks & Crispy Carrots
Fresh Banana OR Strawberry Applesauce

24

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

Asian Noodle Bowl+ w/Egg Roll
Spicy Chicken Salad
WOW Sandwich Combo+
Spicy Chicken Wrap w/Ranch

Stir Fry Vegetables
Zesty Tomatoes & Cucumbers
Tossed Salad w/Ranch
Fresh Banana OR Strawberry Craisins

18

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

BYO Beef or Chicken Burrito Bowl
Asian Chicken Salad
Yogurt Combo
Nacho Box

Mexican Street Corn
Burrito Bowl Trimmings
Crispy Carrots w/Dip
Gala Apple OR Fruit Cocktail

25

THANK YOU LUNCH HEROES!

Slush Day!

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

BBQ or Buffalo Boneless Wings w/Mac N Chz
Asian Chicken Salad
Yogurt Combo
Nacho Box

Savory Green Peas
Celery Sticks & Crispy Carrots
Cucumber Slices w/Tajin
Granny Smith Apple OR Raspberry Passion Slush



Celebrate Food Service Workers Sept. 25!



This institution is an equal opportunity provider. Esta institución da servicio a todos por igual.