



September 2019

Santa Maria Middle School & Western Valley Middle School



MONDAY - 2	TUESDAY - 3	WEDNESDAY - 4	THURSDAY - 5	FRIDAY - 6
No School: Labor Day 	Chicken Spaghetti w/ Garlic Parmesan Breadstick Bean & Cheese Burrito Mini Chicken Corn Dogs Steamed Broccoli <i>Breakfast</i>	Popcorn Chicken & Roll Cheese Quesadilla Tuna Salad Sandwich Crispy Tater Tots Fresh Berries <i>Breakfast</i>	Teriyaki Roasted Chicken & Buttered Biscuit Yogurt & Fresh Fruit Parfait Turkey, Bacon & Cheese Sub Vegetarian Beans <i>Breakfast</i>	Pepperoni Pizza White Pizza: Alfredo Sauce Chopped Vegetable Salad Carrot & Celery Sticks Orange Wedges <i>Breakfast</i>
	Cereal Bowl & String Cheese Fruit Cup: Applesauce 100% Fruit Juice	Mini Pancakes Fruit Cup: Diced Pears 100% Fruit Juice	Fresh Baked Cinnamon Rolls Fruit Cup: Pineapple 100% Fruit Juice	Chocolate Chip Oatmeal Bar Fruit Cup: Mandarin Oranges 100% Fruit Juice
MONDAY - 9	TUESDAY - 10	WEDNESDAY - 11	THURSDAY - 12	FRIDAY - 13
Cheeseburger Turkey Hot Dog Crinkle Cut French Fries Chilled Pineapple Fresh Melon <i>Breakfast</i>	Grilled Cheese & Tomato Soup Nachos Beefy Nachos Charro Beans Chile Lemon Cucumber Coins <i>Breakfast</i>	Orange Chicken & Rice Bowl Grilled Vegetable Panini Capri Blend Vegetables Edamame (Soybeans) Fresh Grapes <i>Breakfast</i>	NEW WAFFLE DAY Chicken & <u>DUTCH</u> Waffles Yogurt & Fresh Fruit Parfait Seasoned Potato Wedges Fresh Blueberries <i>Breakfast</i>	Macaroni & Cheese Chicken Corn Dog Carnitas Burrito* Buttered Corn Cherry Tomatoes <i>Breakfast</i>
Muffin & String Cheese Fruit Cup: Tropical Fruit 100% Fruit Juice	NEW Fruity Cheerios & Cheese Fruitocracy: Apple/Banana 100% Fruit Juice	NEW Breakfast Pizza Raspberry Lemonade Craisins 100% Fruit Juice	Cocoa Donut Fresh Fruit: Gala Apple Slices 100% Fruit Juice	Egg & Cheese Sandwich Fruit Cup: Diced Peaches 100% Fruit Juice
MONDAY - 16	TUESDAY - 17	WEDNESDAY - 18	THURSDAY - 19	NEW FRIDAY - 20
MEXICO INDEPENDENCE Chicken Tamale Carnitas Tacos* Pozole Spicy Watermelon Icee <i>Breakfast</i>	Breaded Chicken Sandwich Cheese Quesadilla Chopped Vegetable Salad Black Bean & Corn Salad Strawberries <i>Breakfast</i>	National Cheeseburger Day Cheeseburger Hamburger Veg. Chili & Corn Muffin Potato Smiles <i>Breakfast</i>	Popcorn Chicken & Mashed Potato Bowl (gravy optional) Breaded Beef & Mashed Potato Bowl (gravy optional) 4 Way Mixed Vegetables <i>Breakfast</i>	NEW Cheesy Garlic French Bread w/ Marinara Dipping Cup Pepperoni Pizza Chicken Salad Sandwich Normandy Vegetable Blend <i>Breakfast</i>
Yogurt & Goldfish Grahams Fruit Cup: Pineapple 100% Fruit Juice	Pan Dulce Assortment Fruit Cup: Mandarin Oranges 100% Fruit Juice	Egg & Cheese Burrito Fruit Cup: Mixed Fruit 100% Fruit Juice	Pancake on a Stick Fresh Fruit: Red Grapes 100% Fruit Juice	Bagel w/ Cream Cheese Dried Fruit: Craisins 100% Fruit Juice
MONDAY-23 NEW	TUESDAY - 24 NEW	WEDNESDAY - 25	THURSDAY - 26	FRIDAY - 27
BBQ Chicken w/ Cornbread Pulled Pork Sandwich* Grilled Cheese Vegetarian Baked Beans Fresh Orange Wedges <i>Breakfast</i>	Crunchy Beef Tacos Bean & Cheese Burrito Mexicorn Taco Topping Bar Tropical Fruit <i>Breakfast</i>	Cheese Lasagna Roll Ups Cheesy Alfredo Pasta Cheesy Alfredo Pasta w/ Diced Chicken & Garlic Toast Italian Blend Vegetables <i>Breakfast</i>	Chicken Tenders w/ Roll Sloppy Joe Yogurt & Fresh Fruit Parfait French Fries Fresh Fruit Salad <i>Breakfast</i>	Hot Italian Sub Pepperoni Pizza Cheese Pizza Steamed Broccoli Florets Chilled Mango <i>Breakfast</i>
Honey Bun Fruit Cup: Diced Peaches 100% Fruit Juice	Bean & Cheese Burrito Fresh Fruit: Banana 100% Fruit Juice	Chocolate Chip Muffin Fruit Cup: Diced Pears 100% Fruit Juice	Banana Pancakes Fruit Cup: Mandarin Oranges 100% Fruit Juice	Cinnamon French Toast Fresh Fruit: Gala Apple Slices 100% Fruit Juice
MONDAY-30 NEW	DAILY FAVORITES: Additional entrees		REMINDER: Free and reduced lunch benefits from LAST year WILL EXPIRE on September 16th . In order to avoid charges to your child's account, please be sure to have a current lunch application turned in to your cafeteria cashier.	
Beef Teriyaki Rice Bowl Orange Chicken & Rice Bowl Vegetarian Egg Rolls w/ Sweet & Sour Dunk Cup Fortune Cookie <i>Breakfast</i>	Monday: Bacon Cheeseburger or Mini Corn Dogs Tuesday: Soft Prezel & Cheese Grab-N-Go Box Wednesday: Pepperoni or Cheese Pizza Thursday: Nachos or Chicken Burrito Friday: Spicy or Regular Chicken Sandwich			
Mini Maple Waffles Fruit Cup: Tropical Fruit 100% Fruit Juice	Paid Lunch : \$1.60 • Reduced Price Lunch: \$.40 www.myschoolbucks.com			



Milk variety served daily during Breakfast in the Classroom and during Lunch

*contains pork

Menu is subject to change	This institution is an equal opportunity provider	Questions or Concerns?? call 623.707.2059 or visit: www.fesd.org/Food_and_Nutrition
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