



# August & SEPTEMBER

## MIDDLE SCHOOL LUNCH

| Monday   | Tuesday  | Wednesday   | Thursday  | Friday  | Nutrients   |
|--|--|---|---|---|---|
| <sup>24</sup><br>QUESADILLA<br>BURRITO, CABO PIMO<br>SALSA<br>SUB SANDWICH<br>CHIPS<br>OATMEAL COOKIE<br>CHERRIES, DRIED<br>PEAS<br>MILK | <sup>25</sup><br>PIZZA POCKET<br>POPCORN CHICKEN<br>TACO PIE<br>PRETZELS<br>APPLE<br>COOKIE<br>GREEN BEANS<br>MILK | <sup>26</sup><br>CHICKEN BURGER<br>HOT DOG<br>GRILLED HAM &<br>CHEESE<br>POTATOES<br>OATMEAL COOKIE<br>MIXED FRUIT<br>SALAD<br>MILK | <sup>27</sup><br>SPAGHETTI W/ MEAT<br>SAUCE<br>CHICKEN BURGER<br>SUB SANDWICH<br>PEACH POP<br>CORNBREAD<br>COLE SLAW<br>APPLE<br>MILK | <sup>28</sup><br>CHICKEN FAJITA<br>CHEESEBURGER<br>FRUIT & VEGGIE PLATE<br>JUICE<br>CHIPS<br>CORN<br>ORANGES<br>MILK              | <i>Cal</i> 756<br><i>T. Fat</i> 23.57 G<br><i>S. Fat</i> 7.5 G<br><i>Chol</i> 77.1 Mg<br><i>Sodm</i> 2251.13 Mg<br><i>Carb</i> 106.11 G<br><i>Fiber</i> 8.3 G<br><i>Prtn</i> 31.44 G<br><i>Iron</i> 4.29 Mg |
| <sup>31</sup><br>CHICKEN BURGER<br>BURRITO<br>PIZZA POCKET<br>STRAWBERRY POP<br>GRAHAM CRACKERS<br>STRING CHEESE<br>PEAS<br>MILK         | <sup>1</sup><br>PIZZA<br>SUB SANDWICH<br>SOFT TACO<br>PRETZELS<br>APPLE<br>COOKIE<br>GREEN BEANS<br>MILK           | <sup>2</sup><br>QUESADILLA<br>TERIYAKI BEEF & RICE<br>SUB SANDWICH<br>CARROTS<br>SPECIAL COOKIE<br>PEARS<br>CORN<br>MILK            | <sup>3</sup><br>ITALIAN DIPPERS<br>DOUBLE BURGER<br>TURKEY & NOODLES<br>JUICE<br>Brownie<br>SALAD<br>FRUIT<br>MILK                    | <sup>4</sup><br>PIZZA<br>HABANERO POCKET<br>TACO SALAD<br>W/CHICKEN<br>PEACHES<br>CHIPS<br>BROCCOLI<br>RICE KRISPY TREATS<br>MILK | <i>Cal</i> 755<br><i>T. Fat</i> 23.40 G<br><i>S. Fat</i> 8.3 G<br><i>Chol</i> 69.1 Mg<br><i>Sodm</i> 1430.46 Mg<br><i>Carb</i> 105.63 G<br><i>Fiber</i> 6.6 G<br><i>Prtn</i> 32.81 G<br><i>Iron</i> 4.76 Mg |

### HOLIDAYS THIS MONTH

SEPTEMBER 7TH  
LABOR DAY

### MIDDLE SCHOOL PRICES

BREAKFAST \$1.25  
 REDUCED .30  
 LUNCH \$2.25  
 REDUCED .40

**PLEASE NOTE THAT NUTRITION SERVICES IS MAKING THE CHANGES NECESSARY TO CONTINUE TO PROVIDE SERVICE TO YOU AND YOUR STUDENT. QUESTIONS OR SUGGESTION? PLEASE CALL 775-575-3429.**

To place money on your students account or check their balance from your computer go to "MyNutrikids.com" and follow the simple instructions. If you need help please call (775) 575-3429

## MIDDLE SCHOOL BREAKFAST

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Nutrients   |
|--|--|--|--|--|---|
| <sup>24</sup><br>PANCAKE ON A STICK<br>BREAKFAST<br>SANDWICH<br>CEREAL<br>JUICE<br>FRUIT<br>MILK | <sup>25</sup><br>CHILI OMELETTE<br>W/CORNBREAD<br>BREAKFAST<br>SANDWICH<br>CEREAL<br>BREAKFAST ROLL<br>FRUIT<br>MILK | <sup>26</sup><br>CINNAMON ROLL<br>EGG & BACON MUFFIN<br>CEREAL<br>JUICE<br>FRUIT<br>MILK | <sup>27</sup><br>BREAKFAST BURRITO<br>BREAKFAST<br>SANDWICH<br>CEREAL BAR<br>BREAKFAST ROLL<br>FRUIT<br>MILK | <sup>28</sup><br>FRENCH TOAST<br>BREAKFAST<br>SANDWICH<br>CEREAL<br>JUICE<br>FRUIT<br>MILK | <i>Cal</i> 569<br><i>T. Fat</i> 15.01 G<br><i>S. Fat</i> 5.4 G<br><i>Chol</i> 59.7 Mg<br><i>Sodm</i> 850.21 Mg<br><i>Carb</i> 86.84 G<br><i>Fiber</i> 5.1 G<br><i>Prtn</i> 19.70 G<br><i>Iron</i> 7.86 Mg |

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