

# SEPTEMBER

Los Cuates Middle School



Questions or Comments?  
 Rey Ovalle  
 Director of Dining Services  
 Phone: 956-800-0045



Fresh Fruit Selection &  
 Reduced Sugar Cereals

**SFJE** This institution is an equal opportunity provider.

## Monday Tuesday Wednesday Thursday Friday

				01 <b>Breakfast</b> Whole Grain Sausage Biscuit Sandwich & Fresh Orange <b>Lunch</b> Teriyaki BBQ Beef Sliders Garden Veggie Lasagna w/ Breadstick Classic Sausage Pizza Chef Salad w/ Crackers Peppered Broccoli
4 <b>Breakfast</b> Mini Cinnamon Waffles & Fresh Apple <b>Lunch</b> Mozzarella Cheese Quesadilla WG Chicken Tenders w/ Roll Baked Beef Taco Salad California Blend Veggies	5 <b>Breakfast</b> Vanilla Yogurt w/ Graham Crackers & Fresh Oranges <b>Lunch</b> Beef Tacos w/ Cheese Homemade Cheese Enchilada Hawaiian Pizza Southwest Chicken Salad w/ Crackers Seasoned Refried Beans	6 <b>Breakfast</b> Whole Grain Blueberry Muffin w/ String Cheese & Fresh Banana <b>Lunch</b> Crispy Golden Brown Corn Dog Chef Salad w/ Crackers Crispy Tater Tots	7 <b>Breakfast</b> Whole Wheat Bagel w/ Cream Cheese & Raisins <b>Lunch</b> Oven Baked Veggie Rotini w/ Breadstick Pepper Steak w/ Roll & Rice Loaded Meatlover's Pizza Chicken Salad Sandwich Seasoned Peas & Carrots	8 <b>Breakfast</b> Apple Jacks Cereal w/ Graham Cracker & Fresh Pear <b>Lunch</b> Chicken Teriyaki w/ Brown Rice Spicy Chicken Pizza with Homemade Sauce Peppered Corn
11 <b>Breakfast</b> Cinnamon toast Crunch Cereal w/ Graham Cracker & Fresh Apple <b>Lunch</b> Creamy Whole Grain Chicken Alfredo Breaded Beef Fingers w/ Dinner Roll Peppered Broccoli	12 <b>Breakfast</b> Whole Grain Chocolate Chip Muffin & Raisins <b>Lunch</b> Grilled Cheese w/ Tomato Soup Smokin' BBQ Chicken Pizza Chicken Caesar Salad Seasoned Potato Wedges	13 <b>Breakfast</b> Whole Grain Apple Frudel & Fresh Apple <b>Lunch</b> Beef Macaroni w/ Roll Bean & Cheese Tostadas w/ Spanish Rice Fresh Vegetable Pizza Sun Butter & Jelly Sandwich California Blend Veggies	14 <b>Breakfast</b> Morning Sausage Roll & Fresh Orange <b>Lunch</b> Green Chile Chicken Enchilada w/ Fresh Salsa Extreme Cheesy Nachos Spicy Buffalo Chicken Pizza Southwest Fajita Chicken Salad Seasoned Refried Beans	15 <b>Breakfast</b> Whole Grain Mini Cinni Roll & Fresh Banana <b>Lunch</b> Tangy BBQ Chicken Sandwich Fajita Chicken Fried Rice Sausage Pizza Italian Mixed Veggies
18 <b>Breakfast</b> Whole Grain Blueberry Muffin & Fresh Apple <b>Lunch</b> Beef Ravioli w/ Roll & Crackers Crispy Chicken Corn Dog Peppered Broccoli	19 <b>Breakfast</b> Vanilla Yogurt W/ Graham Crackers & Fresh Orange <b>Lunch</b> Orange Chicken w/ Brown Rice Creamy Alfredo Chicken Rotini BBQ Chicken Pizza Seasoned Peas & Carrots	20 <b>Breakfast</b> Egg, Cheese & Sausage Burrito & Fresh Apple <b>Lunch</b> Extreme Cheesy Nachos Spaghetti w/ Meatballs Fresh Veggie Pizza Fresh Italian Chicken Salad Seasoned Refried Beans	21 <b>Breakfast</b> Whole Grain Maple Pancakes & Fresh Orange <b>Lunch</b> Breaded Chicken Sandwich Cheesy Chicken Fajita Tacos Pepper Steak w/ Roll & Rice Buffalo Chicken Pizza Spiced Green Beans	22 <b>Breakfast</b> Whole Grain French Toast & Fresh Apple <b>Lunch</b> Country Fried Steak Swedish Meatballs w/ Rice Sausage Pizza Sun Butter & Jelly Sandwich Seasoned Mashed Potatoes
25 <b>Breakfast</b> Mini Cinnamon Waffles & Raisins <b>Lunch</b> Beef & Broccoli Stir Fry w/ Brown Rice Popcorn Chicken w/ Roll Baked Beef Taco Pizza Italian Mixed Veggies	26 <b>Breakfast</b> Cinnamon Toast Crunch Cereal w/ Graham Cracker & Fresh Orange <b>Lunch</b> Creamy Macaroni & Cheese WG Mini Corn Dog Hawaiian Pizza Chicken Caesar Salad Peppered Broccoli	27 <b>Breakfast</b> Vanilla Yogurt w/ Graham Cracker & Fresh Banana <b>Lunch</b> Sweet & Sour Chicken w/ Brown Rice Seasoned Beef Quesadilla Crispy Tater Tots	28 <b>Breakfast</b> Morning Sausage Roll & Fresh Orange <b>Lunch</b> Broccoli & Cheese Baked Potato w/ Biscuit Loaded Meatlovers Pizza Fresh Garden Salad Spiced Charro beans	29 <b>Breakfast</b> Whole Grain Apple Frudel & Raisins <b>Lunch</b> Juicy Hot Dog Baked Rotini with Veggies Spicy Chicken Pizza with Homemade Sauce Spiced Green Beans