

# SEPTEMBER

Los Fresnos United High School



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



This institution is an equal opportunity provider.

Fresh Fruit Selection &  
 Reduced Sugar Cereals

## DAILY SELECTIONS

Hamburger or Cheeseburger  
 Spicy Chicken Sandwich  
 Cheese or Pepperoni Pizza  
 Build Your Own Taco & Burrito Bar

## DAILY SELECTIONS

Ham or Turkey & Cheese Sandwich,  
 Wraps or Subs  
 Fresh Fruit and Vegetable Bar  
 Assorted Low Fat Milk

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

				<p><b>1</b></p> <p><b>Breakfast</b>                  Scrambled Eggs w/ Buttery Toast &amp; Fresh Orange</p> <p><b>Lunch</b>                  Teriyaki BBQ Beef Sliders                  Garden Veggie Lasagna w/ Breadstick                  Classic Sausage Pizza                  Chef Salad w/ Crackers                  Peppered Broccoli</p>
<p><b>4</b></p> <p><b>Breakfast</b>                  Belgian Waffles Stix &amp; Fresh Apple</p> <p><b>Lunch</b>                  Mozzarella Cheese Quesadilla                  WG Chicken Tenders w/ Roll                  Baked Beef Taco Salad                  California Blend Veggies</p>	<p><b>5</b></p> <p><b>Breakfast</b>                  Mandarin Orange &amp; Vanilla Yogurt w/ Graham Crackers &amp; Fresh Oranges</p> <p><b>Lunch</b>                  Beef Tacos w/ Cheese                  Homemade Cheese Enchilada                  Hawaiian Pizza                  Southwest Chicken Salad w/ Crackers</p>	<p><b>6</b></p> <p><b>Breakfast</b>                  Fluffy Banana Miffin &amp; Fresh Banana</p> <p><b>Lunch</b>                  Crispy Golden Brown Corn Dog                  Chef Salad w/ Crackers                  Crispy Tater Tots</p>	<p><b>7</b></p> <p><b>Breakfast</b>                  Whole Wheat Bagel w/ Cream Cheese &amp; Fresh Grapes</p> <p><b>Lunch</b>                  Oven Baked Veggie Rotini w/ Breadstick                  Pepper Steak w/ Roll &amp; Rice                  Loaded Meatlover's Pizza                  Chicken Salad Sandwich                  Seasoned Peas &amp; Carrots</p>	<p><b>8</b></p> <p><b>Breakfast</b>                  Egg &amp; Sausage Tacos &amp; Fresh Apple</p> <p><b>Lunch</b>                  Chicken Teriyaki w/ Brown Rice                  Spicy Chicken Pizza with Homemade Sauce                  Peppered Corn</p>
<p><b>11</b></p> <p><b>Breakfast</b>                  Whole Grain Biscuits &amp; Gravy &amp; Fresh Apple</p> <p><b>Lunch</b>                  Creamy Whole Grain Chicken Alfredo                  Breaded Beef Fingers w/ Dinner Roll                  Peppered Broccoli</p>	<p><b>12</b></p> <p><b>Breakfast</b>                  Whole Grain Chocolate Chip Muffin &amp; Raisins</p> <p><b>Lunch</b>                  Grilled Cheese w/ Tomato Soup                  Smokin' BBQ Chicken Pizza                  Chicken Caesar Salad                  Seasoned Potato Wedges</p>	<p><b>13</b></p> <p><b>Breakfast</b>                  Egg &amp; Cheese Tacos &amp; Fresh Apple</p> <p><b>Lunch</b>                  Beef Macaroni w/ Roll                  Bean &amp; Cheese Tostadas w/ Spanish Rice                  Fresh Vegetable Pizza                  Sun Butter &amp; Jelly Sandwich                  California Blend Veggies</p>	<p><b>14</b></p> <p><b>Breakfast</b>                  Homemade Egg &amp; Cheese Bagel Sandwich &amp; Fresh Orange</p> <p><b>Lunch</b>                  Green Chile Chicken Enchilada w/ Fresh Salsa                  Extreme Cheesy Nachos                  Spicy Buffalo Chicken Pizza                  Southwest Fajita Chicken Sala</p>	<p><b>15</b></p> <p><b>Breakfast</b>                  Cinnamon Roll w/ vanilla icing &amp; Fresh Banana</p> <p><b>Lunch</b>                  Tangy BBQ Chicken Sandwich                  Fajita Chicken Fried Rice                  Sausage Pizza                  Italian Mixed Veggies</p>
<p><b>18</b></p> <p><b>Breakfast</b>                  Whole Grain Blueberry Muffin &amp; Fresh Apple</p> <p><b>Lunch</b>                  Beef Ravioli w/ Roll &amp; Crackers                  Chile Chicken Stir Fry w/Rice                  Crispy Chicken Corn Dog                  Peppered Broccoli</p>	<p><b>19</b></p> <p><b>Breakfast</b>                  Pineapple &amp; Vanilla Yogurt Parfait &amp; Fresh Orange</p> <p><b>Lunch</b>                  Orange Chicken w/ Brown Rice                  Creamy Alfredo Chicken Rotini                  BBQ Chicken Pizza                  Seasoned Peas &amp; Carrots</p>	<p><b>20</b></p> <p><b>Breakfast</b>                  Country style Biscuit &amp; Juicy Sausage Patty &amp; Fresh Apple</p> <p><b>Lunch</b>                  Extreme Cheesy Nachos                  Spaghetti w/ Meatballs                  Fresh Veggie Pizza                  Fresh Italian Chicken Salad                  Seasoned Refried Beans</p>	<p><b>21</b></p> <p><b>Breakfast</b>                  Egg &amp; Cheese Biscuit Sandwich &amp; Fresh Orange</p> <p><b>Lunch</b>                  Breaded Chicken Sandwich                  Cheesy Chicken Fajita Tacos                  Pepper Steak w/ Roll &amp; Rice                  Buffalo Chicken Pizza                  Spiced Green Beans</p>	<p><b>22</b></p> <p><b>Breakfast</b>                  Golden Whole Grain Pancakes &amp; Fresh Apple</p> <p><b>Lunch</b>                  Country Fried Steak                  Swedish Meatballs w/ Rice                  Sausage Pizza                  Sun Butter &amp; Jelly Sandwich                  Seasoned Mashed Potatoes</p>
<p><b>25</b></p> <p><b>Breakfast</b>                  Fluffy Jumbo Waffles &amp; Fresh Apple</p> <p><b>Lunch</b>                  Beef &amp; Broccoli Stir Fry w/ Brown Rice                  Popcorn Chicken w/ Roll                  Baked Beef Taco Pizza                  Italian Mixed Veggies</p>	<p><b>26</b></p> <p><b>Breakfast</b>                  Egg &amp; Sausage Taco &amp; Fresh Orange</p> <p><b>Lunch</b>                  Creamy Macaroni &amp; Cheese                  WG Mini Corn Dog                  Hawaiian Pizza                  Chicken Caesar Salad                  Peppered Broccoli</p>	<p><b>27</b></p> <p><b>Breakfast</b>                  Mandarin Orange Vanilla Yogurt Granola Parfait &amp; Fresh Banana</p> <p><b>Lunch</b>                  Sweet &amp; Sour Chicken w/ Brown Rice                  Seasoned Beef Quesadilla                  Crispy Tater Tots</p>	<p><b>28</b></p> <p><b>Breakfast</b>                  Morning Sausage Roll &amp; Fresh Orange</p> <p><b>Lunch</b>                  Broccoli &amp; Cheese Baked Potato w/ Biscuit                  Loaded Meatlovers Pizza                  Fresh Garden Salad                  Spiced Charro beans</p>	<p><b>29</b></p> <p><b>Breakfast</b>                  Whole Wheat Bagel w/ Cream Cheese &amp; Fresh Apple</p> <p><b>Lunch</b>                  Juicy Hot Dog                  Baked Rotini with Veggies                  Spicy Chicken Pizza with Homemade Sauce                  Spiced Green Beans</p>