

SEPTEMBER

Los Fresnos United High School



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



Fresh Fruit Selection &
 Reduced Sugar Cereals



This institution is an
 equal opportunity provider.

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