

SONORA MIDDLE SCHOOL GRADES 7TH – 8TH

AUG

2022

GEAR UP FOR
S.T.E.M.



ANNOUNCEMENTS:



Submit Your Artwork!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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19

COUNTRY FRIED STEAK 22
GRAVY, ROLL
MASHED POTATOES
OKRA
STRAWBERRIES
MILK VARIETY

TEX-MEX 23
(ground beef, Fritos, shredded cheese)
PINTO BEANS, SALSA
FRESH CARROTS
CINNAMON APPLES
SHERBET CUP
MILK VARIETY

CHICKEN ALFREDO 24
BREADSTICK
CALIFORNIA BLEND
GARDEN SALAD
PEACHES
MILK VARIETY

POPCORN CHICKEN 25
ROLL
CORN ON THE COB
FRESH BROCCOLI
FRESH APPLE SLICE
CRISPY CEREAL TREATS
MILK VARIETY

HOT DOG 26
FRENCH FRIES
TOMATO CUP
SNOWBALL SALAD
MILK VARIETY

ENCHILADAS 29
REFRIED BEANS
CORN
SALSA
ORANGES, PUDDING
MILK VARIETY

GRILLED CHEESE SANDWICH 30
TATER TOTS
FRESH VEGGIE CUP
STRAWBERRIES & BANANAS
MILK VARIETY

FISH NUGGETS 31
MAC & CHEESE
ZUCCHINI / SQUASH
FRESH CARROTS
GRAPES
MILK VARIETY



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
Nutrition Assistance Programs



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