

SONORA MIDDLE SCHOOL GRADES 7TH – 8TH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

FEB

MENU 2023

GEAR UP FOR TRACK & FIELD



ANNOUNCEMENTS:

SALADS

**TUESDAY:
CHEF SALAD**

**THURSDAY:
CRISPY CHICKEN**

1 CRISPY CHICKEN SAND
TATER TOTS
GARDEN SALAD
FRUITY GELATIN
MILK VARIETY

2 ASIAN BOWL / RICE
(SAUCE ON SIDE)
EGG ROLL
STEAMED BROCCOLI
CORN
MANDARIN ORANGES
MILK VARIETY

3 PIZZA
SAVORY GREEN BEANS
FRESH CARROTS
FRESH FRUIT
COOKIE
MILK VARIETY

6 CATFISH
ROLL
FRENCH FRIES
OKRA
FRUIT CUP
MILK VARIETY

7 CRISPY TACOS
SALSA
PINTO BEANS
FRESH CARROTS
APPLE SAUCE
MILK VARIETY

8 CHICK'N PARM SUB
WINTER BLEND VEGGIE
GARDEN SALAD
PEACHES
MILK VARIETY

9 HAM & CHEESE SAND
CHIPS
FRESH VEGGIES
FRUIT
MILK VARIETY

10 **NO SCHOOL**
TEACHER WORKDAY

13 BREADED DRUMSTICK
BISCUIT
SWEET POTATO FRIES
GARDEN SALAD
FRESH FRUIT
MILK VARIETY

14 **VALENTINE'S DAY**
LASAGNA
BREADSTICK
STEAMED BROCCOLI
PINEAPPLE & CHERRIES
STRAWBERRY POKE CAKE
MILK VARIETY

15 WALKING TACO
(GROUND BEEF, QUESO, FRITOS)
REFRIED BEANS
FRESH VEGGIE CUP
PINEAPPLE
MILK VARIETY

16 BONELESS CHICK WINGS
CHIPS
FRESH CARROTS & CELERY
MIXED FRUIT
MILK VARIETY

17 STEAK FINGERS
ROLL, GRAVY
FRENCH FRIES
SAVORY GREEN BEANS
PEACHES
MILK VARIETY

20 MEAT & CHEESE CHALUPA
SALSA
REFRIED BEANS
CORN
FRUIT CUP, PUDDING
MILK VARIETY

21 CHILI CHEESE TOTS
CORNBREAD
WINTER BLEND
FRESH VEGGIE CUP
GRAPES
MILK VARIETY

22 **ASH WEDNESDAY**
CATFISH
MAC & CHEESE
SQUASH & ZUCCHINI
FRESH CARROTS
FRESH FRUIT
MILK VARIETY

23 HB / CB
CHIPS
HAMBURGER SALAD
BELL PEPPERS
PEARS
MILK VARIETY

24 GRILLED CHEESE
CHIPS
CORN
FRUIT CUP
COOKIE
MILK VARIETY

27 OVEN ROASTED CHICKEN
FRENCH FRIES
STEAMED CARROTS
MANDARIN ORANGES
MILK VARIETY

28 SPAGHETTI / MEATBALL
BREADSTICK
PEAS & CARROTS
GARDEN SALAD
STRAWBERRIES
MILK VARIETY



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
National School Lunch Program



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