

SONORA MIDDLE SCHOOL GRADES 7TH – 8TH

MONDAY

2

HAPPY HOLIDAYS

TUESDAY

3

CORN DOG
FRENCH FRIES
TOMATO CUP
FRUIT CUP
MILK VARIETY

WEDNESDAY

4

SLOPPY JOE
BAKED BEANS
RED BELL PEPPERS
CUCUMBERS
APRICOTS
ICE CREAM CUP
MILK VARIETY

THURSDAY

5

CRISPY CHICKEN SAND
FRESH VEGGIE CUP
GARDEN SALAD
FRUITY GELATIN
MILK VARIETY

FRIDAY

6

PIZZA
SAVORY GREEN BEANS
FRESH CARROTS
SLICED FRUIT
COOKIE
MILK VARIETY

9

CHICKEN STRIPS
GRAVY, ROLL
MASHED POTATO
CALIFORNIA BLEND
STRAWBERRIES
MILK VARIETY

10

TEX-MEX STACK
(GROUND BEEF, FRITO, SHRED CHEESE)
REFRIED BEANS
FRESH CARROTS
APPLESAUCE
FROZEN YOGURT CUPS
MILK VARIETY

11

CHICKEN ALFREDO
BREADSTICK
SAVORY GREEN BEANS
GARDEN SALAD
PEACHES
MILK VARIETY

12

POTATO BOWL
(BBQ, BAKED POTATO)
TOMATO CUP
FRUIT CUP
MILK VARIETY

13

NO SCHOOL

16

CHEESE ENCHILADAS
SALSA
PINTO BEANS
ORANGE SMILES
PUDDING
MILK VARIETY

17

HAM & CHEESE SAND
VEGETABLE SOUP
FRENCH FRIES
STRAWBERRIES & BANANA
MILK VARIETY

18

CHICKEN NUGGET
MAC & CHEESE
BROCCOLI NORMANDY
FRESH CARROTS
GRAPES
MILK VARIETY

19

X-TREME BURRITO
(QUESO ON SIDE)
CORN, CUCUMBERS
ROSY APPLESauce
RICE KRISPIE TREAT
MILK VARIETY

20

HB / CB
CHIPS
HAMBURGER SALAD
TOMATO CUP
PEARS
MILK VARIETY

23

CHICKEN SPAGHETTI
BREADSTICK
GARDEN SALAD
TOMATO CUP
FRESH FRUIT
MILK VARIETY

24

FRITO PIE
PINTO BEANS
FRESH VEGGIE CUP
CHILLED PINEAPPLE
BROWNIES
MILK VARIETY

25

CHEESY BREADSTICKS
MARINARA SAUCE
STEAMED BROCCOLI
APPLESAUCE
MILK VARIETY

26

CHICKEN PARMESAN
SPAGHETTI
ROLL, CORN
SAVORY GREEN BEANS
PEACHES
MILK VARIETY

27 BONELESS CHICKEN WINGS

CHIPS
FRESH CARROTS & CELERY
MIXED FRUIT
SHERBET
MILK VARIETY

30 OVEN ROASTED CHICKEN

ROLL
MASHED POTATOES
TOMATO CUP
FRUIT CUP
MILK VARIETY

31

NACHOS GRANDE
SALSA
REFRIED BEANS
CUCUMBERS
APRICOTS, ICE CREAM CUP
MILK VARIETY

JAN

MENU 2023

GEAR UP FOR GYM



ANNOUNCEMENTS



Food and Nutrition Division
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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