

SONORA MIDDLE SCHOOL GRADES 7TH - 8TH

NOV

MENU 2022

GEAR UP FOR TURKEY TROT



ANNOUNCEMENTS

SALADS

TUESDAY:
CRISPY CHICKEN

THURSDAY:
GRILLED CHICKEN

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

1 CRISPY TACOS
PINTO BEANS
FRESH VEGGIE CUP
CHILLED PINEAPPLE
COOKIE
MILK VARIETY

2 CHEESY BREADSTICKS
MARINARA SAUCE
STEAMED BROCCOLI
APPLESAUCE
MILK VARIETY

3 BONELESS WINGS
CHIPS
FRESH CARROTS & CELERY
MIXED FRUIT
SHERBET
MILK VARIETY

4 CHICKEN STRIPS
GRAVY, ROLL
FRENCH FRIES
SAVORY GREEN BEANS
CORN
PEACHES
MILK VARIETY

7 CHICKEN NUGGETS
GRAVY, ROLL
MASHED POTATO
OKRA
FRUIT CUP
MILK VARIETY

8 CHICKEN FAJITAS /
TORTILLA
SALSA, REFRIED BEANS
FRESH CARROTS
APPLESAUCE CUP
SHERBET
MILK VARIETY

9 FRENCH BREAD PIZZA
SAVORY GREEN BEANS
GARDEN SALAD
PEACHES
MILK VARIETY

10 RANCHERO WRAP /
TORTILLA
CORN
FRESH BROCCOLI
FRESH SLICED APPLES
COOKIE
MILK VARIETY

11 HOT DOG
FRENCH FRIES
TOMATO CUP
SNOWBALL SALAD
MILK VARIETY

14 BBQ SANDWICH
FRENCH FRIES
FRESH VEGGIE CUP
ORANGE SMILES
MILK VARIETY

15 PIZZA
SAVORY GREEN BEANS
FRESH CARROTS
GRAPES
MILK VARIETY

16 HB / CB
CHIP
GARDEN SALAD
TOMATO CUP
PEARS
MILK VARIETY

17 TURKEY, DRESSING
GRAVY, ROLLS
GREEN BEANS
MASHED POTATOES
FRUIT SALAD
MILK VARIETY

18 X-TREME BURRITO
(QUESO ON SIDE)
CORN
CUCUMBERS
APPLESAUCE, COOKIE
MILK VARIETY

21 CORN DOG
TATER TOTS
TOMATO CUP
FRUIT CUP
MILK VARIETY

22 **NOON RELEASE**
CRISPY CHICKEN SANDWICH
GARDEN SALAD
FRESH VEGGIES
FRUIT CUP
MILK VARIETY

23 **THANKSGIVING
BREAK**

24 **HAPPY
THANKSGIVING**

25 **THANKSGIVING
BREAK**

28 BREADED DRUMSTICK
BISCUIT
GARDEN SALAD
SWEET POTATOES
FRUIT CUP
MILK VARIETY

29 SLOPPY JOE
BAKED BEANS
FRESH VEGGIE CUP
CHILLED PINEAPPLE
COOKIE
MILK VARIETY

30 PIZZA BAKED PASTA
BREADSTICK
STEAMED BROCCOLI
CINNAMON APPLESAUCE
MILK VARIETY



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COMMISSIONER SID MILLER

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Food and Nutrition Division
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