

# SONORA MIDDLE SCHOOL GRADES 7<sup>TH</sup> – 8<sup>TH</sup>

# OCT

## MENU 2022

### GEAR UP FOR SWIM CLASS



### ANNOUNCEMENTS

#### SALADS

#### TUESDAY:

CRISPY  
CHICKEN

#### THURSDAY:

GRILLED  
CHICKEN

## MONDAY

3  
OVEN ROASTED CHICKEN  
ROLL  
MASHED POTATOES  
YAMS  
FRUIT CUP  
MILK VARIETY

## TUESDAY

4 CHICKEN QUESADILLA  
SALSA  
REFRIED BEANS  
CUCUMBERS  
APRICOTS  
ICE CREAM CUP  
MILK VARIETY

## WEDNESDAY

5  
GRILLED CHICKEN SAND  
GARDEN SALAD  
FRESH VEGGIE CUP  
FRUITY GELATIN  
MILK VARIETY

## THURSDAY

6  
ASIAN BOWL / RICE  
EGG ROLL  
STEAMED BROCCOLI  
CORN  
MANDARIN ORANGES  
MILK VARIETY

## FRIDAY

7  
PIZZA  
SAVORY GREEN BEANS  
FRESH CARROTS  
FRESH FRUIT  
COOKIE  
MILK VARIETY

10 WALKING TACO  
(GROUND BEEF, FRITOS, QUESO)  
PINTO BEANS  
FRESH VEGGIE CUP  
CHILLED PINEAPPLE  
COOKIE  
MILK VARIETY

11  
BONELESS CHICKEN WINGS  
CHIPS  
FRESH CARROTS & CELERY  
MIXED FRUIT  
SHERBET  
MILK VARIETY

12  
LASAGNA  
BREADSTICK  
STEAMED BROCCOLI  
APPLESAUCE CUPS  
MILK VARIETY

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

14 STEAK FINGERS  
GRAVY, ROLL  
CALIFORNIA BLEND  
CORN  
PEACHES  
MILK VARIETY

17 HB / CB  
FRENCH FRIES  
OKRA  
STRAWBERRIES  
MILK VARIETY

18 TEX-MEX  
(GROUND BEEF, FRITOS, SHRED CHEESE)  
SALSA, PINTO BEANS  
FRESH CARROTS  
CINNAMON APPLES  
FROZEN YOGURT  
MILK VARIETY

19 MEATBALL SUB  
WINTER BLEND  
GARDEN SALAD  
PEACHES  
MILK VARIETY

20 POPCORN CHICKEN  
ROLL  
GREEN PEAS  
FRESH BROCCOLI  
FRESH APPLES  
MILK VARIETY

21 HOT DOG  
FRENCH FRIES  
TOMATO CUP  
SNOWBALL SALAD  
MILK VARIETY

24 ENCHILADAS  
SALSA, CORN  
REFRIED BEANS  
ORANGE SMILES  
PUDDING  
MILK VARIETY

25  
HOT HAM & CHEESE  
FRENCH FRIES  
VEGETABLE SOUP  
STRAWBERRY & BANANA  
MILK VARIETY

26 NOON RELEASE  
HB / CB  
CHIPS  
GARDEN SALAD  
TOMATO CUP  
PEARS  
MILK VARIETY

27 CATFISH STRIPS  
MAC & CHEESE  
ZUCCHINI  
FRESH CARROTS  
GRAPES  
MILK VARIETY

28 X-TREME BURRITO  
(QUESO ON SIDE)  
CORN  
CUCUMBER  
APPLESAUCE CUPS  
BROWNIE  
MILK VARIETY

31 NOON RELEASE  
CRISPY CHICKEN SAND  
GARDEN SALAD  
SWEET POTATO FRIES  
FRESH FRUIT  
MILK VARIETY



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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Food and Nutrition Division  
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