

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

# SEPT 2022

GEAR UP FOR  
**DANCE**



**ANNOUNCEMENTS:**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**NO SCHOOL**

**12**  
CHEESEBURGER MAC  
ROLL  
SAVORY GREEN BEANS  
GLAZED CARROTS  
FRESH FRUIT, COOKIE  
MILK VARIETY

**19**  
COUNTRY FRIED STEAK  
GRAVY, ROLL  
MASHED POTATOES  
OKRA  
STRAWBERRIES  
MILK VARIETY

**26**  
MEAT & CHEESE CHALUPAS  
REFRIED BEANS  
CORN, SALSA  
ORANGE SMILES  
PUDDING  
MILK VARIETY

**6**  
FRITO PIE  
PINTO BEANS  
FRESH VEGGIE CUP  
CHILLED PINEAPPLE  
PEACH CRISP  
MILK VARIETY

**13**  
NACHOS GRANDE  
SALSA  
REFRIED BEANS  
CUCUMBERS  
APRICOTS, ICE CREAM  
MILK VARIETY

**20**  
CHICKEN FAJITAS / TORTILLA  
SALSA, PINTO BEANS  
FRESH CARROTS  
HOT CINNAMON APPLES  
SHERBET  
MILK VARIETY

**27**  
CHILI CHEESE TOTS  
CORNBREAD  
FRESH VEGGIE CUP  
STRAWBERRIES &  
BANANAS  
MILK VARIETY

**7**  
CHEESY BREADSTICKS  
MARINARA SAUCE  
FRESH BROCCOLI  
CINNAMON APPLESAUCE  
MILK VARIETY

**14**  
SPAGHETTI BOWL  
BREADSTICK  
FRESH VEGGIE CUP  
GARDEN SALAD  
FRUITY GELATIN  
MILK VARIETY

**21**  
STUFFED BAKED POTATO  
(BBQ, BAKED POTATO)  
ROLL  
TOMATO CUP  
SNOWBALL SALAD  
MILK VARIETY

**28**  
CHICKEN NUGGETS  
MAC -N- CHEESE  
YELLOW SQUASH / ZUCCHINI  
FRESH CARROTS  
FRESH GRAPES  
MILK VARIETY

**1**  
X-TREME BURRITO  
(QUESO ON SIDE)  
CORN, CUCUMBERS  
ROSY APPLESAUCE  
COOKIE  
MILK VARIETY

**8**  
CHICKEN PARMESAN  
(CHICKEN & SPAGHETTI)  
ROLL, CORN  
SAVORY GREEN BEANS  
PEACHES  
MILK VARIETY

**15**  
ASIAN BOWL  
(SAUCE ON SIDE)  
EGG ROLL, CORN  
STEAMED BROCCOLI  
MANDARIN ORANGES  
MILK VARIETY

**29**  
PHILLY CHEESESTEAK  
CORN  
CUCUCUMBERS  
ROSY APPLESAUCE  
COOKIE  
MILK VARIETY

**2**  
HB / CB  
CHIPS  
GARDEN SALAD  
TOMATO CUP  
PEARS  
MILK VARIETY

**9**  
BONELESS CHICKEN WINGS  
CHIPS  
FRESH CELERY & CARROTS  
MIXED FRUIT  
FROZEN YOGURT  
MILK VARIETY

**16**  
CORN DOG  
FRIES  
TOMATO CUP  
FRUIT CUP  
MILK VARIETY

**23**  
NOON RELEASE  
PIZZA  
SAVORY GREEN BEANS  
GARDEN SALAD  
PEACHES  
MILK VARIETY

**30**  
HB / CB  
CHIPS  
GARDEN SALAD  
TOMATO CUP  
PEARS  
MILK VARIETY



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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Food and Nutrition Division  
Nutrition Assistance Programs



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