



SMUSD MIDDLE SCHOOL MENU



Monday	Tuesday	Wednesday	Thursday	Friday
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BREAKFAST

* A Complete breakfast includes one of the entrées below, a choice of milk, and juice or fruit of the day.

* Daily breakfast selection includes Mexican Breakfast Bread , Bagel w/ Cream Cheese, PB & J Bar, Breakfast Bar, Sunrise Sandwich or Fruit Yogurt Parfait

Breakfast Pizza	Breakfast Bowl w/ Biscuit	Cocoa Breakfast Bread	Quesadilla w/ Green Chiles 	Lemon or Blueberry Tea Bread
Apple Juice or Pineapple	Fresh Fruit or Peaches 	Grape Juice or Pears	Fresh Fruit or Applesauce 	Orange Juice or Mixed Fruit

LUNCH

* A Complete lunch includes one of the entrées below, a choice of milk, and a selection of fruit and vegetables (varies daily).

Express Window (Available Monday thru Friday) ~ Spicy Chicken Sandwich

Chicken Parmesan w/ Spaghetti	Orange Chicken w/ Rice 	Chicken Alfredo w/ Breadstick	Beef Tostada Bowl 	Hot Chicken Sandwich
Bosco Sticks w/ Marinara Sauce	Stuff Crust Pizza	Cheeseburger PB & J Sandwich	French Bread Pizza	Sweet & Sour Chicken
Spicy Chicken Ranch Salad w/ Crackers or	Chef's Salad w/ Crackers	Asian Noodle Chicken Salad w/ Vegetables & Fortune Cracker	Chicken Caesar Salad w/ Crackers or Vege Wrap	Spicy Chicken Ranch Salad w/ Crackers Hummus, String Cheese & Pita Bread
Fruit Yogurt w/ Mini Deli Sandwich	Fruit Yogurt w/ Mini Deli Sandwich	Fruit Yogurt w/ Mini Deli Sandwich	Fruit Yogurt w/ Mini Deli Sandwich	Fruit Yogurt w/Mini Deli Sandwich