



Feeding Hungry Minds

# PYUSD Nutrition Services Middle School Menu

## Fresh Start

Student Breakfast \$1.50

Pan Dulce, Yogurt Parfait, Bagel w/ Cream Cheese or Assorted Cereal served w/ String Cheese

### Daily Breakfast Specials

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
French Toast Sticks Or Breakfast Burrito	Breakfast Pizza Stick Or Double Chocolate Chip Top	Cinnamon Roll Or Pancake Wrap	Apple Bosco Stick Or Breakfast Pizza Stick	Mini-Pancakes Or Egg & Cheese Muffin Sandwich

## Lunch Specials

Student Lunch \$3.00



## THE GRILL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BBQ Rib Sandwich	Bacon Cheeseburger	Chicken Quesadilla	Chick-N-Fries	Veggie Farm Burger
Crispy Chicken Sandwich	Crispy Chicken Sandwich	Crispy Chicken Sandwich	Crispy Chicken Sandwich	Crispy Chicken Sandwich
Spicy Chicken Sandwich	Spicy Chicken Sandwich	Spicy Chicken Sandwich	Spicy Chicken Sandwich	Spicy Chicken Sandwich
Bean & Cheese Burrito	Bean & Cheese Burrito	Bean & Cheese Burrito	Bean & Cheese Burrito	Bean & Cheese Burrito
Cheeseburger	Cheeseburger	Cheeseburger	Cheeseburger	Cheeseburger
 Cheese Pizza & Pepperoni Pizza		 Cheese Pizza & Pepperoni Pizza		 Cheese Pizza & Pepperoni Pizza

### Vegetarian Option

Falafel w/ Loco Bread	Nachos w/ Beans & cheese	Cheese Quesadilla	Just Say Cheez	Veggie Farm Burger
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## In The Bowl

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Rice Bowl Orange Chicken Broccoli Steamed Rice	Nachos Tortilla Chips Seasoned Taco Meat Refried Beans Shredded Cheddar	Rice Bowl Teriyaki Chicken Carrots Steamed Rice	Just Say Cheez Mac & Cheese Green Peas Garlic Breadstick	Popcorn Chicken Bowl Crispy Popcorn Chicken Mashed Potatoes w/ Gravy Golden Corn Biscuit

#### SALADS

Week 1 & 3 - Chicken Caesar Salad

Week 2 & 4 - Taco Salad

#### WRAPS

Week 1- Buffalo Chicken Wrap

Week 2- Turkey Bacon Ranch Wrap

Week 3 - Hummus Veggie Wrap

Week 4 - Southwest Chicken Wrap

## FRESH & FIT

Fresh Salads and Wrap Specials



#### Fresh Salad Program



Order fresh made to order custom Salads and Sandwiches online ahead of time and pick up at school.  
[www.pyusdnutrition.org/Menus](http://www.pyusdnutrition.org/Menus)

Bento Boxes - Mediterranean or Protein Pack

All Meals are served with choice of Fat Free Chocolate Milk or 1% Milk

All Meals are served with choice of Fresh Fruit & Veggies

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