

# October 2017

# Yuma School District One

## Jr High Menu



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Available Daily

**Breakfast:** Yogurt Parfait, Assorted Cereal, Fresh Or Canned Fruit, Choice of Juice, White or Flavored Milk  
**Lunch:** Peanut Butter & Jelly Sandwich, Yogurt & Roll Combo, Fruit & Veggie Bar, Choice of Juice, White or Flavored Milk



## Monday

### Breakfast

Breakfast Burrito

2

### Lunch

Corn Dog  
Ranch Beans  
2<sup>nd</sup> Choice: Cheese Crisp

## Tuesday

### Breakfast

Pancake & Sausage on a stick

3

### Lunch

Bean & Cheese Burrito w/ Spanish Rice  
2<sup>nd</sup> Choice: Turkey & Cheese Deli Sandwich

## Wednesday

### Breakfast

Zucchini Bread Slice

4

### Lunch

Macaroni & Cheese  
Green Beans & Wheat Roll  
2<sup>nd</sup> Choice: Nachos

## Thursday

### Breakfast

Glazed Donut Holes

5

### Lunch

Pepperoni Pizza Stick & Corn  
2<sup>nd</sup> Choice: Chili con Carne w/ Corn Bread

## Friday

### Breakfast

Dutch Waffle

6

### Lunch

Chicken Sandwich  
Smile French Fries  
2<sup>nd</sup> Choice: Folded Beef Taco w/salsa

**Schools Closed For Columbus Day**

9

### Breakfast

Assorted Pop Tarts

10

### Lunch

Chicken Taquito  
Refried Beans  
2<sup>nd</sup> Choice: Cheese Pizza Stick

### Breakfast

Triangle Hash Brown & Scrambled Eggs

11

### Lunch

Hamburger & French Fries  
2<sup>nd</sup> Choice: General Tso's Chicken w/ Brown Rice

### Breakfast

New Very Cherry Breakfast Muffin

12

### Lunch

Cheese Pizza & Green Beans  
2<sup>nd</sup> Choice: Pigs in a Blanket

### Breakfast

French Toast Sticks w/ Syrup

13

### Lunch

Bean & Cheese Tostada Boat  
Mexicorn w/ salsa  
2<sup>nd</sup> Choice: Beefaroni

### Breakfast

Breakfast Pizza Bagel

16

### Lunch

Nachos  
Refried Beans  
2<sup>nd</sup> Choice: Turkey & Gravy w/ Mashed Potatoes

### Breakfast

Super Donut

17

### Lunch

Chili Cheese Fries  
Wheat Roll  
2<sup>nd</sup> Choice: Spicy Chicken Sandwich

### Breakfast

Sausage Patty w/ Biscuit

18

### Lunch

Orange Chicken  
Brown Rice & Fortune Cookie w/ Egg Roll  
2<sup>nd</sup> Choice: Macaroni & Cheese

### Breakfast

Mini Pancakes

19

### Lunch

Breaded Drumstick  
Baby Baked Potatoes & Wheat Roll  
2<sup>nd</sup> Choice: Chicken Fajita

### Breakfast

Cinnamon Crumble  
Breakfast Cake

20

### Lunch

Spaghetti  
Corn & French Bread Slice  
2<sup>nd</sup> Choice: Cheese Pizza

### Breakfast

Breakfast Burrito

23

### Lunch

Taco in a Bag  
Refried Beans  
2<sup>nd</sup> Choice: Chicken Tenders w/ Wheat Roll

### Breakfast

Pancake & Sausage on a Stick

24

### Lunch

Pepperoni Pizza  
Corn  
2<sup>nd</sup> Choice: Toasted Cheese Sandwich

### Breakfast

Zucchini Bread Slice

25

### Lunch

Cheeseburger Sliders  
Tatar Tots  
2<sup>nd</sup> Choice: Cheese Crisp w/ salsa

### Breakfast

Glazed Donut Holes

26

### Lunch

Folded Beef Taco  
Spanish Rice w/ salsa  
2<sup>nd</sup> Choice: Philly Cheese Steak Sandwich

### Breakfast

Dutch Waffle

27

### Lunch

Popcorn Chicken  
Mashed Potatoes & Wheat Roll  
2<sup>nd</sup> Choice: Beefaroni

### Breakfast

Breakfast Pizza

30

### Lunch

Corn Dog  
Ranch Beans  
2<sup>nd</sup> Choice: New Chicken & Cheese Taquito

### Breakfast

Chilling Assorted Pop Tarts

31

### Lunch

Pigs in a Coffin w/ Creepy Green Beans & Halloween Treat  
2<sup>nd</sup> Choice: Cheese Pizza

**HAPPY HALLOWEEN  
Have a Fun & Safe Halloween!**

