

# May 2018

# Yuma School District One

## Jr High Menu



**Fitness Tip:** MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.



*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**

Zucchini Bread Slice

**Lunch**

Mandarin Orange Chicken  
Brown Rice & Fortune Cookie  
2<sup>nd</sup> Choice: Bean & Cheese Burrito

### Tuesday

**Breakfast**

French Toast Sticks

**Lunch**

Chicken Sandwich  
Smile Fries  
2<sup>nd</sup> Choice: Nachos

### Wednesday

**Breakfast**

Breakfast Burrito

**Lunch**

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

### Thursday

**Breakfast**

Pancake & Sausage on a Stick

**Lunch**

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

### Friday

**Breakfast**

Dutch Waffle

**Lunch**

Bean & Cheese Tostada Boat  
Mexicorn & Cinco de Mayo Treat  
2<sup>nd</sup> Choice: Philly Cheese Steak Sandwich

**Breakfast**

Sausage Patty w/ Biscuit

**Lunch**

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

**Breakfast**

Mini Pancakes

**Lunch**

Hamburger  
French Fries  
2<sup>nd</sup> Choice: Chicken Tenders

**Breakfast**

Breakfast Pizza

**Lunch**

Macaroni & Cheese  
Green Beans & Wheat Roll  
2<sup>nd</sup> Choice: Cheese Crisp w/ salsa

**Breakfast**

Triangle Hash Brown & Eggs

**Lunch**

Folded Beef Taco  
Mexicorn  
2<sup>nd</sup> Choice: Cheeseburger Sliders

**Breakfast**

Cinnamon Breakfast Cake

**Lunch**

Turkey & Gravy  
Mashed Potatoes & Wheat Roll  
2<sup>nd</sup> Choice: Grilled Cheese Sandwich

**Breakfast**

Assorted Pop Tarts

**Lunch**

Taco in a Bag  
Refried Beans  
2<sup>nd</sup> Choice: Cheese Pizza

**Breakfast**

French Toast Sticks

**Lunch**

Sweet & Sour Chicken  
Brown Rice & Fortune Cookie  
2<sup>nd</sup> Choice: Chicken Fajitas

**Breakfast**

Breakfast Burrito

**Lunch**

Beefaroni  
Green Beans & Wheat Roll  
2<sup>nd</sup> Choice: Turkey & Cheese Deli sandwich

**Breakfast**

Pancake & Sausage on a Stick

**Lunch**

Chicken & Cheese Taquito  
Spanish Rice  
2<sup>nd</sup> Choice: Pigs in a Blanket

**Breakfast**

Glazed Donut Holes

**Lunch**

Breaded Drumstick  
Mashed Potatoes & Wheat Roll  
2<sup>nd</sup> Choice: Bean & Cheese Tostada Boat

**Breakfast**

Sausage Patty w/ Biscuit

**Lunch**

Nachos  
Refried Beans  
2<sup>nd</sup> choice: Pepperoni Pizza Stick

**Breakfast**

Mini Pancakes

**Lunch**

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

**Breakfast**

Breakfast Pizza

**Lunch**

Pepperoni Pizza  
Corn  
2<sup>nd</sup> Choice: General Tso Chicken w/ Brown Rice

**Breakfast**

Triangle Hash Brown & Eggs

**Lunch**

Chicken Nuggets  
Mashed Potatoes & Wheat Roll  
2<sup>nd</sup> Choice: Bean & Cheese Burrito

**Managers Choice**

Today's **Breakfast and Lunch** selections will be chosen among favorites from our cafeteria staff. **Enjoy!**

No School Memorial Day

**Managers Choice**

Today's **Breakfast and Lunch** selections will be chosen among favorites from our cafeteria staff. **Enjoy!**

**Breakfast**

Dutch Waffle

Last Day Of School Early Out

