









Middle School Lunch Menu

(Update May 2017)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Cheese Quesadillas with Beans Chips & Salsa</p> <p>_____ </p> <p>Veggie Burger with Beans</p> <p>_____ </p> <p>SunButter & Honey Sandwich</p> <p>MEATLESS MONDAY</p>	<p>Chicken Sandwich</p> <p>_____</p> <p>Spicy Chicken Wrap</p> <p>_____</p> <p>SunButter & Honey Sandwich</p> <p></p>	<p>Pork Rib Sandwich with Beans</p> <p>_____</p> <p>Deli Sandwich</p> <p>_____</p> <p>SunButter & Honey Sandwich</p> <p></p>	<p>Popcorn Chicken with Roll</p> <p>_____</p> <p>Spicy Chicken Wrap</p> <p>_____</p> <p>SunButter & Honey Sandwich</p> <p></p>	<p>Pizza</p> <p>_____</p> <p>Deli Sandwich</p> <p>_____</p> <p>SunButter & Honey Sandwich</p> <p></p>

Menu items are subject to change

Free & Reduced Student Price \$0.00 – All Meals include: Fresh Fruit, Veggie, and Milk
Full Student Price \$3.25/ Adult Price \$4.00 - All Meals include: Fresh Fruit, Veggie, and Milk

Farm to School Organic Produce Offered Upon Availability

NUSD Middle School Lunch**Friday, May 19, 2017**

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Pizza (Veggie)	474	47	763	6.58	2.77	472.73	638	59.55	9.24	25.36	51.91	18.81	9.36
Turkey & Cheese Sandwich	414	73	1124	2.50	2.34	296.26	321	1.20	0.64*	25.14	41.36	15.71	7.62
Sunbutter/Honey Sandwich	514	0	343	7.92	31.05	103.90	20	0.41	6.58*	15.65	44.69	33.69	3.40
Veggies	36	0	50	3.15	0.11	24.63	18281	4.81	0.71*	1.64	7.85	0.08	0.01
Fresh Fruit	76	0	0	2.95	0.29	21.69	403	27.29	11.48*	1.20	17.77	0.39	0.04
Milk White 1% & Fat Free	119	13	164	0.00	0.00	87.50*	125*	1.27	*N/A*	11.38	14.55	2.02	1.21

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N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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NUSD Middle School Lunch**Thursday, May 18, 2017**

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Popcorn Chicken Bites w\ roll	474	50	521	4.34	3.13	33.33*	167*	0.00*	2.02*	22.02	41.53	24.34	4.17
Chicken Tender Wrap	564	57	990	3.89	5.83	289.24	3830	1.70	0.51*	20.67	72.52	22.73	3.04
Sunbutter/Honey Sandwich	514	0	343	7.92	31.05	103.90	20	0.41	6.58*	15.65	44.69	33.69	3.40
Veggies	36	0	50	3.15	0.11	24.63	18281	4.81	0.71*	1.64	7.85	0.08	0.01
Fresh Fruit	76	0	0	2.95	0.29	21.69	403	27.29	11.48*	1.20	17.77	0.39	0.04
Milk White 1% & Fat Free	119	13	164	0.00	0.00	87.50*	125*	1.27	*N/A*	11.38	14.55	2.02	1.21

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NUSD Middle School Lunch**Wednesday, May 17, 2017**

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
BBQ Pork Rib Sandwich with beans	467	44	1170	6.08	3.62	41.25	365	1.18	8.89*	19.86	64.28	15.09	5.49
Turkey & Cheese Sandwich	414	73	1124	2.50	2.34	296.26	321	1.20	0.64*	25.14	41.36	15.71	7.62
Sunbutter/Honey Sandwich	514	0	343	7.92	31.05	103.90	20	0.41	6.58*	15.65	44.69	33.69	3.40
Veggies	36	0	50	3.15	0.11	24.63	18281	4.81	0.71*	1.64	7.85	0.08	0.01
Fresh Fruit	76	0	0	2.95	0.29	21.69	403	27.29	11.48*	1.20	17.77	0.39	0.04
Milk White 1% & Fat Free	119	13	164	0.00	0.00	87.50*	125*	1.27	*N/A*	11.38	14.55	2.02	1.21

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NUSD Middle School Lunch**Tuesday, May 16, 2017**

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chicken Breast Sandwich	420	25	640	5.00	3.24	80.00	115	9.00	4.00	21.00	45.00	17.00	3.00
Chicken Tender Wrap	564	57	990	3.89	5.83	289.24	3830	1.70	0.51*	20.67	72.52	22.73	3.04
Sunbutter/Honey Sandwich	514	0	343	7.92	31.05	103.90	20	0.41	6.58*	15.65	44.69	33.69	3.40
Veggies	36	0	50	3.15	0.11	24.63	18281	4.81	0.71*	1.64	7.85	0.08	0.01
Fresh Fruit	76	0	0	2.95	0.29	21.69	403	27.29	11.48*	1.20	17.77	0.39	0.04
Milk White 1% & Fat Free	119	13	164	0.00	0.00	87.50*	125*	1.27	*N/A*	11.38	14.55	2.02	1.21

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NUSD Middle School Lunch**Monday, May 15, 2017**

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Quesadillas Chips \ Salsa	401	20	759	8.18	4.04	241.25	706	5.23	1.00*	14.64	51.22	14.24	7.06
Cheese Veggie Burger with Beans	497	28	1104	9.12	4.87	417.70	472	11.05	3.52*	30.98	61.07	17.10	6.69
Sunbutter Sandwich	571	0	450	6.61	31.34	104.80	35	0.05	11.61*	15.80	51.26	37.50	3.45
Fresh Fruit	76	0	0	2.95	0.29	21.69	403	27.29	11.48*	1.20	17.77	0.39	0.04
Veggies	36	0	50	3.15	0.11	24.63	18281	4.81	0.71*	1.64	7.85	0.08	0.01
Milk White 1% & Fat Free	119	13	164	0.00	0.00	87.50*	125*	1.27	*N/A*	11.38	14.55	2.02	1.21

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NUSD Middle School Lunch Sinaloa Middle School

Monday	Tuesday	Wednesday	Thursday	Friday
<p>15</p> <p style="text-align: center;">Quesadillas Chips \ Salsa Cheese Veggie Burger with Beans Sunbutter Sandwich Fresh Fruit Veggies Milk White 1% & Fat Free</p> <p style="text-align: center;">View Nutrients</p>	<p>16</p> <p style="text-align: center;">Chicken Breast Sandwich Chicken Tender Wrap Sunbutter/Honey Sandwich Veggies Fresh Fruit Milk White 1% & Fat Free</p> <p style="text-align: center;">View Nutrients</p>	<p>17</p> <p style="text-align: center;">BBQ Pork Rib Sandwich with beans Turkey & Cheese Sandwich Sunbutter/Honey Sandwich Veggies Fresh Fruit Milk White 1% & Fat Free</p> <p style="text-align: center;">View Nutrients</p>	<p>18</p> <p style="text-align: center;">Popcorn Chicken Bites w\ roll Chicken Tender Wrap Sunbutter/Honey Sandwich Veggies Fresh Fruit Milk White 1% & Fat Free</p> <p style="text-align: center;">View Nutrients</p>	<p>19</p> <p style="text-align: center;">Pizza (Veggie) Turkey & Cheese Sandwich Sunbutter/Honey Sandwich Veggies Fresh Fruit Milk White 1% & Fat Free</p> <p style="text-align: center;">View Nutrients</p>



NUSD Middle School

SNACK Menu

- ❖ **Bagel** (with cream cheese LUNCH ONLY PRICE) **\$2.00**
- ❖ **Cereal** (with milk LUNCH ONLY PRICE) **\$2.00**
- ❖ **Izze Juice** (assorted) **\$1.75**
- ❖ **Frozen Yogurt** (lunch only) **\$2.00**
- ❖ **Baked Chips** (assorted) **\$1.50**
- ❖ **Rice Krispie Treat** **\$1.50**
- ❖ **Water** **\$1.00**
- ❖ **Brownie** **\$1.00**
- ❖ **Chocolate Chip Muffin** **\$1.00**
- ❖ **Clif Bar** (chocolate chip) **\$1.00**
- ❖ **Popcorn** **\$0.75**
- ❖ **Chocolate Milk** **\$0.75**
- ❖ **Chocolate Chip Cookie** **\$0.75**
- ❖ **Milk** **\$0.50**
- ❖ **Snack Pretzels** **\$0.50**
- ❖ **Fruit** **\$0.50**
- ❖ **Cream Cheese** **\$0.25**