



San Ysidro School District Student Nutrition Menu - Middle School

This institution is an equal opportunity provider

2021

September / October

Adult Meal Lunch: \$4.50 / Salad bar only
\$3.00 / Breakfast \$3.50

Offered Daily: 1% White Milk and Non-Fat Chocolate Milk

Breakfast					
	Monday	Tuesday	Wednesday	Thursday	Friday
Daily Breakfast Entrees					
	Pillsbury Mini Cinnis	La Concha	Breakfast Square	Muffin: Banana	Pancakes (2)
	Assorted Cereal & String Cheese	Assorted Cereal & String Cheese	Assorted Cereal & String Cheese	Assorted Cereal & String Cheese	Assorted Cereal & String Cheese
Fruit	Apple, Banana Selected Canned Fruit	Grapes, Oranges Juice	Apple, Banana Selected Canned Fruit	Grapes, Oranges Juice	Apple, Banana Selected Canned Fruit

Lunch					
	Monday	Tuesday	Wednesday	Thursday	Friday
Daily Specials	Meatless Monday -special			California Thursday	
	Cheese Pizza	Chicken Fajita Soft Taco w/ cheese	SEPT:Chicken oven roasted & roll/ OCT: Chicken wings (4) & Fries	Turkey & Cheese Sandwich	Chicken Patty Sandwich
2nd choice	Chicken Tenders (4) SYSD Signature Salad	Burrito: Bean & Cheese SYSD Signature Salad	Cheeseburger Yogurt & Granola Bar	Chicken Tenders (4) SYSD Signature Salad	Pepperoni Pizza Yogurt & Granoal Bar
	Meatless Monday -special			California Thursday	
Daily Specials	Grilled Cheese	Teriyaki Glazed Dunkers w/ Rice	Penne Pasta w/ Meat Sauce	Bacon Cheeseburger	Spicy Chicken Sandwich
	Chciken Tenders (4) Soy butter & Jelly Sandwich w/ String Cheese	Burrito: Beef, Bean & Red Chili SYSD Signature Salad	Pepperoni Pizza Yougurt & Granola Bar	Yogurt & Granola Bar SYSD Signature Salad	Burrito: Bean & Cheese Soy butter & Jelly Sandwich w/ String Cheese

Salad Bar	<p>A selection of fresh fruits and vegetables is offered daily</p> <p>Fruits: Apples, oranges, bananas, grapes, seasonal fruit, canned fruit, fruit cups</p> <p>Vegetables: Salad mix, corn jicama, cucumbers, carrots, beans, peas, broccoli, tomato cauliflower, celery</p>		
	<p>4350 Otay Mesa Rd. San Ysidro CA 92173</p> <p>website: sanysidrochildnutrition.com ~ 619-428-4476 ext.: 3010/ 3011</p>		