



San Ysidro School District Student Nutrition Menu - Middle School

This institution is an equal opportunity provider

2021

July/ August

Adult Meal Lunch: \$4.25 Salad bar \$3.00 Offered Daily: 1% White Milk and Non-Fat Chocolate Milk
Breakfast \$3.50

Breakfast					
	Monday	Tuesday	Wednesday	Thursday	Friday
Daily Breakfast Entrees	La Concha	Egg & bacon Sramble w/ Toast (1)	Pancakes (2)	Breakfast Square	Mini Maple Waffles
	French Toast Sticks (3)	Wild Blueberry Loaf	Yogurt w/ crackers	Muffin: Chocolate Chip	Yogurt w/ crackers
	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
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Lunch

	7/26, 8/9, 8/23	7/27, 8/10, 8/24	7/28, 8/11, 8/25	7/29, 8/12, 8/26	7/30, 8/13, 8/27
	Meatless Monday -special	Tuesday	Wednesday	California Thursday	Friday
Daily Specials	Cheese Quesdaila	French Bread Pepperoni Pizza	Red Chili Tamale	Hotdog w/ baked fries	Southwest Chil & Cheese Burrito
2nd choice	Bacon Cheeseburger	Spicy Chicken Tenders (4)	Spicy Chicken Sandwich	WG Chicken Nuggets (5)	Hamburger
	SYSD Signature Salad	Soy butter & Jelly Sandwich w/ String Cheese	SYSD Signature Salad	Yogurt & Granola Bar	SYSD Signature Salad

	8/2, 8/16, 8/30	8/3, 8/17, 8/31	8/4, 8/18, 9/1	8/5, 8/19, 9/2	8/6, 8/20, 9/3
	Meatless Monday -special	Tuesday	Wednesday	California Thursday	Friday
Daily Specials	Bean & Cheese Burrito	Orange Chicken w/ brown rice	WG Beef & Chz Chimichanga	Ham & Cheese Sandwich	WG Pepperoni Pizza Round
2nd choice	Spicy Chicken Sandwich	WG Chicken Nuggets (5)	Spicy Chicken Sandwich	Spicy ChickenTenders (3)	Bacon Cheeseburger
	SYSD Signature Salad	Yogurt & Granola Bar	SYSD Signature Salad	Yogurt & Granola Bar	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>August Pizza Days San Ysidro Middle Vista Del Mar TBD</p>	
	<p>4350 Otay Mesa Rd. San Ysidro CA 92173 website: sanysidrochildnutrition.com ~ 619-428-4476 ext.: 3010/ 3011</p>			