



San Ysidro School District Student Nutrition Menu - Middle School

This institution is an equal opportunity provider

2021

November / December

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					
	Chocolate Muffin	La Concha	Breakfast Square	Crumble cake	Assorted Bagel & Cream CHZ
	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					
	11/1, 15,29	11/2,16,30	11/3,17,12/1	11/4,18,12/2	11/5,19,12/3
Daily Specials	<b>Meatless Monday -special</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>California Thursday</b>	<b>Friday</b>
	Cheese Quesadilla	Chicken Patty Sandwich	Spaghetti w/ Marinara Meat Sauce	Turkey & Cheese Sandwich on french roll 4"	Fish Sticks (4) with two corn
2nd choice	Chicken Tenders (4) Soy butter & Jelly Sandwich w/ String Cheese	Burrito: Bean & Cheese SYSD Signature Salad	Cheeseburger Yogurt & Granola Bar	Chicken Tenders (4) SYSD Signature Salad	Pepperoni Pizza Yogurt & Granola Bar
	<b>11/8,22</b>	<b>11/9,23</b>	<b>11/10,24</b>	<b>11/12,24</b>	<b>11/13,26</b>
Daily Specials	<b>Meatless Monday -special</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>California Thursday</b>	<b>Friday</b>
	Bean, Rice and Cheese Burrito -	Orange Chicken w/ brown rice	Cheeseburger	Chicken Tamale in Red Sauce	Taco Chorizo
2nd choice	Chicken Tenders (4) Soy butter & Jelly Sandwich w/ String Cheese	Burrito: Beef, Bean & Red Chili SYSD Signature Salad	Pepperoni Pizza Yogurt & Granola Bar	Yogurt & Granola Bar SYSD Signature Salad	Chicken Tenders (4) Soy butter & Jelly Sandwich w/ String Cheese

Salad Bar	<p><b>A selection of fresh fruits and vegetables is offered daily</b></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>			