



SEPTEMBER 2014

Sudan High School Breakfast & Lunch Menu

Due to our constant pursuit of excellence SFE will enhance our menus through students feedback, surveys, parent meetings, recipe development and marketing trends.

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
	Chicken Sandwich Cheese Pizza Fresh Fruit & Vegetable Bar Corn on the Cob Variety of Milk	Beef & Bean Burrito Beef & broccoli Fresh Fruit & Vegetable Bar Steam Carrots Variety of Milk	Chicken Nuggets BBQ Sliders Fresh Fruit & Vegetable Bar Baked Beans Variety of Milk	Beefy Baked Rotini Chicken Nachos Fresh Fruit & Vegetable Bar Green Beans Variety of Milk
	Breakfast Apple Cinnamon Nutrigrain Bar Juice Assorted Cereal	Breakfast Blueberry Muffin Juice Assorted Cereal	Breakfast Blueberry Parfait Fresh Fruit Selection Assorted Cereal	Breakfast HM Cinnamon Roll Fresh Fruit Selection Assorted Cereal
Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
Mini Corndogs Beef Tacos Charro Beans Fresh Fruit & Vegetable Bar Variety of Milk	Beef Fingers Open Faced Turkey Sandwich Mashed Potatoes w/ Gravy Fresh Fruit & Vegetable Bar Variety of Milk	BBQ Slider Bibs Glazed Chicken Steamed Carrots Fresh Fruit & Vegetable Bar Variety of Milk	Cheese Pizza Spaghetti W/ Meatballs Green Beans Fresh Fruit & Vegetable Bar Variety of Milk	Beef and Broccoli Hamburger Steamed Broccoli Fresh Fruit & Vegetable Bar Variety of Milk

Breakfast Breakfast on a Stick Banana Assorted Cereal	Breakfast Bean & Cheese Burrito Fresh Apple Assorted Cereal	Breakfast Blueberry Muffin Juice Assorted Cereal	Breakfast Breakfast Casserole Fresh Apple Assorted Cereal	Breakfast HM Cinnamon Roll Juice Assorted Cereal
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
Bean And Cheese Burrito Chicken Nuggets Steamed Broccoli Fresh Fruit & Vegetable Bar Assorted Cereal	Orange Chicken Cheeseburger Steamed Carrots Fresh Fruit & Vegetable Bar Assorted Cereal	Beef Fingers Breaded Baked Chicken Mashed Potatoes w/ Gravy Fresh Fruit & Vegetable Bar Assorted Cereal	Beef Tacos Pepperoni Pizza Green Beans Fresh Fruit & Vegetable Bar Assorted Cereal	Beef & Broccoli Beef Lasagna Black Beans Fresh Fruit & Vegetable Bar Assorted Cereal
Breakfast Banana Loaf Juice Variety of Milk	Breakfast Chicken Biscuit Sandwich Fresh Apple Variety of Milk	Breakfast Blueberry Parfait Banana Variety of Milk	Breakfast Blueberry Muffin Fresh Apple Variety of Milk	Breakfast HM Cinnamon Roll Fresh Fruit Selection Variety of Milk
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
Mini Corndogs Bacon Cheese Burger Potato Wedges Fresh Fruit & Vegetable Bar Variety of Milk	Popcorn Chicken BBQ Beef Dippers Steamed Carrots Fresh Fruit & Vegetable Bar Variety of Milk	Bean & cheese tostada Beef Nachos Pinto Beans Fresh Fruit & Vegetable Bar Variety of Milk	Cheese Pizza Breaded Baked Chicken Green Beans Fresh Fruit & Vegetable Bar Variety of Milk	Spaghetti w/ Meatballs Cheese Enchiladas Steamed Broccoli Fresh Fruit & Vegetable Bar Variety of Milk

Breakfast Breakfast Bowl Fresh Apple Assorted Cereal	Breakfast Blueberry Parfait Fresh Pear or Fresh Orange Assorted Cereal	Breakfast Apple Frudel Fresh Orange or Apple Assorted Cereal	Breakfast Apple Cinnamon Muffin Fresh Grapes Assorted Cereal	Breakfast HM Cinnamon Roll Juice Assorted Cereal
Monday 29	Tuesday 30	Wednesday 1	Thursday 02	Friday 03
Baked Penne Beef Quesadilla Pinto Beans Fresh Fruit & Vegetable Bar Variety of Milk Hamburger	Beef Enchilada Grilled Cheese Steamed Carrots Fresh Fruit & Vegetable Bar Variety of Milk	Beef Tacos BBQ Slider Steamed Broccoli Fresh Fruit & Vegetable Bar Variety of Milk	Beef & Broccoli Spaghetti w/ Meatballs Green Beans Fresh Fruit & Vegetable Bar Variety of Milk	Pepperoni Pizza Beef & bean Burrito Potato Wedges Fresh Fruit & Vegetable Bar Variety of Milk
Breakfast Breakfast Pizza Banana Assorted Cereal	Breakfast Apple Cinnamon Muffin Fresh Pear or Fresh Orange Assorted Cereal	Breakfast Blueberry snack'n Waffle Juice Assorted Cereal	Breakfast Breakfast on a Stick Fresh Apple Assorted Cereal	Breakfast HM Cinnamon Roll Juice Assorted Cereal

Offered Daily Hamburger CheeseBurger Pizza Chicken Sandwich		Meal Prices Paid: \$1.60 Reduced: \$0.40 Adult 2.80 Paid Breakfast: 1.00 Reduced Breakfast: .40 Adult Breakfast: \$2.80 Milk: \$0.50
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