

Sudan High School Lunch Menu

Fruit and vegetables offered daily.

September
2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Labor Day- No School	2 Soft Beef Tacos Creamy Chicken Enchilada Bake Spanish Rice Charro Beans Cucumber Slices Applesauce Fresh Orange Choice of Milk	3 Crispy Chicken Nuggets Chicken Fried Steak Dinner Roll Mashed Potatoes Garden Salad Sliced Peaches Fresh Apple Choice of Milk	4 Homemade Pepperoni Pizza Cheese Calzone Garlic & Herb Broccoli Caesar Side Salad Diced Pears Fresh Grapes Choice of Milk	5 All American Hamburger on a Bun Classic Cheeseburger Hotdog French Fries Lettuce and Tomato Mixed Fruit Fresh Apple Choice of Milk
8 Orange Chicken Brown Rice, WG Egg Roll Pork/Veg 1.5oz frozen Glazed Carrots Grapefruit Orange Coleslaw Diced Pears Fresh Apple Choice of Milk	9 Beef Nachos Cheese Quesadilla Spanish Rice Refried Beans Lettuce, Tomato and Cheese Pineapple Tidbits Fresh Orange Choice of Milk	10 Crispy Chicken Tenders Dinner Roll Oven Roasted Chicken French Fries Baby Carrots Applesauce Fresh Pear Choice of Milk	11 Homemade Cheese Pizza Hot Italian Sub Roasted Broccoli Caesar Side Salad Diced Pears Fresh Grapes Choice of Milk	12 Crispy Chicken Sandwich Toasted Cheese Sandwich Corn on the Cob Lettuce and Tomato Sliced Peaches Apple Choice of Milk
15 Chicken Alfredo w/Pasta Chicken Parmesan w/Pasta Garlic Breadstick Roasted Carrots Cherry Tomato Mandarin Oranges Fresh Apple Choice of Milk	16 Chicken Crispito Mexican Brown Rice Taco Salad Spiced Pinto Beans Firenze Corn Salad Mixed Fruit Fresh Orange Choice of Milk	17 Steak Fingers Oven Fried Chicken Leg Dinner Roll Mashed Potatoes Broccoli Florets Sliced Peaches Fresh Pear Choice of Milk	18 Homemade Sausage Pizza Italian Beef Lasagna Garlic Breadstick Steamed Green Beans Caesar Side Salad Diced Pears Fresh Grapes Choice of Milk	19 Corn dog Spicy Chicken Sandwich French Fries Creamy Coleslaw Pineapple Tidbits Fresh Apple Choice of Milk
22 Parent/Teacher Conferences- No School	23 Soft Beef Tacos Creamy Chicken Enchilada Bake Spanish Rice Charro Beans Cucumber Slices Fruit Salsa Fresh Orange Choice of Milk	24 Crispy Chicken Nuggets Chicken Fried Steak Whole Grain Dinner Roll Mashed Potatoes Garden Salad Sliced Peaches Fresh Pear Choice of Milk	25 Homemade Pepperoni Pizza Cheese Calzone Garlic & Herb Broccoli Caesar Side Salad Diced Pears Fresh Grapes Choice of Milk	26 All American Hamburger on a Bun Classic Cheeseburger Hotdog French Fries Lettuce and Tomato Pineapple Tidbits Fresh Apple Choice of Milk
29 Orange Chicken Brown Rice, WG Egg Roll Glazed Carrots Grapefruit Orange Coleslaw Mandarin Oranges Fresh Apple Choice of Milk	30 Beef Nachos Cheese Quesadilla Refried Beans Lettuce, Tomato and Cheese Pineapple Tidbits Fresh Orange Choice of Milk	1		

PRICES

Student
Adult
Extra Milk

Free
\$4.50
\$.75

EXTRA INFO

Choice of Milk: 1% White or FF Chocolate

For questions please contact:
Tonya Draper- Food Service Director
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HARVEST OF



THE MONTH

Menus and nutrition
our app
Taher Food4Life®



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