

# SONORA ISD MIDDLE SCHOOL GRADES 7<sup>TH</sup> – 8<sup>TH</sup>

# SEPT

## MENU 2023

### STATE FAIR DALLAS



#### ANNOUNCEMENTS:

#### SALADS

**TUESDAY:  
CHEF SALAD**

**THURSDAY:  
CRISPY CHICKEN**

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

1  
TURKEY, BACON, SWISS SAND  
CHIPS  
TOMATO CUP  
GARDEN SALAD  
PEAR CUP  
MILK VARIETY

4 BREADED DRUMSTICK  
BISCUIT  
GARDEN SALAD  
SWEET POTATOES  
APPLESAUCE  
MILK VARIETY

5 FRITO PIE  
PINTO BEANS  
FRESH VEGGIE CUP  
CHILLED PINEAPPLE  
RICE KRISPIE TREAT  
MILK VARIETY

6 CHEESY BREADSTICKS  
MARINARA SAUCE  
STEAMED BROCCOLI  
FRESH FRUIT  
MILK VARIETY

7 CHICKEN PARMESAN  
(CHICKEN & SPAGHETTI)  
ROLL, CORN  
SAVORY GREEN BEANS  
PEACHES  
MILK VARIETY

8 CHICKEN WINGS  
CHIPS  
FRESH CELERY  
FRESH CARROTS  
FRUIT CUP, SHERBET  
MILK VARIETY

11 CORN DOG  
FRENCH FRIES  
FRESH CARROTS  
FRUITY GELATIN  
MILK VARIETY

12 NACHO GRANDE  
SALSA, REFREID BEANS  
CUCUMBERS  
APRICOTS, ICE CREAM  
MILK VARIETY

13 ASIAN BOWL / NOODLES  
EGG ROLL  
STEAMED BROCCOLI  
CORN  
MANDARIN ORANGES  
MILK VARIETY

14 CHEESEBURGER MAC  
ROLL  
WINTER BLEND  
GLAZED CARROTS  
FRESH FRUIT, COOKIE  
MILK VARIETY

15 **NOON RELEASE**  
CRISPY CHICKEN SAND  
CHIPS  
FRESH VEGGIE CUP  
GARDEN SALAD  
FRUIT CUP  
MILK VARIETY

18 PIZZA  
SAVORY GREEN BEANS  
GARDEN SALAD  
PEACHES  
MILK VAREITY

19 CHICKEN STRIPS  
ROLL, GRAVY  
MASHED POTATOES  
CALIFORNIA BLEND  
STRAWBERRIES  
MILK VARIETY

20 CRISPY TACOS  
SALSA  
PINTO BEANS  
FRESH CARROTS  
SNOWBALL SALAD, SHERBET  
MILK VARIETY

21 POPCORN CHICKEN  
ROLL  
CORN  
FRESH BROCCOLI  
APPLE SLICES  
CAKE  
MILK VARIETY

22 CHILI CHEESE HOT DOG  
TATER TOTS  
TOMATO CUP  
APPLESAUCE  
MILK VARIETY

25 MEAT & CHEESE CHALUPA  
REFRIED BEANS  
CORN  
ORANGES, PUDDING  
MILK VARIETY

26 TURKEY, HAM, CHS, WRAP  
FRENCH FRIES  
FRESH VEGGIE CUP  
STRAWBERRIES & BANANA  
MILK VARIETY

27 CHICKEN NUGGETS  
MAC & CHEESE  
GLAZED CARROTS  
ZUCHINNI & YELLOW SQUASH  
GRAPES  
MILK VARIETY

28 STEAK FINGERS  
ROLL, CORN  
FRENCH FRIES  
CUCUMBERS  
APPLESAUCE, COOKIE  
MILK VAIRETY

29 BACON CHEESEBURGER  
CHIPS  
TOMATO CUP  
GARDEN SALAD  
JEWELED PEARS  
MILK VARIETY



Food and Nutrition Division  
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

This product was funded by USDA.  
This institution is an equal opportunity provider.



Updated 9/1/2023  
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