

MTN. SHADOWS MIDDLE SCHOOL



September

2018



Monday INSIDE

GALAXY PIZZA
C 300 F12 SF 4 CHO 33

KIOSK

MINI CHEESE BURGERS
C 287 F 8.1 SF 3 CHO 34.3

Tuesday INSIDE

FRENCH BREAD PIZZA
C 310 F 12 SF 4.5 CHO 34

KIOSK

**ORIENTAL CHICKEN

Wednesday INSIDE

STUDENT'S CHOICE
*SEE CHART →

KIOSK

CALZONE
C 410 F 16 SF 7 CHO 47

Thursday INSIDE

COOK'S CHOICE
*SEE CHART →

KIOSK

CHICKEN TENDERS
C 250 F 10 SF 1.5 CHO 15

Friday INSIDE

SPICY CHICKEN SANDWICH
C 350 F 13 SF 2.5 CHO 42

KIOSK

CORN DOG
C 238 F 9.2 SF 2.5 CHO 27.8



****Please Note****
Everyone pays until letter of approval is received

OFFERED DAILY INSIDE:

YOGURT/GRANOLA
C 290 F 4 SF 1.7 CHO 57
PB & J
C 300 F 17 SF 3 CHO 32

*Student's Choice:

9/5/18 Mozzarella Sticks
C 300 F 12 SF 7 CHO 36
9/12/18 Beef Taco Stick
C 345 F 12.82 SF 8.35 CHO 31.87
9/19/18 BBQ Chicken Flatbread
C 320 F 10 SF 5 CHO 38
9/26/18 Chicken Fajita
C 212 F 5.98 SF 1.8 CHO 24.6

*Cook's Choice:

9/6/18 Chicken Tacos
C 212 F 4.48 SF .8 CHO 18
9/13/18 Pork Rib B Que Sandwich & Tater Tots
C 311 F 9.6 SF 2.4 CHO 38.1
C 120 F 7 SF 1 CHO 14
9/20/18 Beef Tostada Boat
C 302 F 18.05 SF 5.22 CHO 14.28
9/27/18 Pork Chop & Mashed Potatoes
C 200 F 8.7 SF 2.6 CHO 16.6
C 80 F .5 SF 0 CHO 16



Choice Of: 1% White Milk, Nonfat Chocolate Milk & Strawberry Milk Offered with every meal.

*All grains served are Whole Grain Rich (WGR)

Lunch Applications

- ✓ One must be filled out yearly.
 - ✓ One Lunch Application per household.
 - ✓ Lunch is \$2.25
 - ✓ Breakfast is Free to everyone.
- Questions: (951) 928-2758

**2017-2018 Eligibility Statuses will Expire
9/14/18**

Make payments conveniently online at:
www.k12paymentcenter.com

You may apply for
free or reduced priced meals at:
www.lunchapplication.com



****Orange Chicken**

C 268 F 3.88 SF .68 CHO 43.39

****Spicy Sichuan Chicken**

C 198 F 2.88 SF .68 CHO 28.39

ALL LUNCHES INCLUDE SALAD BAR
C=Calories, F=Fat, SF=Saturated Fat, CHO=Carbohydrates
Menu subject to change without notice

"This institution is an equal opportunity provider." "Esta institución es un proveedor que ofrece igualdad de oportunidades."