

Mountain Shadows Middle School

October 2019 Lunch Menu

Monday

- Jalapeno Cheese Nachos
- BBQ Burger
- PBJ
- Yogurt



Tuesday

- Oriental Chicken & Rice Bowl
- Calzone or Deli Sandwich
- PBJ
- Yogurt

Wednesday

- Galaxy Pizza
- 10/2/19: Pulled Pork Sandwich
- 10/9/19: Spanish Rice & Carnitas
- 10/16/19: Hot Dog
- 10/23/19: Pork Chops & Mashed Potatoes
- 10/30/19: Mashed Potato Bowl w/ Buffalo Chicken

Thursday

- Chicken Sandwich
- 10/3/19: Carnitas Taco Boat
- 10/10/19: Chicken Fajitas Torta
- 10/17/19: BBQ Pizza
- 10/24/19: Chili Cheese Fries
- 10/31/19: Chicken Tacos

Friday

- Mini Cheeseburgers
- Corn Dog
- PBJ
- Yogurt

Lunch Application Reminders:

- One must be filled out annually.
 - Everyone pays until letter of approval is received.
 - One lunch application per household.
 - Lunch is \$2.25
 - Breakfast is free to everyone.
- Questions: (951) 928-2758

Make payments conveniently online at:
www.k12paymentcenter.com

Please complete a lunch application online at:
www.lunchapplication.com
Or pick one up at your students school.

Choice of Milk: 1% Milk, Nonfat Chocolate Milk and Strawberry Milk offered with every meal.

Variety of fresh vegetables, fruits and salad available at salad bar daily.

All grains served are Whole Grain Rich

MENU SUBJECT TO CHANGE WITHOUT NOTICE

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