

Mountain Shadows Middle School

September 2019 Lunch Menu

Monday

- Queso Blanco Nachos
- Mini Cheeseburgers
- PBJ
- Yogurt



Tuesday

- Oriental Chicken & Rice Bowl
- Calzone
- PBJ
- Yogurt

Wednesday

- Personal Pizza/Pork Rib B Que Sandwich
- 9/4/19: Spanish Rice & Fajitas
- 9/11/19: Chili Mac
- 9/18/19: Mashed Potato Bowl w/ Crispy Chicken
- 9/25/19: Pork Chops & Mashed Potatoes

Thursday

- Spicy Chicken Sandwich
- 9/5/19: Chicken Tacos
- 9/12/19: Carnitas Quesadilla
- 9/19/19: Beef Taco Chalupa
- 9/26/19 Chili Cheese Tots

Friday

- Mozzarella Sticks
- Hot Ham & Cheese Sandwich on a Roll/Tuna Sandwich
- 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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