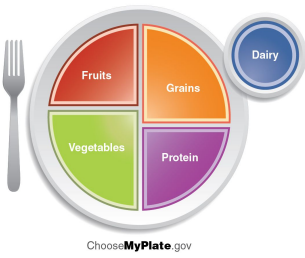


# Irvine Unified School District Middle School Menu August 2019

A lunch meal is comprised of five components based on MyPlate. A meal must have 3-5 components. Students must take a ½ Cup fruit or a vegetable with a meal.  
This is not optional.

**Served Daily**  
\*Papa John's Pizza  
+Pick Up Stix  
Variety of Fruit Fresh  
Canned Fruit  
Dried Fruit  
100% Fruit Juice  
1% Milk  
1% chocolate Milk

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Korean Beef and Rice Bowl Texas Cheese Toast V Fiesta Chicken Bowl Asian Chicken Salad Caesar Salad Variety of Sandwiches Sweet Corn Niblets Sugar Snap Peas <b>Breakfast Sandwich</b>	2 Chicken Corn Dog Greek Yogurt, Whole Grain Muffin, String Cheese V Bacon Cheeseburger Turkey Bacon Wrap Variety of Sandwiches Fresh Side Salad X-Ray Vision Carrots <b>Breakfast Bowl</b>
5 Beef Taco Roll Up Nacho Bean Dip with Tortilla Chips V Hot & Spicy Chicken Tenders, Roll Cheese Enchiladas, Rice & Beans Variety of Sandwiches X-Ray Vision Carrots Shelled Edamame <b>Side Kicks</b> <b>Breakfast Bowl</b>	6 MaxStix V & Marinara Sauce Popcorn Chicken Bowl, Roll BBQ Chicken Salad & Tortilla Chips Variety of Sandwiches X-Ray Vision Carrots Vine Ripe Tomatoes  <b>Breakfast Sandwich</b>	7 Beef Picadillo Medley & Lime  Rice, Dinner Roll Chicken Tenders & Waffle Fries Chicken Fajita Wrap Chef's Salad Variety of Sandwiches Fresh Side Salad Crunchy Cucumbers <b>Side Kicks</b>  <b>Breakfast Bowl</b>	8 Teriyaki Chicken Dippers, Rice  Mini Veggie Burgers V Fiesta Chicken Bowl Asian Chicken Salad Caesar Salad Variety of Sandwiches Sweet Corn Niblets Sugar Snap Peas  <b>Breakfast Sandwich</b>	9 Cheeseburger Sliders Hearty Meat Lasagna Roll Up & Dinner Roll <b>Cheesy Lasagna Roll Up V &amp; Dinner Roll</b> Bacon Cheeseburger Turkey Bacon Wrap Variety of Sandwiches Fresh Side Salad X-Ray Vision Carrots <b>Breakfast Bowl</b>
12 <b>Beef Pepperoni Pizza Pocket</b>  Hot & Spicy Chicken Tenders, Roll Cheese Enchiladas, Rice & Beans Variety of Sandwiches X-Ray Vision Carrots Shelled Edamame <b>Side Kicks</b> <b>Breakfast Bowl</b>	13 Chicken Giggle Nuggets Popcorn Chicken Bowl, Roll BBQ Chicken Salad & Tortilla Chips Variety of Sandwiches X-Ray Vision Carrots Vine Ripe Tomatoes  <b>Breakfast Sandwich</b>	14 Spaghetti and Meat Sauce & <b>Garlic Toast Side</b> Macaroni and Cheese V Chicken Tenders & Waffle Fries  Chicken Fajita Wrap Caesar Salad Fresh Side Salad Shelled Edamame <b>Side Kicks</b> <b>Breakfast Bowl</b>	15 Chicken Lil Sliders Nacho Cheesy Bites V Fiesta Chicken Bowl Asian Chicken Salad Caesar Salad Variety of Sandwiches Sweet Corn Niblets Crunchy Cucumber  <b>Breakfast Sandwich</b>	16 Chicken Tenders and Potato  Emojis Greek Yogurt, Cheese and Muffin V Bacon Cheeseburger Turkey Bacon Wrap Variety of Sandwiches Fresh Side Salad X-Ray Vision Carrots <b>Breakfast Bowl</b>
19  Staff Development Day	20 Beef Hot Dog Big Bad Bean & Cheese Burrito V Popcorn Chicken Bowl, Roll BBQ Chicken Salad & Tortilla Chips Variety of Sandwiches X-Ray Vision Carrots Vine Ripe Tomatoes <b>Breakfast Sandwich</b>	21 Chicken Patty on a Bun Cheese Ravioli & Marinara V Chicken Tenders & Waffle Fries  Chicken Fajita Wrap Caesar Salad Variety of Sandwiches Fresh Side Salad Crunchy Cucumbers <b>Side Kicks</b> <b>Breakfast Bowl</b>	22 <b>First Day Of School</b> Chicken Nuggets Fiesta Chicken Bowl Asian Chicken Salad Caesar Salad Variety of Sandwiches Sweet Corn Niblets Sugar Snap Peas <b>Breakfast Sandwich</b>	23 Classic Hamburger Rotini Noodles & Marinara V & Dinner Roll Bacon Cheeseburger Turkey Bacon Wrap Variety of Sandwiches Edamame X-Ray Vision Carrots Potato Wedges <b>Breakfast Bowl</b>
26 Mini Turkey Corn Dogs Hot & Spicy Chicken Tenders, Roll Cheese Enchiladas, Rice & Beans Variety of Sandwiches X-Ray Vision Carrots Shelled Edamame Potato Wedges <b>Side Kicks</b> <b>Breakfast Bowl</b>	27 Beef Taco Roll Up Grilled Cheese Sandwich V Popcorn Chicken Bowl, Roll BBQ Chicken Salad & Tortilla Chips Variety of Sandwiches X-Ray Vision Carrots Vine Ripe Tomatoes  <b>Breakfast Sandwich</b>	28 BBQ Teriyaki Chicken & Rice Chicken Tenders & Waffle Fries  Chicken Fajita Wrap Caesar Salad Variety of Sandwiches Fresh Side Salad Crunchy Cucumbers Potato Wedges <b>Side Kicks</b> <b>Breakfast Bowl</b>	29 Classic Cheeseburger MaxStix & Marinara Sauce V Fiesta Chicken Bowl Asian Chicken Salad Caesar Salad Variety of Sandwiches Sweet Corn Niblets Sugar Snap Peas  <b>Breakfast Sandwich</b>	30 Chicken Nuggets, Roll Sabra Hummus, String Cheese & Pita Bacon Cheeseburger Turkey Bacon Wrap Variety of Sandwiches Fresh Side Salad X-Ray Vision Carrots Potato Wedges  <b>Breakfast Bowl</b>



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