

## Irvine Unified School District Middle School Menu September 2019

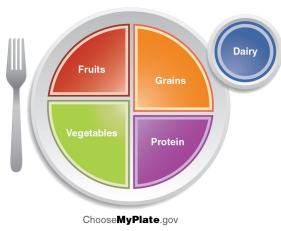
A lunch meal is comprised of five components based on MyPlate. A meal must have 3-5 components. Students must take a ½ Cup fruit or a vegetable with a meal.  
**This is not optional.**

**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
<p>2</p> <p style="font-size: 1.2em; font-weight: bold;">Labor Day</p>	<p>3 Fajita Chicken &amp; Mexican Rice Chicken Chow Mein Bowl Cheese Quesadilla V Popcorn Chicken Bowl with Roll BBQ Chicken Salad &amp; Tortilla Chips Variety of Sandwiches X-Ray Vision Carrots Vine Ripe Tomatoes</p>	<p>4 Beef Tacos Rotini Noodles &amp; Marinara V <b>Garlic Toast Side</b> Chicken Tenders and waffle fries Chicken Fajita Wrap Chef's Salad Variety of Sandwiches Fresh Side Salad Crunchy Cucumber Potato Wedges <b>Side Kicks</b></p>	<p>5 Korean Beef and Rice Bowl Texas Cheese Toast V Fiesta Chicken Bowl Caesar Salad Asian Chicken Salad Variety of Sandwiches Sweet Corn Niblets Shelled Edamame</p>	<p>6 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 Potato Wedges</p>
<p>9 Beef Taco Roll Up Nacho Bean Dip with Tortilla Chips V Hot and Spicy Chicken Tenders and Roll Cheese Enchiladas Rice &amp; Beans Asian Chicken Salad Variety of Sandwiches X-Ray Vision Carrots Shelled Edamame Potato Wedges <b>Side Kicks</b></p>	<p>10 Chicken Chow Mein Bowl MaxStix V &amp; marinara sauce Popcorn Chicken Bowl with Roll BBQ Chicken Salad &amp; Tortilla Chips Variety of Sandwiches X-Ray Vision Carrots Vine Ripe Tomatoes</p>	<p>11 Beef Picadillo Medley with lime rice Dinner Roll Chicken Tenders and waffle fries Chicken Fajita Wrap Chef's Salad Variety of Sandwiches Fresh Side Salad Crunchy Cucumbers Potato Wedges <b>Side Kicks</b></p>	<p>12 Teriyaki Chicken Dippers and Rice Mini Veggie Burgers V Fiesta Chicken Bowl Caesar Salad Asian Chicken Salad Variety of Sandwiches Sweet Corn Niblets Sugar Snap Peas</p>	<p>13 Cheeseburger Sliders Hearty Meat Lasagna Roll Up Cheesy Lasagna Roll Up V Bacon Cheeseburger Turkey Bacon Wrap Variety of Sandwiches Fresh Side Salad X-Ray Vision Carrots Potato Wedges</p>
<p>16 Beef Pepperoni Pizza Pocket Hot and Spicy Chicken Tenders and Roll Cheese Enchiladas Rice &amp; Beans Asian Chicken Salad Variety of Sandwiches X-Ray Vision Carrots Shelled Edamame Potato Wedges <b>Side Kicks</b></p>	<p>17 Chicken Chow Mein Bowl Popcorn Chicken Bowl with Roll BBQ Chicken Salad &amp; Tortilla Chips Variety of Sandwiches X-Ray Vision Carrots Vine Ripe Tomatoes</p>	<p>18 Spaghetti and Meat Sauce <b>Garlic Toast Side</b> Macaroni and Cheese V Chicken Tenders and waffle fries Chicken Fajita Wrap Chef's Salad Fresh Side Salad Shelled Edamame Potato Wedges <b>Side Kicks</b></p>	<p>19 Chicken Lil Sliders Nacho Cheesy Bites V Fiesta Chicken Bowl Caesar Salad Asian Chicken Salad Variety of Sandwiches Sweet Corn Niblets Sugar Snap Peas</p>	<p>20 Chicken Tenders and Potato Emoji Greek Yogurt, Cheese and Muffin V Bacon Cheeseburger Turkey Bacon Wrap Variety of Sandwiches Fresh Side Salad X-Ray Vision Carrots Potato Wedges</p>
<p>23 Teriyaki Beef Dippers &amp; Rice Hot and Spicy Chicken Tenders and Roll Cheese Enchiladas Rice &amp; Beans Asian Chicken Salad Variety of Sandwiches X-Ray Vision Carrots Shelled Edamame Potato Wedges <b>Side Kicks</b></p>	<p>24 Beef Hot Dog Bean and Cheese Burrito V Chicken Chow Mein Bowl Popcorn Chicken Bowl with Roll BBQ Chicken Salad &amp; Tortilla Chips Variety of Sandwiches X-Ray Vision Carrots Vine Ripe Tomatoes</p>	<p>25 Chicken Patty on a Bun Chicken Tenders and waffle fries Chicken Fajita Wrap Chef's Salad Variety of Sandwiches Fresh Side Salad Crunchy Cucumbers Potato Wedges <b>Side Kicks</b></p>	<p>26 Chicken Nuggets Cheese Ravioli &amp; Marinara V <b>Garlic Toast Side</b> Fiesta Chicken Bowl Caesar Salad Asian Chicken Salad Variety of Sandwiches Sweet Corn Niblets Sugar Snap Peas</p>	<p>27 Classic Hamburger Rotini Noodles &amp; Marinara V <b>Dinner Roll</b> Bacon Cheeseburger Turkey Bacon Wrap Variety of Sandwiches Fresh Side Salad X-Ray Vision Carrots Potato Wedges</p>
<p>30 Mini Turkey Corn Dogs Hot and Spicy Chicken Tenders and Roll Cheese Enchiladas Rice &amp; Beans Asian Chicken Salad Variety of Sandwiches X-Ray Vision Carrots Shelled Edamame Potato Wedges <b>Side Kicks</b></p>				



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