

# RAUL YZAGUIRRE SCHOOLS Lunch Menu Middle/High

# JUN

## MENU 2023

### GEAR UP FOR PUSH-UP CHALLENGE



**ANNOUNCEMENTS:**  
Menu is subject to change without notice due to availability of food. All meals are offered with a choice of milk (Unflavored or flavored 1% low fat or fat free), fresh fruit, and appropriate condiments



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 <sup>ST</sup> Chicken Enchilada Sub Sandwich Spanish Rice Pinto Beans Green Beans Peaches Sliced	2 <sup>ND</sup> French Pizza Romain Lettuce w/Dressing Baby Carrots Banana Pudding Fresh Pear
5 <sup>TH</sup> Teacher Preparation Day	6 <sup>TH</sup> Breadsticks Sub Sandwich Mixed Green Salad Buffalo Cauliflower Fruit Cocktail	7 <sup>TH</sup> Chicken Quesadilla Hawaiian Ham & Cheese Salad Carrots Coins Garlic Parmesan Green Beans, Diced Pears	8 <sup>TH</sup> Nachos w/ Ground Beef or Sub Sandwich Sweet Corn Refried Beans Sugar Cookie Orange Wedges	9 <sup>TH</sup> Beef Burger w/Cheese Mayo and Ketchup Potato Smiles Hamburger Fixings Watermelon Cubes
12 <sup>TH</sup> Hot Dogs Chef Salad Sweet Potato Fries Mix Vegetables Cherry and Pineapple	13 <sup>TH</sup> Lasagna Roll Up Sub Sandwich Cucumber and Tomato Salad Jicama Sticks, Breadstick Melon Mix Cup	14 <sup>TH</sup> Chicken Drumsticks Fruit Chicken Salad Broccoli w/Cheese Street Corn, Dinner Roll Macaroni Salad Fruit Mix	15 <sup>TH</sup> Chicken Enchilada Sub Sandwich Spanish Rice Pinto Beans Green Beans Peaches Sliced	16 <sup>TH</sup> French Pizza Romain Lettuce w/Dressing Baby Carrots Banana Pudding Fresh Pear
19 <sup>TH</sup> Chicken Tenders Southwest Salad Crunchy Broccoli Sweet Potato Crinkles Dinner Roll Fruit Cocktail	20 <sup>TH</sup> Breadsticks Sub Sandwich Mixed Green Salad Buffalo Cauliflower Fruit Cocktail	21 <sup>ST</sup> Chicken Quesadilla Hawaiian Ham & Cheese Salad Carrots Coins Garlic Parmesan Green Beans, Diced Pears	22 <sup>ND</sup> Nachos w/ Ground Beef or Sub Sandwich Sweet Corn Refried Beans Sugar Cookie Orange Wedges	23 <sup>RD</sup> Beef Burger w/Cheese Mayo and Ketchup Potato Smiles Hamburger Fixings Watermelon Cubes
26 <sup>TH</sup> Hot Dogs Chef Salad Sweet Potato Fries Mix Vegetables Macaroni Salad Cherry and Pineapple	27 <sup>TH</sup> Lasagna Roll Up Sub Sandwich Cucumber and Tomato Salad Jicama Sticks, Breadstick Melon Mix Cup	28 <sup>TH</sup> Chicken Drumsticks Fruit Chicken Salad Broccoli w/Cheese Street Corn, Dinner Roll Macaroni Salad Fruit Mix	29 <sup>TH</sup> Chicken Enchilada Sub Sandwich Spanish Rice Pinto Beans Green Beans Peaches Sliced	30 <sup>TH</sup> French Pizza Romain Lettuce w/Dressing Baby Carrots Banana Pudding Fresh Pear



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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Food and Nutrition Division  
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