



San Ysidro School District Student Nutrition Menu - Middle School

This institution is an equal opportunity provider

2023

Febuary/March/April/May

Adult Meal Lunch: \$4.50 / Salad bar
only \$3.00 / Breakfast \$3.50

Offered Daily: 1% White Milk and
Non-Fat Chocolate Milk

Breakfast					
Daily Breakfast Entrees	Monday	Tuesday	Wednesday	Thursday	Friday
	Pillsbury Mini Cinnis	La Concha	Sausage and Biscuit	Mini Maple Waffles	Assorted Muffin
	Yogurt 8 oz w/ Honey Graham crackers	Yogurt 8 oz w/ Honey Graham crackers	Yogurt 8 oz w/ Honey Graham crackers	Yogurt 8 oz w/ Honey Graham crackers	Yogurt 8 oz w/ Honey Graham crackers
Fruit	Assorted Cereal & String Cheese	Assorted Cereal & String Cheese	Assorted Cereal & String Cheese	Assorted Cereal & String Cheese	Assorted Cereal & String Cheese
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Fresh Fruit	Juice	Fresh Fruit	Juice	Fresh Fruit
Lunch					
Daily Entrees	2/13,27- 3/13- 4/10,24- 5/8,22	2/14,28- 3/14- 4/11,25- 5/9,23	2/1,15-3/1,15-4/13,26-5/10,24	2/2,16-3/2,16-4/14,27-5/11,25	2/3-3/3,17-4/15,28-5/12,26
	Meatless Monday -special	Tuesday	Wednesday	California Thursday	Friday
	Cheese Pizza	Orange Chicken w/ brown Rice	Meat Sauce and Pasta	Chicken Tamale in Red Sauce	Chicken Wings (3) w/roll
	Chicken Tenders (4)w/MJM cookie	Burrito: Bean & Cheese	Buffalo/Teryaki Chicken Burger	Cheese Stick w/ Marinara Sauce	Hamburger
	Sun butter & Jelly Sandwich w/ String Cheese	SYSD Signature Salad	Yougurt & Benefit Bar	SYSD Signature Salad	Yogurt & Benefit Bar
Daily Entrees	2/6-3/6-4/3,17-5/1,15	2/7,21-3/7-4/4,18-5/2,16,30	2/8,22-3/8-4/5,19-5/3,17,31	2/9,23-3/9-4/6,20-5/4,18	2/10,24-3/10-4/7,21-5/5,19
	Meatless Monday -special	Tuesday	Wednesday	California Thursday	Friday
	Nachos	Chicken and Rice	Turkey & Cheese Sandwich w/ Baked Chips	Drumstick w/Roll	Peperoni Pizza
	Cheeseburger	Burrito: Beef, Bean , CHZ & Salsa	Tenders (4)	Corndog	BBQ Pulled Pork over Potatoes
	Sun butter & Jelly Sandwich w/ String Cheese	SYSD Signature Salad	Yougurt & Benefit Bar	Pizza Salad	Yogurt & Benefit Bar
Salad Bar	A selection of fresh fruits and vegetables is offered daily				
	Domino Pizza Days				
	SYMS 2/9, 3/9, 4/11, 5/13 VDM 2/9, 3/9, 4/13, 5/11				
Salad Bar	4350 Otay Mesa Rd. San Ysidro CA 92173				
	website: sanysidrochildnutrition.com ~ 619-428-4476 ext.: 3010/ 3011				



We are student focus.
Please give us your
feedback on our
customer service,
menu options and any
other comments or
concerns



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