

Cajon Valley USD 2018/2019 Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Entrée: -New York Giant Cheese Pizza -Teriyaki Chicken & Chow Mein Noodles -Chicken Caesar Salad w/Muffin -Chicken Taco Salad w/Tortilla Chips -Buffalo Chicken Salad w/Muffin -Greek Veggie Salad w/Muffin -Turkey & Cheese Sub Sandwich -Italian Combo Sandwich -Ham & Cheese Sub Sandwich -Tuna Salad Sandwich</p> <p>Fruit and/or Vegetable Side: -Mini Caesar Salad -Fresh Fruit</p> <p>Milk: -Milk, Low-fat White 1% -Milk, Nonfat, Chocolate</p>	<p>Entrée: -Cheeseburger w/Baked Chips -Hamburger w/Baked Chips -Veggie Burger w/Baked Chips -Mozzarella Sticks w/Marinara Sauce -Chicken Caesar Salad w/Muffin -Chicken Taco Salad w/Tortilla Chips -Buffalo Chicken Salad w/Muffin -Greek Veggie Salad w/Muffin -Turkey & Cheese Sub Sandwich -Italian Combo Sandwich -Ham & Cheese Sub Sandwich -Tuna Salad Sandwich</p> <p>Fruit and/or Vegetable Side: -Garden Salad w/Broccoli -Fresh Fruit</p> <p>Milk: -Milk, Low-fat White 1% -Milk, Nonfat, Chocolate</p> <p>Burger Condiment: -Lettuce & Pickle Cup</p>	<p>Entrée: -Crispy Chicken Sandwich -Baja Fish Tacos -Chicken Caesar Salad w/Muffin -Chicken Taco Salad w/Tortilla Chips -Buffalo Chicken Salad w/Muffin -Greek Veggie Salad w/Muffin -Turkey & Cheese Sub Sandwich -Italian Combo Sandwich -Ham & Cheese Sub Sandwich -Tuna Salad Sandwich</p> <p>Fruit and/or Vegetable Side: -Ranch Beans -Lettuce & Tomato -Fresh Fruit -Garden Salad w/Zucchini</p> <p>Milk: -Milk, Low-fat White 1% -Milk, Nonfat, Chocolate</p> <p>Baja Fish Taco Condiments: -Crema Sauce -Salsa</p>	<p>Entrée: -Chicken Tamale w/Refried Beans* -Shredded Beef Burrito* -Beef Taco Bowl -PB Jamwich -Chicken Caesar Salad w/Muffin -Chicken Taco Salad w/Tortilla Chips -Buffalo Chicken Salad w/Muffin -Greek Veggie Salad w/Muffin -Turkey & Cheese Sub Sandwich -Italian Combo Sandwich -Ham & Cheese Sub Sandwich -Tuna Salad Sandwich</p> <p>Fruit and/or Vegetable Side: -Garden Salad w/Sweet Peppers -Jícama w/Tajín Seasoning -Fresh Fruit -Fruit Juice</p> <p>Milk: -Milk, Low-fat White 1% -Milk, Nonfat, Chocolate</p> <p>Tostada Condiments: -Sour Cream -Cheese -Shredded Lettuce -Olives -Diced Tomatoes -Salsa -Onions -Jalapeno</p>	<p>Entrée: -New York Giant Pepperoni Pizza -Buffalo Bites & Tater Tots -Chicken Caesar Salad w/Muffin -Chicken Taco Salad w/Tortilla Chips -Buffalo Chicken Salad w/Muffin -Greek Veggie Salad w/Muffin -Turkey & Cheese Sub Sandwich -Italian Combo Sandwich -Ham & Cheese Sub Sandwich -Tuna Salad Sandwich</p> <p>Fruit and/or Vegetable Side: -Carrot & Celery Sticks -Mini Caesar Salad -Frozen Fruit Cup -Fresh Fruit</p> <p>Milk: -Milk, Low-fat White 1% -Milk, Nonfat, Chocolate</p>

Monday Complete Meal Options: All meals must have a fruit or vegetable side.	Tuesday Complete Meal Options: All meals must have a fruit or vegetable side.	Wednesday Complete Meal Options: All meals must have a fruit or vegetable side.	Thursday Complete Meal Options: All meals must have a fruit or vegetable side.	Friday Complete Meal Options: All meals must have a fruit or vegetable side.
<p>Standard Option: Entrée + Fruit and/or Mini Caesar Salad + Milk</p>	<p>Standard Option: Entrée + Fruit and/or Garden Salad + Milk</p>	<p>Standard Option: Entrée + Fruit and/or Vegetable(s) + Milk</p>	<p>Standard Option: Entrée + Fruit and/or Vegetable(s) + Milk</p>	<p>Standard Option: Entrée + Fruit and/or Vegetable(s) + Milk</p>
<p>No Milk Option: Entrée + Fresh Fruit + Mini Caesar Salad</p>	<p>No Milk Option: Entrée + Fresh Fruit + Garden Salad</p>	<p>No Milk Option: Entrée + Fresh Fruit + Garden Salad and/or Lettuce/Tomato and/or Ranch Beans</p>	<p>No Milk Option: Entrée + Fresh Fruit and/or Fruit Juice + Garden Salad and/or Jícama</p>	<p>No Milk Option: Entrée + Fresh Fruit and/or Frozen Fruit Cup + Carrots & Celery Sticks and/or Mini Caesar Salad</p>
<p>No Entrée Option: Fresh Fruit + Mini Caesar Salad + Milk</p>	<p>No Entrée Option: Fresh Fruit + Garden Salad + Milk</p>	<p>No Entrée Option: Fresh Fruit + Garden Salad + Milk</p>	<p>No Entrée Option: Fresh Fruit and/or Fruit Juice + Garden Salad and/or Jícama + Milk</p>	<p>No Entrée Option: Fresh Fruit and/or Frozen Fruit Cup + Carrot & Celery Sticks and/or Mini Caesar Salad + Milk</p>

Condiments Offered Daily: Mayonnaise, Ketchup, Mustard, 1000 Island Dressing, Ranch Dressing, Lite Caesar Dressing, Oriental Dressing, Chipotle Ranch Dressing, Italian Dressing, Blue Cheese Dressing, Greek Dressing

*Chicken Tamale w/Refried Beans and Shredded Beef Burrito are served on alternating weeks.