

**SUTTER UNION HIGH SCHOOL
BREAKFAST & LUNCH MENU
JANUARY 9 - JANUARY 13, 2023**



**DAILY SPECIAL
BREAKFAST**

Monday, January 9

Sausage Biscuit Sandwich, Fruit, Milk

Tuesday, January 10

Breakfast Quesadilla, Fruit, Milk

Wednesday, January 11

Pancakes & Sausage, Fruit, Milk

Thursday, January 12

Choice of Cereal, Banana Bread, or Fruit Bagel w/Fruit, Milk

Friday, January 13

French Toast, Fruit, Milk

LUNCH

Monday, January 9

Spicy Chicken Sandwich & Chips, Fruit, Milk

Tuesday, January 10

Pasta & Side Salad tossed with Ranch, Fruit, Milk

Wednesday, January 11

Cheeseburger & Tatar Tots, Fruit, Milk

Thursday, January 12

Chicken Pot Pie & Biscuit, Fruit, Milk

Friday, January 13

Ground Beef, Bean, Cheese and Rice Burrito, Fruit, Milk

Weekly menu subject to change

STUDENTS HAVE A CHOICE OF SALAD OR SANDWICH BUNDLE IN REPLACE OF DAILY SPECIAL

**STUDENTS MUST CHOOSE ONE FROM
THE FOLLOWING TO MAKE A
COMPLETE BREAKFAST COMBO**

CHOOSE ONE OF EACH

GRAIN: MUFFIN, CEREAL, BAGEL

PROTEIN: STRING CHEESE, YOGURT, EGG

MILK: REGULAR, CHOCOLATE

FRUIT: FRESH FRUIT, JUICE OR FRUIT CUP

DAILY SALADS

ASSORTED LETTUCES, VEGETABLES AND
PROTEIN

DELI SANDWICH BUNDLE MEAL

MEAT-TURKEY BREAST, HAM, BUFFALO
CHICKEN, EGG SALAD

CHEESE-AMERICAN, SWISS, JACK
SERVED WITH LETTUCE, TOMATO, PICKLES
ON A ROLL

BAG OF CHIPS

**All meals include accompanying veggie, fruit
and 1% milk choice**

Quotes of the Week

***"It is often the small steps, not
the giant leaps, that bring
about the most lasting
change."***

***"Education is the most
powerful weapon which you
can use to change the world."***

**Thank you, SUHS Students, for being
respectful to our kitchen staff. This
year has started off amazing. Keep
up the great work!**