

**SUTTER UNION HIGH SCHOOL  
BREAKFAST & LUNCH MENU  
NOVEMBER 14-NOVEMBER 18, 2022**



**DAILY SPECIAL  
BREAKFAST**

**Monday, November 14**

Breakfast Bowl, Fruit, Milk

**Tuesday, November 15**

Sausage English Muffin, Fruit, Milk

**Wednesday, November 16**

Cereal, Fruit, Milk

**Thursday, November 17**

Ham and Cheese English Muffin, Fruit, Milk

**Friday, November 18**

Sausage Link, Eggs and Toast, Fruit, Milk

**LUNCH**

**Monday, November 14**

Hamburger and Tatar Tots, Fruit, Milk

**Tuesday, November 15**

Grilled Chicken Wrap and Apple Slices, Fruit, Milk

**Wednesday, November 16**

Spicy Chicken Sandwich and Chips, Fruit, Milk

**Thursday, November 17**

Turkey Shepherds pie, Fruit, Milk

**Friday, November 18**

Loaded Nachos, 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**

*"If your ship doesn't come in,  
swim out to it."*

*"Life is like riding a bicycle. To  
keep your balance, you must  
keep moving."*

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