

**SUTTER UNION HIGH SCHOOL
BREAKFAST & LUNCH MENU
OCTOBER 3- OCTOBER 7, 2022**



**DAILY SPECIAL
BREAKFAST**

Monday, October 3

Sausage English Muffin, Fruit, Milk

Tuesday, October 4

Breakfast Quesadillas, Fruit, Milk

Wednesday, October 5

Pancakes and Bacon, Fruit, Milk

Thursday, October 6

Cereal or Banana Bread, Fruit, Milk

Friday, October 7

Breakfast Pizza, Fruit, Milk

LUNCH

Monday, October 3

Chicken Sandwiches and Chips, Fruit, Milk

Tuesday, October 4

Chicken Alfredo, Fruit, Milk

Wednesday, October 5

Cheeseburgers and Chips, Fruit, Milk

Thursday, October 6

Spaghetti, Fruit, Milk

Friday, October 7

Chicken Burritos, 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

*“Opportunities don’t happen,
you create them.”*

*“It is only when we take
chances, when our lives
improve. The initial and the
most difficult risk that we need
to take is to become honest.”*

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