

**SUTTER UNION HIGH SCHOOL  
BREAKFAST & LUNCH MENU  
SEPTEMBER 19-SEPTEMBER 23, 2022**



## **DAILY SPECIAL BREAKFAST**

**Monday, September 19**

Eggs and Sausage Scramble, Fruit, Milk

**Tuesday, September 20**

French Toast, Fruit, Milk

**Wednesday, September 21**

Sausage Egg McMuffin, Fruit, Milk

**Thursday, September 22**

Waffles, Fruit, Milk

**Friday, September 23**

Pancakes and Sausage, Fruit, Milk

## **LUNCH**

**Monday, September 19**

Cheeseburger and Fries, Fruit, Milk

**Tuesday, September 20**

Crispy Chicken Sandwiches and Chips, Fruit, Milk

**Wednesday, September 21**

Chicken Alfredo, Fruit, Milk

**Thursday, September 22**

Pulled Pork Tots with Mac n Cheese, Fruit, Milk

**Friday, September 23**

Lasagna, 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 LETTUICES, 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!**