

OCTOBER 2024

Mingus Union High School

Monday, Friday: 11:50 AM - 12:25 PM Tuesday, Thursday: 11:50 AM - 12:35 PM

Wednesday: 11:50 AM - 12:45 PM

Monday Tuesday Wednesday Thursday Triday Friday All Beef Hotdog (gilizzy) Wednesday Thursday Friday French Bread Cheese Pizza w/ Celery, and Carrots Tocheese Stuffed Breadsticks w/ Dipping Sauce French Bread Cheese Pizza w/ Celery, and Carrots Chicken Tenders w/ Whole Grain Roll, French Fries Tochicken Wings w/ Wednesday Thursday Friday French Bread Cheese Pizza w/ Celery, and Carrots Chicken Eggrolls w/ Veg Fried Rice, Broccoli and Cauliflower Tocheese Stuffed Breadsticks w/ Dipping Sauce Tocheese Stuffed Breadsticks w/ Dipping Sauce Teriyaki Meatballs w/ Veg Fried Rice, Broccoli and Cauliflower Walking Taco w/ Refried Beans, Lettuce, and Tomato All Beef Hotdog (gilizzy) w/ Tater Tots Tocheese Pizza w/ Celery, and Carrots Teriyaki Meatballs w/ Veg Fried Rice, Broccoli and Cauliflower Tocheese Pizza w/ Celery, and Carrots						
Beefy Nachos w/ Refried Beans, Lettuce and Tomato Regular or Spicy Chicken Tenders w/ Whole Grain Roll, French Fries Beefy Nachos w/ Refried Beans, Lettuce and Tomato Regular or Spicy Chicken Tenders w/ Whole Grain Roll, French Fries Regular or Spicy Chicken Tenders w/ Refried Beans, Lettuce and Tomato Beg Pulled Pork Sandwich w/ Sweet Potato Waffle Fries Chicken Eggrolls w/ Veg Fried Rice, Broccoli and Cauliflower Chicken Eggrolls w/ Veg Fried Rice, Broccoli and Cauliflower Beg Or Buffalo Chicken Wings w/ Whole Grain Roll, Letture and Tomato All Beef Hotdog (glizzy) w/ Tater Tots Letture and Tomato All Beef Hotdog (glizzy) w/ Tater Tots Letture and Tomato Letture and Tomato All Beef Hotdog (glizzy) w/ Tater Tots Letture and Tomato Chicken Bead Cheese Pizza w/ Celery, and Carrots French Bread Cheese Pizza w/ Celery, and Carrots		Monday	Tuesday	Wednesday	Thursday	Friday
Regular or Spicy Chicken Tenders W/ Whole Grain Roll, French Fries BBQ Pulled Pork Sandwich W/ Sweet Potato Waffle Fries BBQ Pulled Pork Sandwich W/ Sweet Potato Waffle Fries Chicken Eggrolls W/ Veg Fried Rice, Broccoli and Cauliflower W/ Dipping Sauce Cheese Stuffed Breadsticks W/ Dipping Sauce ID BBQ or Buffalo Chicken Wings W/ Whole Grain Roll, Letture and Tomato All Beef Hotdog (glizzy) W/ Refried Beans, Letture and Tomato All Beef Hotdog (glizzy) W/ Tater Tots All Beef Hotdog (glizzy) W/ Tater Tots Pepperoni or Cheese Pizza W/ Celery, and Carrots			w/ Refried Beans,	Macaroni and Cheese Soft Pretzel	Orange Chicken Rice Bowl w/ Broccoli, and	Cheese Pizza
BBQ or Buffalo Chicken Wings W/ Whole Grain Roll, Doritos Walking Taco W/ Refried Beans, Lettuce, and Tomato All Beef Hotdog (glizzy) W/ Tater Tots All Beef Hotdog (glizzy) W/ Veg Fried Rice, Broccoli and Cauliflower Broccoli and Cauliflower Teriyaki Meatballs W/ Veg Fried Rice, Broccoli and Cauliflower W/ Celery, and Carrots	1	Chicken Tenders w/ Whole Grain Roll,	Enchiladas w/ Refried Beans,	Sandwich w/ Sweet Potato	Chicken Eggrolls w/ Veg Fried Rice,	Breadsticks
BBQ or Buffalo Chicken Wings W/ Whole Grain Roll, Walking Taco W/ Refried Beans, W/ Whole Grain Roll, W/ Refried Beans, W/ Whole Grain Roll, W/ Tater Tots W/ Tater Tots W/ Veg Fried Rice, Broccoli and Cauliflower W/ Celery, and Carrots		FACE BREAK	BREAK DREAK	FALL BREAK	BREAK 17	DREAK 18
	1	BBQ or Buffalo Chicken Wings w/ Whole Grain Roll,	Walking Taco w/ Refried Beans,	All Beef Hotdog (glizzy)	Teriyaki Meatballs w/ Veg Fried Rice,	Pepperoni or Cheese Pizza
Popcorn Chicken Mashed Potato Bowl w/ Whole Grain Roll, Mixed Veggies Pork Carnitas Street Tacos w/ Refried Beans, Lettuce, and Tomato Penne Pasta with Meat Sauce and Garlic Bread Steamed Peas Penne Pasta with Meat Sauce and Garlic Bread Steamed Peas		Mashed Potato Bowl w/ Whole Grain Roll,	Street Tacos w/ Refried Beans,	Meat Sauce and Garlic Bread	Chicken Eggrolls w/ Veg Fried Rice,	

Students: \$3.00 / Adults: \$5.00 / Alternative and Vegetarian Options Available Daily / All Breakfast Meals Served with Fresh Fruit and Milk Alternative Meals: Grilled Cheese, Uncrustable, Hamburger or Cheeseburger, Spicy or Crispy Chicken Sandwich, Bean and Cheese Burrito Salad Bar is free and open to all students during Lunch Period