

# Western Dubuque Community SD

## Menú del almuerzo de la escuela secundaria

Page 1

Aug 1, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			Aug - 23 sandwich de carne de puerco empanizado papas con aderezo ejotes Fruta fresca nieve de colores	Aug - 24 salchichas empanizadas bolitas de papas frijoles al horno naranja
Aug - 27 sandwich de puerco con salsa barbeque papas fritas rizadas Brocoli con Queso manzana molida	Aug - 28 bolitas de pollo empanizado Panecillo papa molida Salsa de pollo(opcional) elote Peras	Aug - 29 Pollo naranja mandarina Revuelva el arroz frito Papelina de verduras Ensalada Mandarinas	Aug - 30 Hamburguesa de carne con tozino Lechuga y jitomate sabritas elote MELÓN FRESCO Rice Bar Krispie	Aug - 31 Quesadilla de pollo papas redondas Frijoles refritos Pina
Sep - 3 No hay clases	Sep - 4 Nugets de pollo Panecillo papa molida Salsa de pollo(opcional) elote Duraznos	Sep - 5 pan frances tostado con miel salchicha redonda Picadillo Plátano Caja de jugo fruitables	Sep - 6 espagueti con con salas tomate pan de ajo con queso Ensalada naranja	Sep - 7 Pizza de peperoni Zanahorias Chiquitas ejotes Fruta Mixta
Sep - 10 Pollo con salsa Fideos con mantequilla Panecillo chicharos manzana molida	Sep - 11 hamburguesa de carne molida Papa Frita frijoles al horno Fruta fresca nieve de colores	Sep - 12 Pizza Cruncher Ensalada ejotes Manzana con Salsa Marinara	Sep - 13 taco de carne molida elote naranja	Sep - 14 salchichon Hot Dog papas fritas al horno Brocoli con Queso Peras
Sep - 17 No hay clases	Sep - 18 pollo dulce de chile tailandés Revuelva el arroz frito Papelina de verduras Zanahorias Chiquitas Fruta Mixta	Sep - 19 Tiras de pollo empanizado Panecillo papa molida Salsa de pollo(opcional) elote Duraznos	Sep - 20 BBQ Pulled Pork/Bun (P) California Mix verduras con queso Ensalada MELÓN FRESCO	Sep - 21 macaroni de carne con queso papas fritas rizadas chicharos Manzana

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

*\* - denotes combined nutrient totals with either missing or incomplete nutrient data.*

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Western Dubuque Community SD

## Menú del almuerzo de la escuela secundaria

Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 24  Bistec Frito & Salsa Panecillo papa molida Salsa de res(opcional) elote Fruta Mixta	Sep - 25  Pan relleno de queso con Salsa Marinara ejotes Zanahorias con glaciado Duraznos	Sep - 26  sandwich de pollo a la parrilla papas fritas al horno chicharos Manzanas con canela	Sep - 27  Albóndiga con salsa de jitomate macaroni con queso Ensalada naranja	Sep - 28  Bolsillo Pizza Pepperoni sabritas Zanahorias Chiquitas frijoles al horno Manzana

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

*\* - denotes combined nutrient totals with either missing or incomplete nutrient data.*

**NOTICE:** *The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.*