September 2022

ALAMOGORDO MIDDLE SCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 **BBQ Chicken** 2 oz WG Dinner Roll 1 ea Baked Beans ½ c Mashed Potatoes ½ c **ALT: Corn Dog**	2 V **Beef & Cheese or Cheese Nachos** Garden Salad 1 c Roasted Zucchini ¼ c **ALT: Chicken Ranch Wrap**
5 **Labor Day** **No School**	6 **Stacked Taco Bake** 1 serving Pinto Beans ½ cup Roasted Street Corn ¼ c **ALT: Cheeseburger**	7 **Yakisoba** 1 ea Cucumber ¼ c Baby Carrots ½ c V **ALT: Grilled Cheese**	8 **Chili & Cheese or Cheese Baked Potato** V 1 serving Broccoli ½ c Mixed Vegetables ¼ c **Alt: Hamburger**	9 **Chicken Penne Alfredo** Garden Salad 1 c Carrots ½ c V **ALT: Freshly Made Cheese or Pepperoni Pizza** 1 ea
12 V **Cheesy Baked Ziti** 1 serving Peas & Carrots ½ c Celery Sticks ¼ c **ALT: Chicken Nuggets w. Roll**	13 V **Walking Taco** 1 serving Bean & Corn Salad ½ c Tomatoes ¼ c **ALT: Cheeseburger**	14 **Chicken Sandwich** 1 ea Sweet Potato Fries ½ c Broccoli ¼ c V **ALT: Cheese Quesadilla**	15 V **Spaghetti w/wo Meatballs** 1 serving Peas ½ c Carrots ½ c **ALT: Corn Dog**	16 V **Veggie & Chicken or Veggie Flatbread** Garden Salad 1 c Roasted Zucchini ¼ c **ALT: Buffalo Chicken Sandwich**
19 V **Pancakes** 2 ea **with Sausage Pattie** ¼ c Tater Tots ½ c Carrots ¼ c **ALT: Chicken Nuggets w. Roll**	20 **Baja Chicken w. Cilantro Lime Rice** 1 serving Patatas Bravas ½ c Broccoli ¼ c **ALT: Cheeseburger**	21 **Orange Chicken w/ Brown Rice** 1 serving Carrots ½ c Mixed Vegetables ¼ c V **ALT: Grilled Cheese**	22 **BBQ Pulled Pork Sandwich** 1 ea Baked Beans ½ c Coleslaw ¼ c **ALT: Hamburger**	23 V **Chicken Parmesan w. Penne** Garden Salad 1 c Italian Vegetable Mix ¼ c **ALT: Cheese & Pepperoni Bagel Pizza**
26 V **Mac & Cheese** 1 serving Baby Carrots ½ c Peas ¼ c **ALT: Chicken Nuggets w. Roll**	27 **Bean & Cheese Burrito** 1 ea V Corn ½ c Broccoli ¼ c **ALT: Cheeseburger**	28 **Casado Rice Bowl** 1 serving Roasted Sweet Potatoes ½ c Mix Vegetable Blend ¼ c V **ALT: Cheese Quesadilla**	29 **No School**	30 **No School**

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Served Daily
Assorted Salads and Sandwiches
Assorted Fresh Fruit
Assorted 1% White Milk & Skim Chocolate

K-12 BY ELIOR

- BeWell Healthy Choice
- V Vegetarian (Ovo-Lacto)
- L Local
- Fresh Picks

This institution is an equal opportunity provider