



FEBRUARY

Middle School Breakfast Menu



Meal Prices	
Student	
Breakfast	\$1.70
Reduced	.30
Lunch	\$2.70
Reduced	.40
Adult	
Breakfast	\$2.00
Lunch	\$3.30
Extra Milk	.50

NON-DISCRIMINATION:
All children are treated the same regardless of ability to pay. In the operation of child feeding programs, no child will be discriminated against because of race, sex, color, religion, national origin, age or handicap. If you believe you have been discriminated against, write immediately to the USDA, Director, Office of Adjudications, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410

- All Meals Served With Choice of Milk:
- 1% White
 - Fat Free Strawberry
 - Fat Free Chocolate
 - 100% Fortified Juice Offered

Breakfast Cereals are reduced sugar and whole grain

Fresh Fruits & Vegetable Bar Offered Daily.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 VARIETY CEREAL PACKS FRUIT VARIETY	2 PILLSBURY GRAPE FILLED CRESCENT ROLL FRUIT VARIETY
5 EGG & CHEESE ON ENGLISH MUFFIN FRUIT VARIETY	6 VARIETY CEREAL PACKS FRUIT VARIETY	7 WHOLE GRAIN GLAZED DONUT FRUIT VARIETY	8 VARIETY CEREAL PACKS FRUIT VARIETY	9 SIMPLY STRAWBERRY CHEX MIX STRAW/BAN YOGURT FRUIT VARIETY
12 WG STRAWBERRY POP TART MOZZ STRING CHEESE FRUIT VARIETY	13 VARIETY CEREAL PACKS FRUIT VARIETY	14 TRKY SAU BREAKFAST PIZZA FRUIT VARIETY	15 VARIETY CEREAL PACKS FRUIT VARIETY	16 PILLSBURY GRAPE FILLED CRESCENT ROLL FRUIT VARIETY
19 	20 NO SCHOOL	21 WHOLE GRAIN GLAZED DONUT FRUIT VARIETY	22 VARIETY CEREAL PACKS FRUIT VARIETY	23 SIMPLY STRAWBERRY CHEX MIX STRAW/BAN YOGURT FRUIT VARIETY
26 WG STRAWBERRY POP TART MOZZ STRING CHEESE FRUIT VARIETY	27 VARIETY CEREAL PACKS FRUIT VARIETY	28 TRKY SAU BREAKFAST PIZZA FRUIT VARIETY		

My Plate is based on new dietary guidelines released by the government last January, which encourages Americans to eat more fruits, vegetables, and whole grains and fewer processed foods. It is part of a concerted effort by the Department of Agriculture and the First Lady to improve nutrition, especially among children.

Money may be deposited into your students meal account by sending cash or personal checks payable to the school nutrition center or by paying online with a credit/debit card using MypaymentsPlus.com



February

Middle School Lunch Menu

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Student	
Breakfast	\$1.70
Reduced	.30
Lunch	\$2.70
Reduced	.40
Adult	
Breakfast	\$2.00
Lunch	\$3.30
Extra Milk	.50

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- All Meals Served With Choice of Milk:
- 1% White
 - Fat Free Strawberry
 - Fat Free Chocolate
 - 100% Fortified Juice Offered

Breakfast Cereals are reduced sugar and whole grain

Monday	Tuesday	Wednesday	Thursday	Friday
<p>5 BREADED CHICKEN SANDWICH AUGRATIN POTATOES OR FISH SANDWICH GOLDFISH CRACKERS OR TWISTED MOZZ BREADSTICK, MARINARA APPLES & SUNBUTTER OR GRAB N GO PB&J SANDWICH</p>	<p>6 BEEFY NACHOS, SALSA OR CHICKEN NUGGETS, MAC N CHEESE OR PEPPERONI STROMBOLI OR GRAB N GO HAM SANDWICH OR GRAB N GO YOGURT MEAL BIRTHDAY TREAT DAY</p>	<p>7 ASIAN MEATBALL STIR-FRY OR CHEESE PIZZA OR CHEESEBURGER OR GRAB N GO PB&J SANDWICH</p>	<p>1 ROASTED CHICKEN, HOT ROLL MASHED POTATOES & GRAVY OR OR SPICY CHICKEN SANDWICH, CHEETO PUFFS OR HAM & CHEESE ROLLUP OR GRAB N GO TURKEY SANDWICH OR GRAB N GO YOGURT MEAL *CHERRY CRISP</p>	<p>2 BAKED ZITI, BREADSTICK OR CHICKEN & WAFFLES, SYRUP OR BEAN & CHEESE BURRITO, CHIPS & SALSA OR GRAB N GO PB&J SANDWICH</p>
<p>12 CHEESEBURGER W/ BAKED FRIES OR ROASTED BBQ CHICKEN MAC N CHEESE OR CHICKEN QUESADILLAS W/SALSA OR GRAB N GO PB&J SANDWICH</p>	<p>13 QUESO BLANCO BEEF ENCHILADAS MEXICAN RICE OR CHICKEN N WAFFLES, SYRUP OR NACHOS OR GRAB N GO HAM SANDWICH OR GRAB N GO YOGURT MEAL</p>	<p>14 MANDARIN ORANGE CHICKEN STEAMED RICE OR HOT DOG OR HAMBURGER PIZZA OR GRAB N GO PB&J SANDWICH *HOLIDAY COOKIES</p>	<p>15 CHICKEN PATTY, DINNER ROLL MASHED POTATOES & GRAVY OR MEATBALL SUB SANDWICH OR BEAN & CHEESE BURRITO, CHIPS & SALSA OR GRAB N GO TURKEY SANDWICH OR GRAB N GO YOGURT MEAL</p>	<p>16 CHICKEN & NOODLES BISCUIT OR SLOPPY JOE ON BUN, TATER TOTS OR CHEESEBURGER OR GRAB N GO PB&J SANDWICH</p>
<p>19 PRESIDENTS' DAY</p>	<p>20 NO SCHOOL</p>	<p>21 CHERRY BLOSSOM CHICKEN STEAMED RICE OR CANADIAN BACON PIZZA OR GRILLED CHEESE, SALSA SUNCHIPS OR GRAB N GO PB&J SANDWICH</p>	<p>22 COUNTRY STYLE STEAK, DINNER ROLL MASHED POTATOES & GRAVY OR GRILLED CHICKEN SANDWICH, SPICY FRIES OR TUNA SALAD SANDWICH COOL RANCH DORITOS OR GRAB N GO TURKEY SANDWICH OR GRAB N GO YOGURT MEAL</p>	<p>23 SPAGHETTI W/ ZESTY MEATSAUCE, BREADSTICK OR FISH SANDWICH GOLDFISH CRACKERS OR NACHO BITES, SALSA OR GRAB N GO PB&J SANDWICH</p>
<p>26 TERIYAKI CHICKEN LO MEIN NOODLES OR CHILI DOG, BAKED FRIES OR NACHOS OR GRAB N GO PB&J SANDWICH</p>	<p>27 MONTEREY CHEESE ENCHILADAS, MEXICAN RICE OR CHICKEN FAJITA, CHIPS SALSA OR MEATBALL SUB SANDWICH OR GRAB N GO HAM SANDWICH OR GRAB N GO YOGURT MEAL</p>	<p>28 CHEESEBURGER, TATER TOTS OR BISCUIT & GRAVY CHEESY SCRAMBLED EGGS OR HAMBURGER PIZZA OR GRAB N GO PB&J SANDWICH</p>		

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Fresh Fruits & Vegetable Bar Offered Daily.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 LEMON/BLEUBERRY CRISPY BITES MILK CHOICE	2 GOLDFISH CRACKERS MILK CHOICE
5 ORIGINAL GRAHAMS MILK CHOICE	6 CHEEZ-IT CRACKERS MILK CHOICE	7 CINNAMON APPLESAUCE CUP MILK CHOICE	8 GRANOLA BAR SMORE MILK CHOICE	9 SUNFLOWER SEED KERNELS MILK CHOICE
12 SPICY GOLDFISH CRACKERS MILK CHOICE	13 LEMON/BLEUBERRY CRISPY BITES MILK CHOICE	14 STRAW NUTRIGRAIN BAR MILK CHOICE	15 BLUE RASPBERRY APPLESAUCE CUP MILK CHOICE	16 STRAWBERRY RICE CHEX MILK CHOICE
19 	20 NO SCHOOL	21 ORIGINAL GRAHAMS MILK CHOICE	22 STRAWBERRY CUP MILK CHOICE	23 CHEETO PUFFS MILK CHOICE
26 PRETZEL HEARTS MILK CHOICE	27 CINNAMON CRISPS MILK CHOICE	28 MIXED FRUIT CUP MILK CHOICE		



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