





Middle School Breakfast Menu

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



All Meals Served With Choice of Milk:

- 1% White
- Fat Free Strawberry
- Fat Free Chocolate
- 100% Fortified Juic Offered

Meal Prices <u>Student</u>	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast \$1.70 Reduced .30 Lunch \$2.70 Reduced .40 Adult Breakfast \$2.00 Lunch \$3.30 Extra Milk .50	2 EGG & CHEESE MAPLE BREAKFAST WRAP FRUIT VARIETY	3 VARIETY CEREAL PACKS FRUIT VARIETY	4 WHOLE GRAIN GLAZED DONUT FRUIT VARIETY	5 VARIETY CEREAL PACKS FRUIT VARIETY	6 STRAWBERRY NUTRIGRAIN BAR STRAW/BANANA YOGURT FRUIT VARIETY
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 immediations.	9 BLUEBERRY MINI PANCAKES FRUIT VARIETY	VARIETY CEREAL PACKS FRUIT VARIETY	TURKEY SAUSAGE BREAKFAST PIZZA FRUIT VARIETY	VARIETY CEREAL PACKS FRUIT VARIETY	13 CREAM CHEESE BAGEL BAR FRUIT VARIETY
ately to the USDA, Director, Office of Adjudications, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410	EGG & CHEESE MAPLE BREAKFAST WRAP FRUIT VARIETY	17 VARIETY CEREAL PACKS FRUIT VARIETY	18 WHOLE GRAIN GLAZED DONUT FRUIT VARIETY	VARIETY CEREAL PACKS FRUIT VARIETY	20 STRAWBERRY NUTRIGRAIN BAR STRAW/BANANA YOGURT FRUIT VARIETY
All Meals Served With Choice of Milk: • 1% White	23 BLUEBERRY MINI PANCAKES FRUIT VARIETY	24 VARIETY CEREAL PACKS FRUIT VARIETY	25 TURKEY SAUSAGE BREAKFAST PIZZA FRUIT VARIETY	26 VARIETY CEREAL PACKS FRUIT VARIETY	NO SCHOOL
 Fat Free Strawberry Fat Free Chocolate 100% Fortified Juice Offered Breakfast Cereals are reduced sugar and whole grain 	EGG & CHEESE MAPLE BREAKFAST WRAP FRUIT VARIETY	31 VARIETY CEREAL PACKS FRUIT VARIETY			

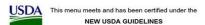


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My Plate is based on new dietary guidelines released by the government last January, which encourages Americans to eat more fruits, vegetables, and whole grains and fewer processed foods. It is part of a concerted effort by the Department of Agriculture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

> Fresh Fruits & Vegetable **Bar Offered** Daily.









Join us in celebrating National School Lunch Week

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Enjoy a Daily Special

Monday: Great Grills Tuesday: Mercado Wednesday: Wok Way Thursday: Homestyle Friday: Italian Bistro

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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

Meal Prices Student Breakfast \$1.70

Reduced .30 Lunch \$2.70 Reduced .40 Adult Breakfast \$2.00

Lunch \$3.30 Extra Milk .50

londay		Tues
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16 *GRILLED CHICKEN SANDWICH

SAVORY SWEET POTATO FRIES

SLOPPY JOE ON BUN

CHEDDAR SUNCHIPS

GRILLED CHEESE SANDWICH

GRAB N GO PB&J SANDWICH

*CHEESEBURGER

TATER TOTS

OR

*BBQ TURKEY SANDWICH

CHEEZ-ITS

OR

NACHOS

GRAB N GO PB&J SANDWICH

AUGRATIN POTATOES

FISH & CHEESE SANDWICH

GOLDFISH CRACKERS

MOZZ TWISTED BREADSTICK, MARINARA

APPLES & SUNBUTTER

GRAB N GO PB&J SANDWIC H

30 BREADED CHICKEN SANDWICH

23



*TACOS

W/MEXICAN RICE, SALSA

*FIESTADA PIZZA

CHEESESTICKS W/MARINARA

OR

GRAB N GO HAM SANDWICH

GRAB N GO YOGURT MEAL

MEXICAN RICE

*CHICKEN QUESADILLAS W/SALSA

OR

MEATBALL SUB SANDWICH

OR

GRAB N GO HAM SANDWICH OR

GRAB N GO YOGURT MEAL

*TACO SALAD W/SALSA

*FIESTADA PIZZA

PEPPERONI STROMBOLI

OR

GRAB N GO HAM SANDWICH OR

GRAB N GO YOGURT MEAL

HOLIDAY COOKIES

 $24*_{\mathsf{MONTEREY}}$ Cheese enchiladas

17

Wednesday 👉 Thursday 🕮



Friday



2 BREADED CHICKEN SANDWICH AUGRATIN POTATOES OR FISH & CHEESE SANDWICH GOLDFISH CRACKERS OR MOZZ TWISTED BREADSTICK, MARINARA APPLES & SUNBUTTER OR GRAB N GO PB&J SANDWICH	3 *TACO SALAD W/SALSA OR *FIESTADA PIZZA OR PEPPERONI STROMBOLI OR GRAB N GO HAM SANDWICH OR GRAB N GO YOGURT MEAL BIRTHDAY TREAT	4 *MANDARIN CHICKEN STEAMED RICE OR CHEESE PIZZA OR CHEESEBURGER OR GRAB N GO PB&J SANDWICH HERSHEY CHOCOLATE COOKIE	5 *MEATLOAF W/HOT ROLL MASHED POTATOES & BEEF GRAVY OR SPICY CHICKEN SAND W/NACHO DORITOS OR NACHO BITES W/SALSA OR GRAB N GO TURKEY SANDWICH OR GRAB N GO YOGURT MEAL	6 *CHICKEN BROCCOLI ALFREDO BREADSTICK OR MINI CORN DOGS W/SALSA SUNCHIPS OR GRILLED CHEESE SANDWICH SPICY FRIES OR GRAB N GO PB&J SANDWICH
9 *CHEESEBURGER W/BAKED FRIES OR CHICKEN QUESADILLAS W/SALSA OR ROASTED CHICKEN CREAMY JALAPENO MAC N CHEESE OR GRAB N GO PB&J SANDWICH	10 *QUESO BLANCO BEEF ENCHILADAS W/MEXICAN RICE OR CHICKEN N WAFFLES W/SYRUP OR NACHOS OR GRAB N GO HAM SANDWICH OR GRAB N GO YOGURT MEAL	#GENERAL TSO'S CHICKEN W/VEGGIES, TERIYAKI NOODLES OR HOT DOG W/NACHO DORITOS OR HAMBURGER PIZZA OR GRAB N GO PB&J SANDWICH	12 *CHCKN PATTY W/DINNER ROLL MASH POTATOES & CNTRY GRAVY OR BAKED HAM & CHEESE ROLLUP OR BEAN & CHEESE BURRITO CHIPS & SALSA OR GRAB N GO TURKEY SANDWICH OR GRAB N GO YOGURT MEAL 13 2017 CHERRY CRISP	13 CHILI W/CRACKERS CINNAMON ROLL OR SPICY CHICKEN SANDWICH BAKED FRIES OR CHEESE PIZZA OR GRAB N GO PB&J SANDWICH

National S	Schoo	ol Lunch Week October 9	-13, 2017
	18	*CHERRY BLOSSOM CHICKEN	19 *SALIS
.SA	10	STEAMED RICE	MASHED

CHEESE PIZZA

OR

CHEESEBURGER

OR

GRAB N GO PB&J SANDWICH

HERSHEY CHOCOLATE COOKIE

*TERIYAKI CHICKEN W/

LO MEIN NOODLES

HOT DOG W/BAKED FRIES

OR

PEPPERONI PIZZA

GRAB N GO PB&J SANDWICH

25

19 *SALISBURY STEAK W/HOT ROLL

MASHED POTATOES & BEEF GRAVY

PORK SANDWICH W/SPICY FRIES OR TUNA SALAD SANDWICH

COOL RANCH DORITOS

GRAB N GO TURKEY SANDWICH OR GRAB N GO YOGURT MEAL

26 BEEF FINGERS W/DINNER ROLL MASH POTATOES & CNTRY GRAVY

RIB-Q ON BUN W/CHEETOS **BAKED HAM & CHEESE ROLLUP**

GRAB N GO TURKEY SANDWICH OR

GRAB N GO YOGURT MEAL CHERRY CRISE

*CHICKEN PARMESAN FISH NUGGETS W/TARTAR SAUCE

GOLDFISH CRACKERS

PEPPERONI STROMBOLI GRAB N GO PB&J SANDWICH

NO SCHOOL

27

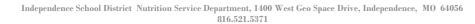
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Fresh Fruits & Vegetable **Bar Offered**

credit/debit card using

MypaymentsPlus.com

Daily.





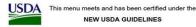
Middle School Snack Menu

	<u> </u>				
Prices	Monday	Tuesday	Wednesday	Thursday	Friday
Student st \$1.70 uced .30 ch \$2.70 uced .40 Adult st \$2.00 ch \$3.30 Milk .50	2 ORIGINAL GRAHAMS MILK CHOICE	3 CHEEZ-IT CRACKERS MILK CHOICE	APPLESAUCE CUP MILK CHOICE	5 SMORES GRANOLA BAR MILK CHOICE	6 SIMPLY STRAWBERRY CHEX MILK CHOICE
INATION: eated the of ability eration of irograms, discrimi- ecause of, religion, in, age or in believe	9 SPICY GOLDFISH CRACKERS MILK CHOICE	10 LEMON/BLUEBERRY CRISPY BITES MILK CHOICE	STRAW NUTRIGRAIN BAR MILK CHOICE	BLUE RASPBERRY APPLESAUCE CUP MILK CHOICE	CINNAMON CRISPS MILK CHOICE
handicap. If you believe I have been discriminat- J against, write immedi- tely to the USDA, Direc- tor, Office of Adjudica- ins, 1400 Independence venue, SW, Washington, D.C. 20250-9410	16 SMORES GRANOLA BAR MILK CHOICE	PRETZEL HEARTS MILK CHOICE	ORIGINAL GRAHAMS MILK CHOICE	APPLESAUCE CUP MILK CHOICE	20 CHEETO PUFFS MILK CHOICE
ness	PRETZEL HEARTS MILK CHOICE	24 CINNAMON CRISPS MILK CHOICE	25 MIXED FRUIT CUP MILK CHOICE	26 LEMON/BLUEBERRY CRISPY BITES MILK CHOICE	NO SCHOOL
its ole ed lv.	30 ORIGINAL GRAHAMS MILK CHOICE	31 CHEEZ-IT CRACKERS MILK CHOICE			



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Daily.

NEW USDA GUIDELINES