



## Middle School Breakfast Menu



<b>Meal Prices</b>
<b>Student</b>
Breakfast \$1.70
Reduced .30
Lunch \$2.70
Reduced .40
<b>Adult</b>
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

Monday	Tuesday	Wednesday	Thursday	Friday
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
9 BLUEBERRY MINI PANCAKES FRUIT VARIETY	10 VARIETY CEREAL PACKS FRUIT VARIETY	11 TURKEY SAUSAGE BREAKFAST PIZZA FRUIT VARIETY	12 VARIETY CEREAL PACKS FRUIT VARIETY	13 CREAM CHEESE BAGEL BAR FRUIT VARIETY
16 EGG & CHEESE MAPLE BREAKFAST WRAP FRUIT VARIETY	17 VARIETY CEREAL PACKS FRUIT VARIETY	18 WHOLE GRAIN GLAZED DONUT FRUIT VARIETY	19 VARIETY CEREAL PACKS FRUIT VARIETY	20 STRAWBERRY NUTRIGRAIN BAR STRAW/BANANA YOGURT FRUIT VARIETY
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	27 <b>NO SCHOOL</b>
30 EGG & CHEESE MAPLE BREAKFAST WRAP FRUIT VARIETY	31 VARIETY CEREAL PACKS 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.

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



# October

## Middle School Lunch Menu



Join us in celebrating  
National School Lunch Week

**Enjoy a Daily Special**  
\*\*\*\*\*  
**Monday: Great Grills**  
**Tuesday: Mercado**  
**Taco**  
**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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 BREADED CHICKEN SANDWICH AUGRATIN POTATOES OR FISH &amp; CHEESE SANDWICH GOLDFISH CRACKERS OR MOZZ TWISTED BREADSTICK, MARINARA APPLES &amp; SUNBUTTER OR GRAB N GO PB&amp;J SANDWICH</p>	<p>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</p>	<p>4 *MANDARIN CHICKEN STEAMED RICE OR CHEESE PIZZA OR CHEESEBURGER OR GRAB N GO PB&amp;J SANDWICH  HERSHEY CHOCOLATE COOKIE</p>	<p>5 *MEATLOAF W/HOT ROLL MASHED POTATOES &amp; 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</p>	<p>6 *CHICKEN BROCCOLI ALFREDO BREADSTICK OR MINI CORN DOGS W/SALSA SUNCHIPS OR GRILLED CHEESE SANDWICH SPICY FRIES OR GRAB N GO PB&amp;J SANDWICH</p>
<p>9 *CHEESEBURGER W/BAKED FRIES OR CHICKEN QUESADILLAS W/SALSA OR ROASTED CHICKEN CREAMY JALAPENO MAC N CHEESE OR GRAB N GO PB&amp;J SANDWICH</p>	<p>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</p>	<p>11 *GENERAL TSO'S CHICKEN W/VEGGIES, TERIYAKI NOODLES OR HOT DOG W/NACHO DORITOS OR HAMBURGER PIZZA OR GRAB N GO PB&amp;J SANDWICH</p>	<p>12 *CHCKN PATTY W/DINNER ROLL MASH POTATOES &amp; CNTRY GRAVY OR BAKED HAM &amp; CHEESE ROLLUP OR BEAN &amp; CHEESE BURRITO CHIPS &amp; SALSA OR GRAB N GO TURKEY SANDWICH OR GRAB N GO YOGURT MEAL  CHERRY CRISP</p>	<p>13 CHILI W/CRACKERS CINNAMON ROLL OR SPICY CHICKEN SANDWICH BAKED FRIES OR CHEESE PIZZA OR GRAB N GO PB&amp;J SANDWICH</p>
<b>National School Lunch Week October 9-13, 2017</b>				
<p>16 *GRILLED CHICKEN SANDWICH SAVORY SWEET POTATO FRIES OR SLOPPY JOE ON BUN CHEDDAR SUNCHIPS OR GRILLED CHEESE SANDWICH OR GRAB N GO PB&amp;J SANDWICH</p>	<p>17 *TACOS W/MEXICAN RICE, SALSA OR *FIESTADA PIZZA OR CHEESESTICKS W/MARINARA OR GRAB N GO HAM SANDWICH OR GRAB N GO YOGURT MEAL</p>	<p>18 *CHERRY BLOSSOM CHICKEN STEAMED RICE OR CHEESE PIZZA OR CHEESEBURGER OR GRAB N GO PB&amp;J SANDWICH  HERSHEY CHOCOLATE COOKIE</p>	<p>19 *SALISBURY STEAK W/HOT ROLL MASHED POTATOES &amp; BEEF GRAVY OR PORK SANDWICH W/SPICY FRIES OR TUNA SALAD SANDWICH COOL RANCH DORITOS OR GRAB N GO TURKEY SANDWICH OR GRAB N GO YOGURT MEAL</p>	<p>20 *CHICKEN PARMESAN OR FISH NUGGETS W/TARTAR SAUCE GOLDFISH CRACKERS OR PEPPERONI STROMBOLI OR GRAB N GO PB&amp;J SANDWICH</p>
<p>23 *CHEESEBURGER TATER TOTS OR *BBQ TURKEY SANDWICH CHEEZ-ITS OR NACHOS OR GRAB N GO PB&amp;J SANDWICH</p>	<p>24*MONTEREY CHEESE ENCHILADAS MEXICAN RICE OR *CHICKEN QUESADILLAS W/SALSA OR MEATBALL SUB SANDWICH OR GRAB N GO HAM SANDWICH OR GRAB N GO YOGURT MEAL</p>	<p>25 *TERIYAKI CHICKEN W/ LO MEIN NOODLES OR HOT DOG W/BAKED FRIES OR PEPPERONI PIZZA OR GRAB N GO PB&amp;J SANDWICH</p>	<p>26 BEEF FINGERS W/DINNER ROLL MASH POTATOES &amp; CNTRY GRAVY OR RIB-Q ON BUN W/CHEETOS OR BAKED HAM &amp; CHEESE ROLLUP OR GRAB N GO TURKEY SANDWICH OR GRAB N GO YOGURT MEAL CHERRY CRISP</p>	<p>27  <b>NO SCHOOL</b></p>
<p>30 BREADED CHICKEN SANDWICH AUGRATIN POTATOES OR FISH &amp; CHEESE SANDWICH GOLDFISH CRACKERS OR MOZZ TWISTED BREADSTICK, MARINARA APPLES &amp; SUNBUTTER OR GRAB N GO PB&amp;J SANDWICH</p>	<p>31 *TACO SALAD W/SALSA OR *FIESTADA PIZZA OR PEPPERONI STROMBOLI OR GRAB N GO HAM SANDWICH OR GRAB N GO YOGURT MEAL  HOLIDAY COOKIES</p>			

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# OCTOBER

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Reduced .30
Lunch \$2.70
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**Fresh Fruits & Vegetable Bar Offered Daily.**

Monday	Tuesday	Wednesday	Thursday	Friday
2 ORIGINAL GRAHAMS MILK CHOICE	3 CHEEZ-IT CRACKERS MILK CHOICE	4 APPLESAUCE CUP MILK CHOICE	5 SMORES GRANOLA BAR MILK CHOICE	6 SIMPLY STRAWBERRY CHEX MILK CHOICE
9 SPICY GOLDFISH CRACKERS MILK CHOICE	10 LEMON/BLEUBERRY CRISPY BITES MILK CHOICE	11 STRAW NUTRIGRAIN BAR MILK CHOICE	12 BLUE RASPBERRY APPLESAUCE CUP MILK CHOICE	13 CINNAMON CRISPS MILK CHOICE
16 SMORES GRANOLA BAR MILK CHOICE	17 PRETZEL HEARTS MILK CHOICE	18 ORIGINAL GRAHAMS MILK CHOICE	19 APPLESAUCE CUP MILK CHOICE	20 CHEETO PUFFS MILK CHOICE
23 PRETZEL HEARTS MILK CHOICE	24 CINNAMON CRISPS MILK CHOICE	25 MIXED FRUIT CUP MILK CHOICE	26 LEMON/BLEUBERRY CRISPY BITES MILK CHOICE	27 <b>NO SCHOOL</b>
30 ORIGINAL GRAHAMS MILK CHOICE	31 CHEEZ-IT CRACKERS MILK CHOICE			



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