



SEPTEMBER

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

Monday	Tuesday	Wednesday	Thursday	Friday
4 	5 VARIETY CEREAL PACKS FRUIT VARIETY	6 WHOLE GRAIN GLAZED DONUT FRUIT VARIETY	7 VARIETY CEREAL PACKS FRUIT VARIETY	1 CREAM CHEESE BAGEL BAR FRUIT VARIETY
11 BLUEBERRY MINI PANCAKES FRUIT VARIETY	12 VARIETY CEREAL PACKS FRUIT VARIETY	13 TURKEY SAUSAGE BREAKFAST PIZZA FRUIT VARIETY	14 VARIETY CEREAL PACKS FRUIT VARIETY	8 STRAWBERRY NUTRIGRAIN BAR STRAW/BANANA YOGURT FRUIT VARIETY
18 EGG & CHEESE MAPLE BREAKFAST WRAP FRUIT VARIETY	19 VARIETY CEREAL PACKS FRUIT VARIETY	20 WHOLE GRAIN GLAZED DONUT FRUIT VARIETY	21 VARIETY CEREAL PACKS FRUIT VARIETY	15 CREAM CHEESE BAGEL BAR FRUIT VARIETY
25 NO SCHOOL	26 VARIETY CEREAL PACKS FRUIT VARIETY	27 TURKEY SAUSAGE BREAKFAST PIZZA FRUIT VARIETY	28 VARIETY CEREAL PACKS FRUIT VARIETY	22 STRAWBERRY NUTRIGRAIN BAR STRAW/BANANA YOGURT FRUIT VARIETY
	29 CREAM CHEESE BAGEL BAR 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.



September

Middle School Lunch Menu



Enjoy a Daily Special

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

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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>4</p> <p>Happy Labor Day</p>	<p>5</p> <p>*TACO SALAD W/SALSA OR *FIESTADA PIZZA OR PEPPERONI STROMBOLI OR GRAB N GO HAM SANDWICH OR GRAB N GO YOGURT MEAL RICE KRISPY TREAT</p>	<p>6</p> <p>*MANDARIN CHICKEN STEAMED RICE OR CHEESE PIZZA OR CHEESEBURGER OR GRAB N GO PB&J SANDWICH HERSHEY CHOCOLATE COOKIE</p>	<p>7</p> <p>*MEATLOAF W/HOT ROLL MASHED POTATOES & BEEF GRAVY OR SPICY CHICKEN SAND W/CHEDDAR SUNCHIPS OR NACHO BITES W/SALSA OR GRAB N GO TURKEY SANDWICH OR GRAB N GO YOGURT MEAL</p>	<p>1</p> <p>*LASAGNA BREADSTICK OR CHICKEN N WAFFLES W/SYRUP OR CHEESE PIZZA OR GRAB N GO PB&J SANDWICH</p>
<p>11</p> <p>*CHEESEBURGER W/BAKED FRIES OR CHICKEN QUESADILLAS W/SALSA OR ROASTED CHICKEN W/BISCUIT OR GRAB N GO PB&J SANDWICH</p>	<p>12</p> <p>*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>13</p> <p>*GENERAL TSO'S CHICKEN W/VEGGIES, TERIYAKI NOODLES OR HOT DOG W/NACHO DORITOS OR HAMBURGER PIZZA OR GRAB N GO PB&J SANDWICH</p>	<p>14</p> <p>*CHCKN PATTY W/DINNER ROLL MASH POTATOES & CNTRY GRAVY OR HAM & CHEESE ROLLUP OR BEAN & CHEESE BURRITO NACHO CHIPS & SALSA OR GRAB N GO TURKEY SANDWICH OR GRAB N GO YOGURT MEAL CHERRY CRISP</p>	<p>15</p> <p>*SPAGHETTI W/ZESTY MEATSAUCE, BREADSTICK OR SPICY CHICKEN SANDWICH LETTUCE/TOMATO/PICKLE BAKED FRIES OR CHEESE PIZZA OR GRAB N GO PB&J SANDWICH</p>
<p>18</p> <p>*GRILLED CHICKEN SANDWICH SAVORY SWEET POTATO FRIES OR SLOPPY JOE ON BUN CHEDDAR SUNCHIPS OR TWISTED MOZZ BREADSTICK W/MARINARA APPLES & SUNBUTTER OR GRAB N GO PB&J SANDWICH</p>	<p>19</p> <p>*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>20</p> <p>*CHERRY BLOSSOM CHICKEN STEAMED RICE OR CHEESE PIZZA OR CHEESEBURGER OR GRAB N GO PB&J SANDWICH HERSHEY CHOCOLATE COOKIE</p>	<p>21</p> <p>*SALISBURY STEAK W/HOT ROLL MASHED POTATOES & BEEF GRAVY OR PORK SANDWICH W/SPICY FRIES OR GRILLED CHEESE SANDWICH OR GRAB N GO TURKEY SANDWICH OR GRAB N GO YOGURT MEAL</p>	<p>22</p> <p>*CHICKEN PARMESAN OR FISH NUGGETS W/TARTAR SAUCE CREAMY JALAPENO MAC & CHEESE OR PEPPERONI STROMBOLI OR GRAB N GO PB&J SANDWICH</p>
<p>25</p> <p>NO SCHOOL</p>	<p>26</p> <p>*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>27</p> <p>*TERIYAKI CHICKEN W/ LO MEIN NOODLES OR HOT DOG W/BAKED FRIES OR PEPPERONI PIZZA OR GRAB N GO PB&J SANDWICH</p>	<p>28</p> <p>BEEF FINGERS W/DINNER ROLL MASH POTATOES & CNTRY GRAVY OR RIB-Q ON BUN W/CHEETOS OR HAM & CHEESE ROLLUP OR GRAB N GO TURKEY SANDWICH OR GRAB N GO YOGURT MEAL CHERRY CRISP</p>	<p>29</p> <p>*LASAGNA W/BREADSTICK OR CHICKEN N WAFFLES W/SYRUP OR CHEESE PIZZA OR GRAB N GO PB&J SANDWICH</p>

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Middle School Snack Menu

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				1 GOLDFISH CRACKERS MILK CHOICE
4 	5 CHEEZ-IT CRACKERS MILK CHOICE	6 APPLESAUCE CUP MILK CHOICE	7 SMORES GRANOLA BAR MILK CHOICE	8 SIMPLY STRAWBERRY CHEX MILK CHOICE
11 SPICY GOLDFISH CRACKERS MILK CHOICE	12 LEMON/BLEUBERRY CRISPY BITES MILK CHOICE	13 STRAW NUTRIGRAIN BAR MILK CHOICE	14 PEACH CUP MILK CHOICE	15 CINNAMON CRISPS MILK CHOICE
18 SMORES GRANOLA BAR MILK CHOICE	19 PRETZEL HEARTS MILK CHOICE	20 ORIGINAL GRAHAMS MILK CHOICE	21 APPLESAUCE CUP MILK CHOICE	22 CHEETO PUFFS MILK CHOICE
25 NO SCHOOL	26 CINNAMON CRISPS MILK CHOICE	27 PEACH CUP MILK CHOICE	28 LEMON/BLEUBERRY CRISPY BITES MILK CHOICE	29 GOLDFISH CRACKERS MILK CHOICE



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