



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

NEW USDA GUIDELINES

USDA

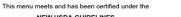
	Monday	Tuesday	Wednesday	Thursday	Friday
					I CREAM CHEESE BAGEL BAR FRUIT VARIETY
	it's take the day of!	5 VARIETY CEREAL PACKS FRUIT VARIETY	6 WHOLE GRAIN GLAZED DONUT FRUIT VARIETY	7 VARIETY CEREAL PACKS FRUIT VARIETY	8 STRAWBERRY NUTRIGRAIN BAR STRAW/BANANA YOGURT FRUIT VARIETY
	11 BLUEBERRY MINI PANCAKES FRUIT VARIETY	12 VARIETY CEREAL PACKS FRUIT VARIETY	TURKEY SAUSAGE BREAKFAST PIZZA FRUIT VARIETY	14 VARIETY CEREAL PACKS FRUIT VARIETY	15 CREAM CHEESE BAGEL BAR FRUIT VARIETY
	18 EGG & CHEESE MAPLE BREAKFAST WRAP FRUIT VARIETY	VARIETY CEREAL PACKS FRUIT VARIETY	20 WHOLE GRAIN GLAZED DONUT FRUIT VARIETY	21 VARIETY CEREAL PACKS FRUIT VARIETY	22 STRAWBERRY NUTRIGRAIN BAR STRAW/BANANA YOGURT FRUIT VARIETY
y e	NO SCHOOL	26 VARIETY CEREAL PACKS FRUIT VARIETY	27 TURKEY SAUSAGE BREAKFAST PIZZA FRUIT VARIETY	28 VARIETY CEREAL PACKS 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.









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

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Fat Free Chocolate

- 100% Fortified Juice Offered

Breakfast Cereals are reduced sugar and whole grain

Meal	Pri	ces
S	tud	ent
akfast	\$ 1	70

25

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



Tuesday







Friday



				A *LASAGNA BREADSTICK OR CHICKEN N WAFFLES W/SYRUP OR CHESE PIZZA OR GRAB N GO PB&J SANDWICH
(Ro. All Co. A	E *TACO CALAD M/CALCA	*MANDARIN CHICKEN	*MEATLOAF W/HOT ROLL	0

STEAMED RICE

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CHEESE PIZZA

13

4	
	Happy
	Labor
60 24	Day 🙀
3	

11	
	*CHEESEBURGER
	W/BAKED FRIES
	OR
	CHICKEN QUESADILLAS W/SALSA
	OR
	ROASTED CHICKEN W/BISCUIT
	OR
	GRAB N GO PB&J SANDWICH

18 *GRILLED CHICKEN SANDWICH SAVORY SWEET POTATO FRIES	
OR	
SLOPPY JOE ON BUN	
CHEDDAR SUNCHIPS	
OR	
TWISTED MOZZ BREADSTICK W/MARINARA	
APPLES & SUNBUTTER	
O.D.	

NO	SCHOOL	L

GRAB N GO PB&J SANDWICH

5	*TACO SALAD W/SALSA OR	6
	*FIESTADA PIZZA	
	OR	
	PEPPERONI STROMBOLI	
	OR	
	GRAB N GO HAM SANDWICH OR	
	GRAB N GO YOGURT MEAL	

	RICE KRISPY TREAT
12	*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	
10	*TACOS	
17		

	GRAB N GO HAM SANDWICH OR GRAB N GO YOGURT MEAL	
9	*TACOS W/MEXICAN RICE, SALSA OR *FIESTADA PIZZA OR CHEESESTICKS W/MARINARA	20

UK	
GRAB N GO HAM SANDWICH	
OR	
GRAB N GO YOGURT MEAL	
26 *MONTEREY CHEESE ENCHILADAS	27
MEXICAN RICE	
OR	

MEXICAN RICE	
OR	
*CHICKEN QUESADILLAS W/SALSA	
OR	
MEATBALL SUB SANDWICH	
OR	
GRAB N GO HAM SANDWICH OR	
GRAB N GO YOGURT MEAL	

*MEATLOAF W/HOT ROLL MASHED POTATOES & BEEF GRAVY SPICY CHICKEN SAND W/CHEDDAR SUNCHIPS NACHO BITES W/SALSA

GRAB N GO TURKEY SANDWICH

GRAB N GO YOGURT MEAL

MASH POTATOES & CNTRY GRAVY

HAM & CHEESE ROLLUP OR

BEAN & CHEESE BURRITO

NACHO CHIPS & SALSA OR

GRAB N GO TURKEY SANDWICH OR

GRAB N GO YOGURT MEAL

CHERRY CRISP

14 *CHCKN PATTY W/DINNER ROLL

OR CHEESEBURGER GRAB N GO PB&J SANDWICH HERSHEY CHOCOLATE COOKIE

*GENERAL TSO'S CHICKEN W/VEGGIES, TERIYAKI NOODLES

HOT DOG W/NACHO DORITOS

HAMBURGER PIZZA GRAB N GO PB&J SANDWICH

STEAMED RICE

ΩR

OR

HERSHEY CHOCOLATE COOKIE

*TERIYAKI CHICKEN W/

LO MEIN NOODLES

HOT DOG W/BAKED FRIES

PEPPERONI PIZZA

GRAB N GO PB&J SANDWICH

*CHERRY BLOSSOM CHICKEN

21 *SALISBURY STEAK W/HOT ROLL MASHED POTATOES & BEEF GRAVY PORK SANDWICH W/SPICY FRIES

CHEESE PIZZA **GRILLED CHEESE SANDWICH** CHEESEBURGER GRAB N GO PB&J SANDWICH

GRAB N GO TURKEY SANDWICH GRAB N GO YOGURT MEAL

28 BEEF FINGERS W/DINNER ROLL MASH POTATOES & CNTRY GRAVY RIB-Q ON BUN W/CHEETOS OR

HAM & CHEESE ROLLUP GRAB N GO TURKEY SANDWICH OR GRAB N GO YOGURT MEAL CHERRY CRISP

*CHICKEN BROCCOLI ALFREDO

BREADSTICK MINI CORN DOGS W/MAC N CHEESE **GRILLED CHEESE SANDWICH**

GRAB N GO PB&J SANDWICH

*SPAGHETTI W/ZESTY MEATSAUCE, BREADSTICK SPICY CHICKEN SANDWICH LETTUCE/TOMATO/PICKLE

BAKED FRIES CHEESE PIZZA

GRAB N GO PB&J SANDWICH

22 *CHICKEN PARMESAN FISH NUGGETS W/TARTAR SAUCE CREAMY JALAPENO MAC & CHEESE

> PEPPERONI STROMBOLI GRAB N GO PB&J SANDWICH

*LASAGNA W/BREADSTICK CHICKEN N WAFFLES W/SYRUP OR CHEESE PIZZA

29

GRAB N GO PB&J SANDWICH



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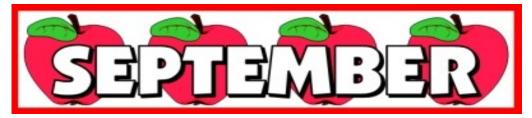


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Middle School Snack Menu

Meal Prices
<u>Student</u>
Breakfast \$1.70
Reduced .30
Lunch \$2.70
Reduced .40
Adult
Breakfast \$2.00
Lunch \$3.30
Extra Milk .50
Extra Mink 190
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Monday	Tuesday	Wednesday	Thursday	Friday
				I GOLDFISH CRACKERS MILK CHOICE
take the day off!	5 CHEEZ-IT CRACKERS MILK CHOICE	6 APPLESAUCE CUP MILK CHOICE	7 SMORES GRANOLA BAR MILK CHOICE	8 SIMPLY STRAWBERRY CHEX MILK CHOICE
SPICY GOLDFISH CRACKERS MILK CHOICE	LEMON/BLUEBERRY CRISPY BITES MILK CHOICE	13 STRAW NUTRIGRAIN BAR MILK CHOICE	PEACH CUP MILK CHOICE	CINNAMON CRISPS MILK CHOICE
18 SMORES GRANOLA BAR MILK CHOICE	PRETZEL HEARTS MILK CHOICE	20 ORIGINAL GRAHAMS MILK CHOICE	21 APPLESAUCE CUP MILK CHOICE	CHEETO PUFFS MILK CHOICE
NO SCHOOL	26 CINNAMON CRISPS MILK CHOICE	PEACH CUP MILK CHOICE	28 LEMON/BLUEBERRY CRISPY BITES MILK CHOICE	29 GOLDFISH CRACKERS MILK CHOICE



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