



August



Middle School Breakfast Menu 2019



My Plate is based on the current dietary guidelines released by the government, which encourages Americans to eat more fruits, vegetables, whole grains, and fewer processed foods. It is a reminder to find your healthy eating style and build it throughout your lifetime.

Meal Prices	
Student	
Breakfast	\$1.80
Reduced	.30
Lunch	
	\$2.90
Reduced	.40
Adult	
Breakfast	\$2.15
Lunch	\$3.60
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

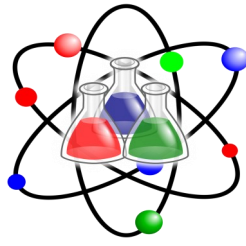
Breakfast Cereals are reduced sugar and whole grain

Fresh Fruits & Vegetable Bar Offered Daily.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Welcome Back To School</p>				
5	8	11	14	16
12	13 <i>SCHOOL BEGINS</i> →	14 WHOLE GRAIN GLAZED DONUT OR VARIETY CEREAL PACKS FRUIT VARIETY	15 BLUEBERRY PANCAKES OR VARIETY CEREAL PACKS FRUIT VARIETY	16 APPLE CINNAMON FRENCH TOAST OR VARIETY CEREAL PACKS FRUIT VARIETY
19 COCOA PUFF FILLED PASTRY BAR OR VARIETY CEREAL PACKS FRUIT VARIETY	20 TRKY SAU BREAKFAST PIZZA OR ASSORTED POP TARTS FRUIT VARIETY	21 WHOLE GRAIN GLAZED DONUT OR VARIETY CEREAL PACKS FRUIT VARIETY	22 BLUEBERRY PANCAKES OR VARIETY CEREAL PACKS FRUIT VARIETY	23 APPLE CINNAMON FRENCH TOAST OR VARIETY CEREAL PACKS FRUIT VARIETY
26 COCOA PUFF FILLED PASTRY BAR OR VARIETY CEREAL PACKS FRUIT VARIETY	27 TRKY SAU BREAKFAST PIZZA OR ASSORTED POP TARTS FRUIT VARIETY	28 WHOLE GRAIN GLAZED DONUT OR VARIETY CEREAL PACKS FRUIT VARIETY	29 BLUEBERRY PANCAKES OR VARIETY CEREAL PACKS FRUIT VARIETY	30 APPLE CINNAMON FRENCH TOAST OR VARIETY CEREAL PACKS FRUIT VARIETY

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 www.myschoolbucks.com





AUGUST

Middle School Lunch Menu 2019



Meal Prices	
Student	
Breakfast	\$1.80
Reduced	.30
Lunch	\$2.90
Reduced	.40
Adult	
Breakfast	\$2.15
Lunch	\$3.60
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
			1	
5	<p>Back to School</p>		8	
12	13	14	15	16
	<p><i>SCHOOL BEGINS</i></p>	<p>QUESO CHICKEN NACHOS, REFRIED BEANS OR CHEESEBURGER, BAKED FRIES OF PEPPERONI PIZZA OR GRAB N GO PB&J SANDWICH</p>	<p>CHICKEN PATTY, DINNER ROLL MASHED POTATOES & GRAVY OR FISH SANDWICH OR CHEESE PIZZA OR GRAB N GO TURKEY SANDWICH OR GRAB N GO YOGURT MEAL</p>	<p>CHICKEN N WAFFLES, SYRUP OR PIZZA QUESADILLA, MARINARA OR HOT DOG OR GRAB N GO PB&J SANDWICH</p>
19	20	21	22	23
<p>CHICKEN SANDWICH, SWEET POTATO TRAX OR MINI CORNDOGS, TWISTED MAC N CHEESE OR QUESO NACHOS OR GRAB N GO PB&J SANDWICH</p>	<p>FIESTA NACHOS, SALSA OR BUFFALO CRUNCHERS OR TUNA SALAD SANDWICH, NACHO DORITOS OR GRAB N GO TURKEY SANDWICH OR GRAB N GO YOGURT MEAL</p>	<p>BREAKFAST MEAL: FRENCH TOAST STICKS, CHEESY EGGS, SAUSAGE OR CHEESE PIZZA OR CHEESEBURGER OR GRAB N GO PB&J SANDWICH</p>	<p>COUNTRY STYLE STEAK, HOT ROLL MASHED POTATOES & BEEF GRAVY OR SPICY CHICKEN SANDWICH OR CHICKEN QUESADILLA, SALSA OR GRAB N GO TURKEY SANDWICH OR GRAB N GO YOGURT MEAL</p>	<p>CHICKEN TERIYAKI LO MEIN NOODLES, FORTUNE COOKIE OR FIESTADA PIZZA OR GRILLED CHEESE SANDWICH, SPICY FRIES OR GRAB N GO PB&J SANDWICH</p>
26	27	28	29	30
<p>CHICKEN SANDWICH OR PIZZA QUESADILLA, MARINARA OR HOT DOG or CHILIDOG OR GRAB N GO PB&J SANDWICH</p>	<p>QUESO CHICKEN NACHOS, SALSA OR FIESTADA PIZZA OR GRILLED CHEESE SANDWICH, SPICY FRIES OR GRAB N GO HAM SANDWICH OR GRAB N GO YOGURT MEAL</p>	<p>CHICKEN NUGGETS, MAC N CHEESE OR CHEESEBURGER OR PEPPERONI PIZZA OR GRAB N GO PB&J SANDWICH</p>	<p>CHICKEN PATTY, DINNER ROLL MASHED POTATOES & GRAVY OR FISH SANDWICH OR CHICKEN FAJITA, CHIPS & SALSA OR GRAB N GO TURKEY SANDWICH OR GRAB N GO YOGURT MEAL</p>	<p>LASAGNA ROLLUP, BREADSTICK OR BUFFALO CRUNCHERS OR CHEESE PIZZA OR GRAB N GO PB&J SANDWICH</p>

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Fresh Fruits & Vegetable Bar Offered Daily.