



# Middle School Breakfast Menu

2018

| Meal Prices |        |
|-------------|--------|
| Student     |        |
| Breakfast   | \$1.70 |
| Reduced     | .30    |
| Lunch       | \$2.80 |
| Reduced     | .40    |
| Adult       |        |
| Breakfast   | \$2.00 |
| Lunch       | \$3.45 |
| 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>3</p>  | <p>4</p> <p>CHERRY FRUDEL<br/>OR<br/>ASSORTED POP TARTS<br/>FRUIT VARIETY</p>  | <p>5</p> <p>WHOLE GRAIN GLAZED DONUT<br/>OR<br/>VARIETY CEREAL PACKS<br/>FRUIT VARIETY</p>  | <p>6</p> <p>WHOLE GRAIN BREAKFAST BUN<br/>OR<br/>ASSORTED POP TARTS<br/>FRUIT VARIETY</p>  | <p>7</p> <p>CONFETTI PANCAKES<br/>OR<br/>VARIETY CEREAL PACKS<br/>FRUIT VARIETY</p>  |
| <p>10</p> <p>CINNAMON MINIS<br/>OR<br/>VARIETY CEREAL PACKS<br/>FRUIT VARIETY</p> | <p>11</p> <p>CHERRY FRUDEL<br/>OR<br/>ASSORTED POP TARTS<br/>FRUIT VARIETY</p> | <p>12</p> <p>WHOLE GRAIN GLAZED DONUT<br/>OR<br/>VARIETY CEREAL PACKS<br/>FRUIT VARIETY</p> | <p>13</p> <p>WHOLE GRAIN BREAKFAST BUN<br/>OR<br/>ASSORTED POP TARTS<br/>FRUIT VARIETY</p> | <p>14</p> <p>CONFETTI PANCAKES<br/>OR<br/>VARIETY CEREAL PACKS<br/>FRUIT VARIETY</p> |
| <p>17</p> <p>CINNAMON MINIS<br/>OR<br/>VARIETY CEREAL PACKS<br/>FRUIT VARIETY</p> | <p>18</p> <p>CHERRY FRUDEL<br/>OR<br/>ASSORTED POP TARTS<br/>FRUIT VARIETY</p> | <p>19</p> <p>WHOLE GRAIN GLAZED DONUT<br/>OR<br/>VARIETY CEREAL PACKS<br/>FRUIT VARIETY</p> | <p>20</p> <p>WHOLE GRAIN BREAKFAST BUN<br/>OR<br/>ASSORTED POP TARTS<br/>FRUIT VARIETY</p> | <p>21</p> <p>CONFETTI PANCAKES<br/>OR<br/>VARIETY CEREAL PACKS<br/>FRUIT VARIETY</p> |
| <p>24</p> <p>CINNAMON MINIS<br/>OR<br/>VARIETY CEREAL PACKS<br/>FRUIT VARIETY</p> | <p>25</p> <p>CHERRY FRUDEL<br/>OR<br/>ASSORTED POP TARTS<br/>FRUIT VARIETY</p> | <p>26</p> <p>WHOLE GRAIN GLAZED DONUT<br/>OR<br/>VARIETY CEREAL PACKS<br/>FRUIT VARIETY</p> | <p>27</p> <p>WHOLE GRAIN BREAKFAST BUN<br/>OR<br/>ASSORTED POP TARTS<br/>FRUIT VARIETY</p> | <p>28</p> <p><b>NO SCHOOL</b></p>  |
|   |  |   |  |  |



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](http://MypaymentsPlus.com)





# September

## Middle School Lunch Menu

2018

| Meal Prices |        |
|-------------|--------|
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| Reduced     | .30    |
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- 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   |
|---|---|---|--|--|
| <p>3</p> <p><b>LABOR DAY</b></p>  | <p>4</p> <p>CHICKEN QUESADILLA, SALSA<br/>OR<br/>FIESTADA PIZZA<br/>OR<br/>PIZZA CRUNCHERS, MARINARA<br/>OR<br/>GRAB N GO HAM SANDWICH<br/>OR<br/>GRAB N GO YOGURT MEAL</p>                               | <p>5</p> <p>CHICKEN PARMESAN<br/>OR<br/>CHEESEBURGER, TATER TOTS<br/>OR<br/>PEPPERONI PIZZA<br/>OR<br/>GRAB N GO PB&amp;J UNCRUSTABLE</p>                           | <p>6</p> <p>ROASTED CHICKEN, HOT ROLL<br/>MASHED POTATOES &amp; GRAVY<br/>OR<br/>RIB-Q ON BUN, CHEETO PUFFS<br/>OR<br/>CHEESE PIZZA<br/>OR<br/>GRAB N GO TURKEY SANDWICH OR<br/>GRAB N GO YOGURT MEAL<br/>*CHERRY CRISP*</p>   | <p>7</p> <p>CHICKEN N WAFFLES, SYRUP<br/>OR<br/>BEAN &amp; CHEESE BURRITO, CHIPS &amp; SALSA<br/>OR<br/>MOZZARELLA PINWHEEL<br/>OR<br/>GRAB N GO PB&amp;J UNCRUSTABLE</p>                      |
| <p>10</p> <p>BREADED CHICKEN SANDWICH<br/>SWEET POTATO TRAX<br/>OR<br/>FISH STICKS, MAC N CHEESE<br/>OR<br/>CHEESE RIPPER, MARINARA<br/>OR<br/>GRAB N GO PB&amp;J UNCRUSTABLE</p> | <p>11</p> <p>FIESTA NACHOS, SALSA<br/>OR<br/>PEPPERONI PINWHEEL<br/>OR<br/>TUNA SALAD SANDWICH, NACHO DORITOS<br/>OR<br/>GRAB N GO HAM SANDWICH<br/>OR<br/>GRAB N GO YOGURT MEAL<br/>*BIRTHDAY TREAT*</p> | <p>12</p> <p>ORANGE CHICKEN STIR-FRY<br/>STEAMED RICE, FORTUNE COOKIE<br/>OR<br/>CHEESE PIZZA<br/>OR<br/>CHEESEBURGER<br/>OR<br/>GRAB N GO PB&amp;J UNCRUSTABLE</p> | <p>13</p> <p>MEATLOAF, HOT ROLL<br/>MASHED POTATOES &amp; GRAVY<br/>OR<br/>SPICY CHICKEN SANDWICH<br/>OR<br/>NACHO BITES, SALSA<br/>OR<br/>GRAB N GO TURKEY SANDWICH OR<br/>GRAB N GO YOGURT MEAL</p>  | <p>14 <b>NEW!</b></p> <p>CHICKEN ALFREDO<br/>BREADSTICK<br/>OR<br/>MINI CORN DOG, SALSA SUNCHIPS<br/>OR<br/>GRILLED CHEESE SANDWICH, SPICY FRIES<br/>OR<br/>GRAB N GO PB&amp;J UNCRUSTABLE</p> |
| <p>17</p> <p>BBQ ROASTED CHICKEN, BISCUIT<br/>OR<br/>SLOPPY JOE ON BUN, BAKED FRIES<br/>OR<br/>PIZZA QUESADILLAS, MARINARA<br/>OR<br/>GRAB N GO PB&amp;J UNCRUSTABLE</p>          | <p>18</p> <p>QUESO BLANCO BEEF<br/>ENCHILADAS, MEXICAN RICE<br/>OR<br/>FIESTADA PIZZA<br/>OR<br/>CORN DOG<br/>OR<br/>GRAB N GO HAM SANDWICH<br/>OR<br/>GRAB N GO YOGURT MEAL</p>                          | <p>19</p> <p>POPCORN CHICKEN, MAC N CHEESE<br/>OR<br/>CHEESEBURGER, TATER TOTS<br/>OR<br/>PEPPERONI PIZZA<br/>OR<br/>GRAB N GO PB&amp;J UNCRUSTABLE</p>             | <p>20</p> <p>CHICKEN PATTY, DINNER ROLL<br/>MASHED POTATOES &amp; GRAVY<br/>OR<br/>RIB-Q ON BUN, CHEETO PUFFS<br/>OR<br/>CHICKEN FAJITA, CHIPS &amp; SALSA<br/>OR<br/>GRAB N GO TURKEY SANDWICH<br/>OR<br/>GRAB N GO YOGURT MEAL</p>                                       | <p>21</p> <p>LASAGNA ROLLUP, BREADSTICK<br/>OR<br/>BUFFALO CRUNCHERS<br/>OR<br/>CHEESE PIZZA<br/>OR<br/>GRAB N GO PB&amp;J UNCRUSTABLE</p>   |
| <p>24</p> <p>SPICY CHICKEN SANDWICH, BAKED FRIES<br/>OR<br/>QUESO NACHOS<br/>OR<br/>MINI CORN DOG BITES<br/>OR<br/>GRAB N GO PB&amp;J UNCRUSTABLE</p>                             | <p>25</p> <p>HARD SHELL TACOS, SALSA<br/>MEXICAN RICE<br/>OR<br/>BUFFALO CHICKEN PIZZA<br/>OR<br/>CHEESE STICKS, MARINARA<br/>OR<br/>GRAB N GO HAM SANDWICH<br/>OR<br/>GRAB N GO YOGURT MEAL</p>          | <p>26</p> <p>BREAKFAST MEAL<br/>OR<br/>CHEESEBURGER<br/>OR<br/>CHEESE PIZZA<br/>OR<br/>GRAB N GO PB&amp;J UNCRUSTABLE</p>   | <p>27</p> <p>COUNTRY STYLE STEAK,<br/>MASHED POTATOES &amp; GRAVY,<br/>DINNER ROLL<br/>OR<br/>GRILLED CHEESE SANDWICH, SPICY FRIES OR<br/>TUNA SALAD SANDWICH,<br/>COOL RANCH DORITOS OR<br/>GRAB N GO TURKEY SANDWICH OR<br/>GRAB N GO YOGURT MEAL<br/>*CHERRY CRISP*</p> | <p>28</p> <p><b>NO SCHOOL</b></p>  |



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