



# August **September**

## Middle School Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27 Apple Frudel Chicken Fries with Whole Grain Roll Onion Rings Glazed Carrots Choice of Fruit and Milk	28 Mini Pancakes Nacho Grande w/ Meat & Cheese Sauce Lettuce, Tomato, Salsa Sweet Corn Choice of Fruit and Milk	29 Bacon Breakfast Boat Cheeseburger on Whole Grain Roll Lettuce, Tomato, Onion, Pickles Oven Fries Baked Beans Choice of Fruit and Milk	30 Pancake/Sausage on a Stick Pizza Cheese Crunchers Tossed Salad Fresh Broccoli Choice of Fruit Choice of Milk	31 <b>NO SCHOOL</b> 
3 <b>NO SCHOOL</b> 	4 Mini Waffles French Toast Sticks w Syrup Sausage Patty Hash Brown Carrot Sticks 100% Fruit Juice and Milk	5 Breakfast Wrap Popcorn Chicken Bowl with Whole Grain Roll Mashed Potatoes Corn Choice of Fruit and Milk	6 Mini French Toast Hot Ham & Cheese on Pretzel Roll Sweet Potato Fries Veggies & Dip Choice of Fruit and Milk	7 Blueberry Pancakes Stuffed Crust Pizza Tossed Salad Chick Peas Whole Grain Cookie Choice of Fruit and Milk
10 Chocolate Chip French Toast Chicken Wings Whole Grain Roll Glazed Carrots Tater Tots Choice of Fruit and Milk	11 Breakfast Pizza Macaroni & Cheese with Soft Pretzel Rod Stewed Tomatoes Steamed Broccoli Choice of Fruit and Milk	12 Strawberry Parfait Taco with Meat & Cheese Brown Rice Lettuce, Tomato, Salsa Refried Beans Choice of Fruit and Milk	13 Breakfast Sandwich Cheese Calzone Garden Salad Carrot Sticks Whole Grain Cookie Choice of Fruit and Milk	14 Pancake/Sausage in a Stick Chicken Nuggets Whole Grain Roll Seasoned Curly Fries Mixed Vegetables Choice of Fruit and Milk
17 Min Cinnis General Tso Chicken Brown Rice Steamed Broccoli Carrot Sticks Choice of Fruit and Milk	18 Mini French Toast Pancakes w/ Syrup Sausage Links Hash Brown Celery Sticks 100% Fruit Juice and Milk	19 Mini Pancakes Turkey and Cheese Deli Sandwich Lettuce, Tomato, Onion, Pickle Sweet Potato Puffs Green Beans Choice of Fruit and Milk	20 Breakfast Wrap Cheese Steak Sub on Whole Grain Roll Oven Fries Baked Beans Choice of Fruit and Milk	21 Mini Waffles Mickey's Pizza Tossed Salad Chick Peas Whole Grain Cookie Choice of Fruit and Milk
24 Apple Frudel Meatball Hoagie on Whole Grain Roll Baked Beans Potato Rounds Choice of Fruit and Milk	25 Bacon Breakfast Boat Homemade Grilled Cheese on Whole Grain Bread Tomato Soup with Crackers Fresh Broccoli Choice of Fruit and Milk	26 Strawberry Bagel Traveling Taco Lettuce, Tomato, Salsa Sweet Corn Choice of Fruit Choice of Milk	27 Mini Waffles Solanco Sub on Whole Grain Roll Lettuce, Tomato, Onion, Pickle Carrot Sticks Choice of Fruit Choice of Milk	28 Breakfast Sandwich Chicken Tenders Whole Grain Roll Shoestring Fries California Blend Vegetables Choice of Fruit and Milk

**Alt. Pizza Sticks**

**Alt. Yogurt w/ Nature Valley Graham Crackers**

**Alt. Hot dog on Whole Grain Roll**

**Alt. Chicken Patty On Whole Grain Roll**

**Alt. Fish Sticks with Whole Grain Roll**

Choice of 1% White, non fat Chocolate, Strawberry and White Milk served with lunch every day

Peanut Butter & Jelly Sandwich is offered daily as the third entrée choice

Menu subject to change without notice

Student Breakfast \$1.40

Student Lunch \$2.50

Milk \$.50



To check your child's lunch account or to prepay for meals, visit [www.k12paymentcenter.com](http://www.k12paymentcenter.com)

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