



November

2018 Middle School Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Pancake/Sausage on a Stick	2 Blueberry Pancakes
			Solanco Sub on Whole Grain Roll Lettuce, Tomato, Onion, Pickle Carrot Sticks Choice of Fruit Choice of Milk	Chicken Tenders with Whole Grain Roll Shoe String Fries California Blend Vegetables Choice of Fruit and Milk
5 Chocolate Chip French Toast	6 Breakfast Pizza	7 Mini Waffles	8 Breakfast Sandwich	9
Chicken Fries with Whole Grain Roll Onion Rings Glazed Carrots Choice of Fruit and Milk	Nacho Grande with Meat & Cheese Sauce Lettuce, Tomato, Salsa Sweet Corn Choice of Fruit and Milk	Cheeseburger on Whole Grain Roll Lettuce, Tomato, Onion, Pickles Oven Fries Baked Beans Choice of Fruit and Milk	Pizza Cheese Crunchers Tossed Salad Fresh Broccoli Choice of Fruit Choice of Milk	NO SCHOOL
12 Mini Cinnis	13 Breakfast Wrap	14 Mini Pancakes	15 Pancake/Sausage on a Stick	16 French Toast
Corn Dog Nuggets Steamed Broccoli Baked Beans Choice of Fruit Choice of Milk	French Toast Sticks w/Syrup Sausage Patty Hash Browns Carrot Sticks 100% Fruit Juice/Fruit & Milk	Turkey & Gravy with Whole Grain Roll Mashed Potatoes Corn Apple Crisp & Milk	Hot Ham & Cheese on Pretzel Roll Sweet Potato Fries Veggies & Dip Choice of Fruit and Milk	Stuffed Crust Pizza Tossed Salad Chick Peas Whole Grain Cookie Choice of Fruit and Milk
19 Apple Frudel	20 Mini Waffles	21 Fruit Parfait	22 NO SCHOOL	23 NO SCHOOL
Popcorn Chicken Bowl with Whole Grain Roll Mashed Potatoes Corn Choice of Fruit and Milk	Macaroni & Cheese with Soft Pretzel Rod Stewed Tomatoes Steamed Broccoli Choice of Fruit and Milk	Chicken Nuggets with Whole Grain Roll Seasoned Curly Fries Baked Beans Choice of Fruit and Milk		Thanksgiving Break
26 NO SCHOOL	27 Strawberry Bagel	28 Breakfast Wrap	29 Bacon Breakfast Boat	30 Breakfast Sandwich
Thanksgiving Break	Pancakes w/ syrup Sausage Links Hash Browns Celery Sticks Choice of Fruit and Milk	General Tso Chicken Brown Rice Steamed Broccoli Carrot Sticks Choice of Fruit and Milk	Cheese Steak Sub on Whole Grain Roll Oven Fries Baked Beans Choice of Fruit and Milk	Mickey's Pizza Tossed Salad Chick Peas Whole Grain Cookie 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

Breakfast entrée choices include Whole Grain Bars & Cereal every day, Fruit, 100% Fruit Juice & Assorted Milk offered daily.



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

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