



2019 Middle School Menu



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1 Breakfast Wrap	
								Nacho Grande with Meat & Cheese Sauce Lettuce, Tomato, Salsa Sweet Corn Choice of Fruit and Milk	
NATIONAL SCHOOL BREAKFAST WEEK									
4 WG Tac-Go with Turkey Sausage, Egg & Cheese		5 WG Breakfast Bun		6 WG Ham, Egg & Cheese Croissant		7 WG Chocolate Filled Crescent		8 Jump Start Cereal Pack	
Corn Dog Nuggets Steamed Broccoli Baked Beans Choice of Fruit Milk		French Toast Sticks w/Syrup Sausage Patty Hash Browns Carrot Sticks 100% Fruit Juice, Fruit, Milk		Popcorn Chicken Bowl w/ Roll Mashed Potatoes Corn Choice of Fruit 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	
11 Choc Chip French Toast		12 Breakfast Pizza		13 Mini Pancakes		14 Pancake/Sausage on a Stick		15 Breakfast Sandwich	
Chicken Wings with Whole Grain Roll Tater Tots Winter Blend Vegetables Choice of Fruit and Milk		Macaroni & Cheese with Soft Pretzel Rod Stewed Tomatoes Steamed Broccoli Choice of Fruit and Milk		Taco with Meat and Cheese Brown Rice Lettuce, Tomato, Salsa Refried Beans Choice of Fruit and Milk		Cheese Calzone Garden Salad Carrot Sticks Whole Grain Cookie Choice of Fruit and Milk		Shamrock Chicken Nuggets with Whole Grain Roll Seasoned Curly Fries Green Beans Choice of Fruit and Milk	
18 Mini Cinnis		19 Mini Waffles		20 Fruit & Yogurt Parfait		21 Breakfast Wrap		22 Blueberry Pancakes	
General Tso Chicken Brown Rice Steamed Broccoli Carrot Sticks Choice of Fruit and Milk		Pancakes with Syrup Sausage Links Hash Browns Celery Sticks 100% Fruit Juice, Fruit, Milk		Turkey & Cheese Wrap Lettuce, Tomato, Onion, Pickles Sweet Potato Puffs Green Beans 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	
25 Apple Frudel		26 Breakfast Sandwich		27 Bacon Breakfast Boat		28 Mini French Toast		29 Pancake/Sausage on a Stick	
Meatball Hoagie on Whole Grain Roll Baked Beans Tater Tots Choice of Fruit and Milk		Homemade Grilled Cheese on Whole Grain Bread Tomato Soup & Crackers Fresh Broccoli Choice of Fruit and Milk		Traveling Taco Lettuce, Tomato, Salsa Sweet Corn Choice of Fruit Choice of Milk		Solanco Sub on Whole Grain Roll Lettuce, Tomato, Onion, Pickles Carrot Sticks Choice of Fruit and Milk		Baseball Chicken Nuggets Whole Grain Roll Oven Fries California Blend Vegetables Choice of Fruit and Milk	

Alt. Pizza Sticks

Alt. Yogurt w/ Nature Valley Graham Crackers

Alt. Hog Dog on Whole Grain Roll

Alt. Chicken Patty on Whole Grain Roll

Alt. Fish Sticks with Whole Grain Roll

The MORE that you read,
the MORE things you will know.
The MORE that you learn,
the MORE places you'll go.



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

100% Fruit Juice Slushies available every day

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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