




Middle School Menu

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

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

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

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