



2020 Middle School Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NATIONAL SCHOOL BREAKFAST WEEK				
2	3	4	5	6
Blueberry Muffin-Top Corn Dog Nuggets Steamed Broccoli Baked Beans Choice of Fruit Choice of Milk	Choc Chip Mini Pancakes French Toast Sticks w/Syrup Sausage Patty Hash Browns Carrot Sticks 100% Fruit Juice, Fruit, Milk	Cocoa Puffs Bar Popcorn Chicken Bowl with Whole Grain Dinner Roll Mashed Potatoes Corn Choice of Fruit and Milk	WG Chocolate Filled Crescent Hot Ham & Cheese on Pretzel Roll Sweet Potato Fries Veggies & Dip Choice of Fruit and Milk	No School
9	10	11	12	13
Bacon Breakfast Boat Chicken Wings with Whole Grain Dinner Roll California Blend Vegetables Tater Tots Choice of Fruit and Milk	Mini French Toast Macaroni & Cheese with Soft Pretzel Rod Stewed Tomatoes Steamed Broccoli Choice of Fruit and Milk	Mini Waffles Taco with Meat and Cheese Brown Rice Lettuce, Tomato, Salsa Refried Beans Choice of Fruit and Milk	Strawberry Bagels Bosco Cheese Sticks Marinara Sauce Garden Salad Carrot Sticks Choice of Fruit and Milk	Pancake/Sausage on a Stick Chicken Nuggets with Whole Grain Dinner Roll Seasoned Curly Fries Mixed Vegetables Choice of Fruit and Milk
16	17	18	19	20
Choc Chip French Toast General Tso Chicken Brown Rice Steamed Broccoli Carrot Sticks Choice of Fruit and Milk	Breakfast Pizza Pancakes with Syrup Sausage Links Hash Browns Celery Sticks 100% Fruit Juice, Fruit, Milk	Mini Pancakes Turkey & Cheese Deli Sandwich Lettuce, Tomato, Onion, Pickles Sweet Potato Puffs Green Beans Choice of Fruit and Milk	Breakfast Wrap Cheese Steak Sub on Whole Grain Roll Oven Fries Baked Beans Choice of Fruit and Milk	Breakfast Sandwich Mickey's Pizza Tossed Salad Chick Peas Whole Grain Cookie Choice of Fruit and Milk
23	24	25	26	27
Mini Cinnis Meatball Hoagie on Whole Grain Roll Baked Beans Potato Rounds Choice of Fruit and Milk	Mini Waffles Homemade Grilled Cheese on Whole Grain Bread Tomato Soup & Crackers Fresh Broccoli Choice of Fruit and Milk	Fruit & Yogurt Parfait Nacho Grande w/ Meat & Cheese Sauce Lettuce, Tomato, Salsa Sweet Corn Choice of Fruit and Milk	Pancake/Sausage on a Stick Solanco Sub on Whole Grain Roll Lettuce, Tomato, Onion, Pickles Carrot Sticks Choice of Fruit and Milk	Blueberry Pancakes Chicken Tenders with Whole Grain Dinner Roll Oven Fries California Blend Vegetables Choice of Fruit and Milk
30	31			
Apple Frudel Pulled Pork Bar-B-Q on Whole Grain Roll Sweet potato Puffs Green Beans Choice of Fruit and Milk	Breakfast Sandwich Chicken Fries w/ Whole Grain Dinner Roll Onion Rings Glazed Carrots 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

100% Fruit Juice Slushies available every day

Menu subject to change without notice

Student Breakfast \$1.40

Student Lunch \$2.50

Milk \$.50

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



To check your child's lunch account or to prepay for meals, visit www.k12paymentcenter.com

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